

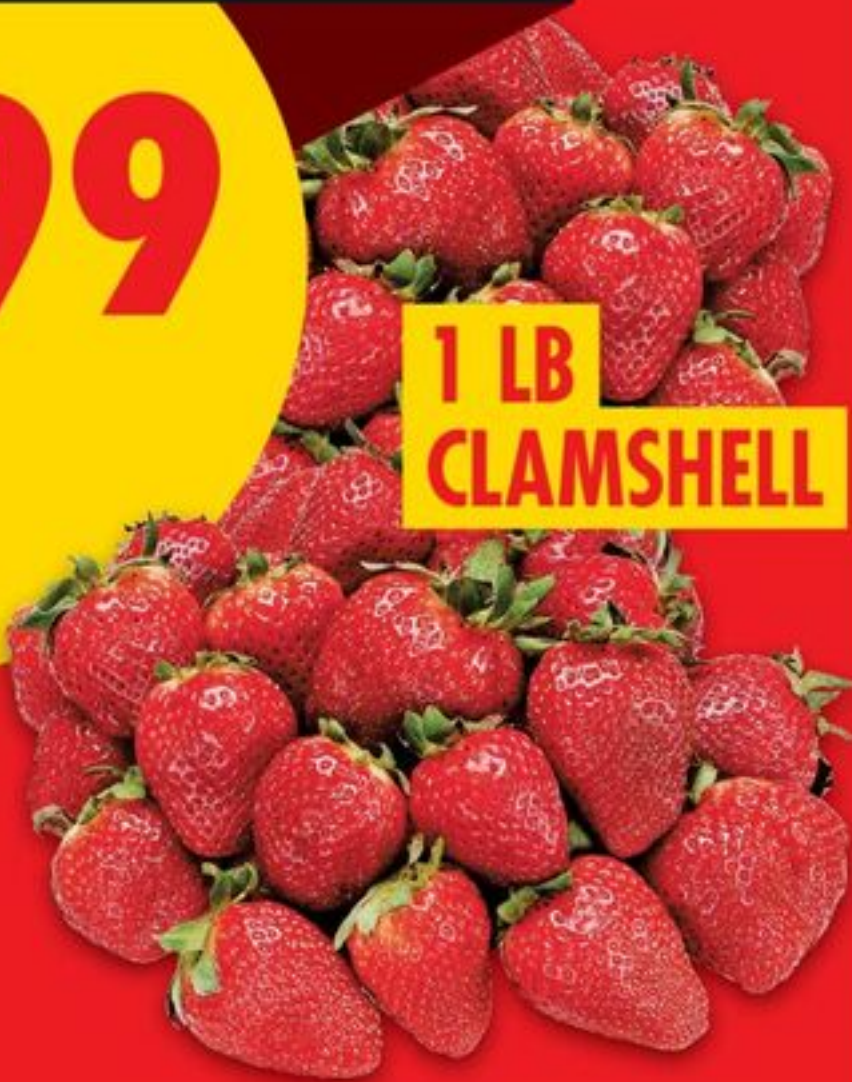
NOFRILLS

BIG EASTER DEALS!

ONLY

1.99

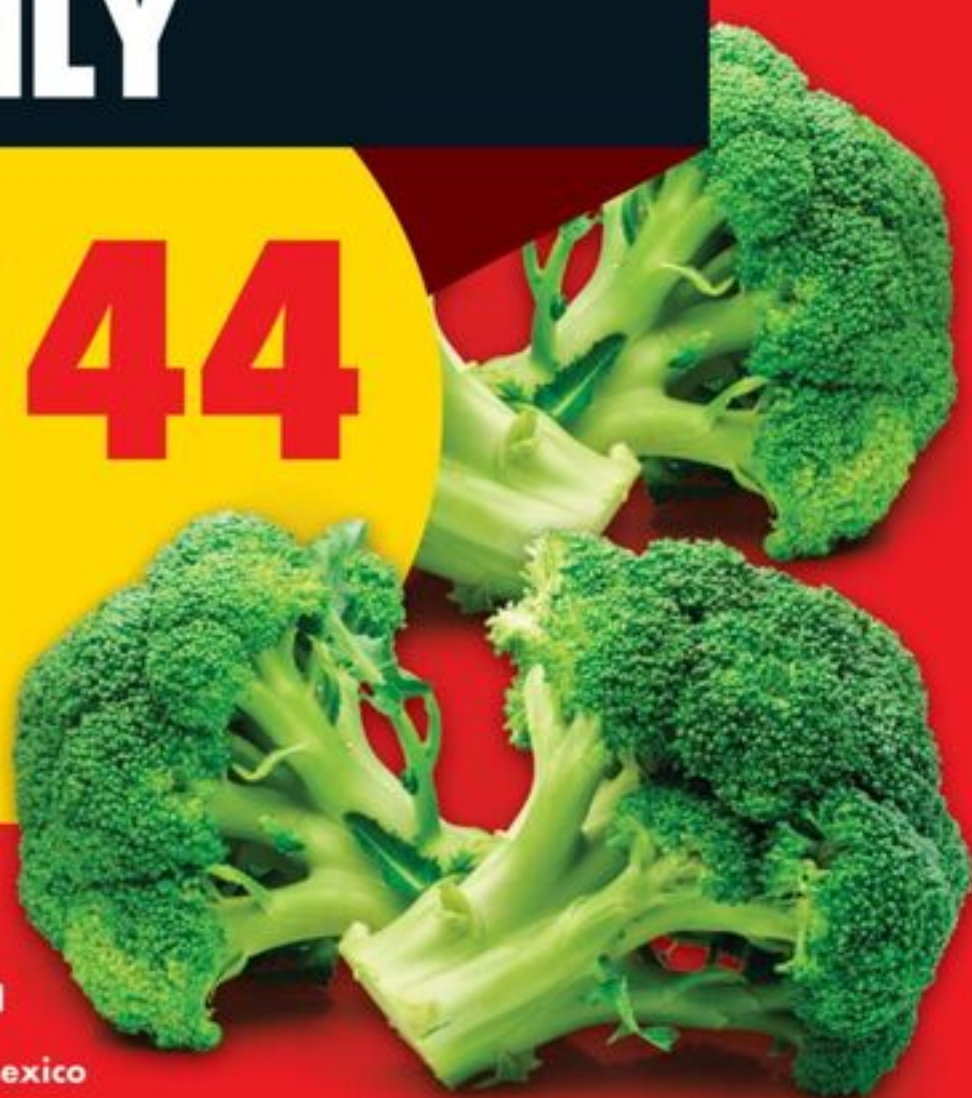
**1 LB
CLAMSHELL**



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

ONLY

1.44



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

SAVE 23%

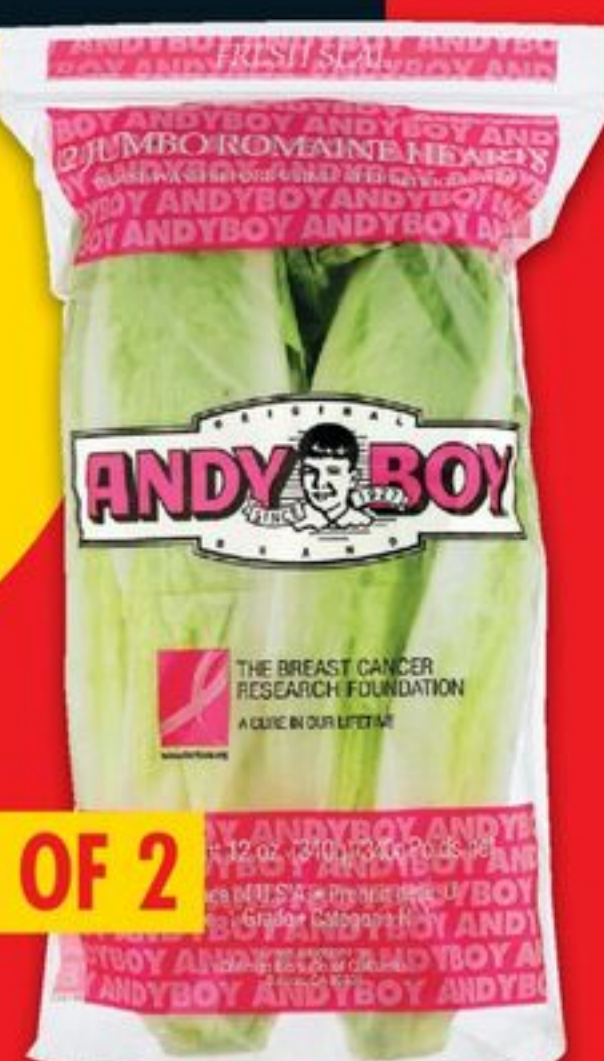
.99
LB



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

SAVE 49%

\$2



ROMAINE HEARTS
product of U.S.A.,
cœurs de romaine
20082756001_EA

PKG OF 2

NOFRILLS®

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

BIG EASTER DEALS!

3 DAY SALE!
THURSDAY-SATURDAY ONLY

SAVE 48%

6⁴⁸
LB



SIRLOIN TIP ROAST
cut from Canada AA grade
beef or higher
rôti de pointe de surlonge
14.29/kg
2074774_KG

WHILE QUANTITIES LAST

SAVE 34%

4⁸⁸

HALAL



MEDIUM GROUND BEEF
grass fed, 450 g
boeuf haché
21615908_EA

SAVE UP TO 26%

5⁵⁰



SEAQUEST® RAW SHELL ON SHRIMP
or **COOKED PEELED SHRIMP**
36-45 per lb, frozen
300 g
crevettes
21043685_EA/21044927_EA

ONLY

2⁹⁹
LB



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

SAVE 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 100-225 g or **CHRISTIE CRACKERS**
180-200 g, selected varieties
craquelins
21520666_EA/21547034_EA

SAVE 26%

1²⁵



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189611_EA



\$1⁷⁵

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

Earn
750
pts

That's 75¢ value

SAVE UP TO 22%

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
20154975_C24

SAVE 38%

1⁶⁹



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

PRICE DROP

5²⁵



GRADE A LARGE EGGS
18's
brands varies by region
œufs
20814294001_EA/20822787001_EA

4⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

4⁹⁹



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

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE or **VEGETABLE SOUP**, 284 mL
soupe
20176214004_EA



SURPRISE OFFER
4 days only!

Optimum™

Thursday, April 2-Monday April 6

You could get

30% or 20% or 10%

back in pts

Open the App
to get your offer!

Available for new and existing
PC Optimum™ members.

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

nofrills.ca

01 NFO

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.

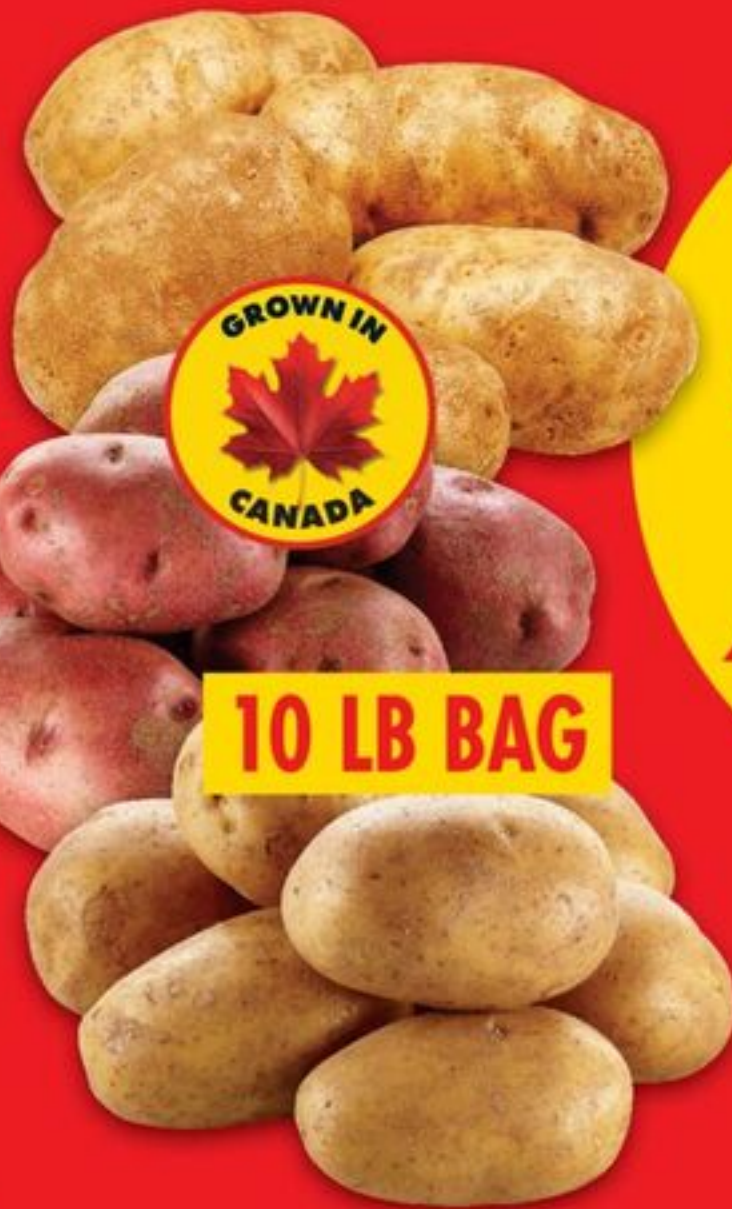
Offer valid April 1st - 30th, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

FRESH AT LOW PRICES

2⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20160992001_EA



2⁹⁹

RED, RUSSET or YELLOW POTATOES
product of Canada,
Canada no. 1 grade
pommes de terre
20601013001_EA/20601017001_EA

3⁹⁹
EA/LB

BLACKBERRIES each, product of Mexico or U.S.A.,
RASPBERRIES each, product of Mexico or U.S.A., no. 1 grade or
RED or GREEN SEEDLESS GRAPES 8.80/kg, product of Chile,
Peru or South Africa, no. 1 grade
mûres ou framboises ou raisins verts ou rouges sans pépins
20128938001_EA/20425775001_KG 20159199001_KG



6 OZ CLAMSHELL

1⁹⁹
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.*

2⁹⁹
LB/EA

BRUSSELS SPROUTS 6.59/kg, product of U.S.A. or **FARMER'S MARKET™ MINI CUCUMBERS** each, product of Canada, Canada no. 1 grade
choux de Bruxelles ou mini-comcombres
20036155001_KG/20737570001_EA



3⁹⁹

ASPARAGUS product of Peru or Mexico, no. 1 grade or **GARLIC** product of China
asperges ou ail
21238843001_EA/20181709001_EA



1⁹⁹

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, Mexico or U.S.A.
tomates raisins
21367888001_EA/20775805_EA



1⁴⁹

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



.99
LB

GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
20793034001_KG



1²⁹

CILANTRO
product of Mexico or U.S.A.
coriandre
20091825001_EA



7⁸⁸

EASTER LILY
6 inches
lys de Pâques
20094291_EA



3⁹⁹

CANTALOUPE product of Guatemala, Honduras or Brazil no. 1 grade or **AVOCADOS** product of Mexico, Peru or Colombia
cantaloup ou avocats
20167017001_EA/21644936001_EA



1⁹⁹
LB

BARTLETT PEARS
product of Argentina, extra fancy grade
poires
4.39/kg
20172240001_KG



4⁹⁹

EAT SMART SWEET KALE or **TAYLOR FARMS SALAD KIT**
product of U.S.A., selected varieties
chou frisé ou salade
20674118_EA/216448759_EA



1⁴⁹
LB

CANARY MELON
product of Brazil
melons canaris
3.28/kg
21022511001_KG



2⁹⁹

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Mexico or U.S.A., no. 1 grade
carottes ou oignons jaunes
20600928001_EA/20811994001_EA



3⁹⁹

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



4⁹⁹

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_EA



6⁹⁹

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



PRICE DROP

2⁹⁹

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



\$2
LB

PINK LADY APPLES
product of Ontario,
Canada fancy grade
pommes
4.41/kg
20093376001_KG



1⁴⁹

GREEN ONIONS
product of Mexico
oignons verts
20107500001_EA



1⁹⁹

PC™ WHOLE WHITE or CREMINI MUSHROOMS
product of Ontario
champignons
20775805_EA/20776239_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

\$13

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202_EA



\$12

NEW ZEALAND STEAK
sirloin tip or flank
337/350 g
bifteck
21717417_EA

7.99
LB

SCHNEIDERS FESTIVE HAM
17.62/kg
jambon
21194338_KG



6.49

PC® SAUSAGE or ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE
selected varieties
375/500 g
saucisses de poulet
21378310_EA/21584342_EA

\$14

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties, fresh, 730/900 g
rôti de porc
21603234_EA



8.99

PC® CHEESE STICKS 345/454 g or PC® SPRING ROLLS 574 g
selected varieties, frozen
bâtonnets au fromage ou rouleaux de printemps
20698096_EA/21116020_EA



3.50

PC® DIPS 227 g or NAAN DIPPERS 200 g
selected varieties
trempettes ou pains Naan
20584097_EA/21092033_EA



\$5

Earn
1,000
pts

That's \$1 value



MASTRO SALAMI 125/150 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
salami ou prosciutto
20581660_EA/21061099_EA

Optimum

\$5

SAPUTO CHEESE
selected varieties
125-200 g
fromage
21051214_EA



\$5

ZIGGY'S® FRESH FILLED TWIN PACK PASTA
selected varieties
600 g
pâtes
21522093_EA



\$3

PC® FROZEN DESSERTS
selected varieties
216-290 g
desserts glacés
20800613_EA/21549965_EA



2.50

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



3.50

PC® CINNAMON RAISIN BREAD 675 g or PC® HOT CROSS BUNS 8's
pain cannelle et raisins ou brioches
20639729_EA/21577822_EA



\$5

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



5.50

OLIVIERI FRESH FILLED TWIN PACK PASTA
selected varieties
450/500 g
pâtes
20321512_EA/20915945_EA



\$5

OLIVIERI SKILLET GNOCCHI
selected varieties
280/300 g
gnocchi
21021520_EA/21022065_EA



\$4

OLIVIERI FRESH PASTA SAUCE
selected varieties
300 mL
sauce pour pâtes
20093406_EA/20114410_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!



\$5

3 LB BAG

3.99



WATERVIEW MARKET CRISPY CALAMARI
frozen
300 g
calamars
21454797_EA

2 LB BAG

\$16

FARMER'S MARKET LEMONS product of U.S.A. or **ORANGES** product of Spain or Morocco
citrons ou oranges
20795315001_EA/20162945001_EA



ATLANTIC SALMON FILLET
frozen
405 g
filet de saumon
21634491_EA

\$9

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



\$9

PC® COOKED WHITE PEELED SHRIMP 31-40 per lb, frozen
400 g
crevettes
20791381_EA

\$5



BASA FILLETS
previously frozen
300 g
filet de pangasius
21634501_EA

\$2



MCCAIN FRIES
selected varieties,
frozen
800 g
frites
21521173_EA

\$4



AURORA ITALIAN STYLE BREAD CRUMBS
680 g
chapelure
20184061_EA

6.50



CLUB HOUSE DILL WEED
50 g
aneth
20139519_EA

2.29



PC® MUSTARD
selected varieties
325 mL
moutarde
20050452001_EA

3.50



PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA

\$2



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

2.50



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

BIG EASTER DEALS!

SAVE 47%

1.57

OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
20022893001_EA

SAVE UP TO 48%

1.29

STOVE TOP STUFFING
selected varieties, 120 g
farce
20310507001_EA

SAVE UP TO 28%

2.50

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

ONLY

3.50

NEILSON CREAM
5/10% 1 L or
18/35% 473 mL or
SILK NON-DAIRY BEVERAGES
1.75/1.89 L
selected varieties
crème ou boisson
non laitère
20123609_EA
20774325_EA/20328231002_EA

2.75

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

5.49

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

3.33

BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT 410 g
or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
tranches de produit de fromage fondu
ou fromage à la crème
21252564_EA/21673558_EA

6.50

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

1.79

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

\$6

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

4.50

PC® FLATBREAD
selected varieties, frozen, 330-395 g
pain plat
21013452_EA

\$10

HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-600 g
filets de poisson
20296596002_EA/21186254_EA

\$7

PC® ORANGE JUICE
selected varieties, refrigerated, 2.5 L
jus d'orange
21351644_EA

6.25

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

6.29

BUBLY 12x355 mL or **MONTELLIER**
10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante
21096722_C10/21097177_C12

8.50

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

2.50

CHEEZ-IT CRACKERS
selected varieties, 191/200 g
craquelins
21214360_EA/21330253_EA

\$1

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

\$3

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

4.50

NO NAME® REAL BACON BITS
85 g
miettes de vrai bacon
20159354_EA

APRIL 2-8

Disney · PIXAR
ALBUM PRE-SALE
PLUS A FREE PACK OF STICKERS*

*At participating Loblaw Companies Ltd. stores April 2-April 8, purchase a sticker book and receive a free single ©Disney/Pixar Animal Friends + Stitch Collectible sticker pack containing 4 stickers. While supplies last. Only where albums are sold.

Optimum™

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. Members must open their PC Optimum™ App by April 6, 2026 to receive their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between April 2 to April 6, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. **Must be a registered PC Optimum™ member to get this offer.

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



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



\$6

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

1⁵⁰



NO NAME® POTATO CHIPS
selected varieties
200 g
croustilles
21302821_EA

\$2



DOLE PINEAPPLE
selected varieties
398 mL
ananas
20136767001_EA

\$3



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609001_EA/21618217_EA

\$2



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
960 mL or FRUITE DRINK 2 L
selected varieties
boissons
20340058005_EA/20894117004_EA

6⁵⁰



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

3⁵⁰



PC® ORGANICS APPLE SAUCE CUPS 6x100 g,
SQUEEZABLE FRUIT SNACKS 360 g or
JUMBO RAISIN SNACK PACK 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs
biologiques
20320493001_EA/21170526_EA

2⁷⁹



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

\$5



PC® ORGANICS GRANULATED SUGAR
900 g
sucre granulé
21123891_EA

2²⁹



NO NAME® OLIVES
selected varieties
375 mL
olives
20325649_EA

\$1



UNICO TOMATO PASTE 156 mL or
BEN'S FAST & FANCY RICE 132 g
selected varieties
pâte de tomate ou riz
20000527_EA/21397290_EA

\$4



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

4⁵⁰



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

\$7



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

\$8



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

Optimum

Member Price
\$2⁵⁰

Non-Members
\$3

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

50¢

Optimum

Earn
10,000
pts

for every \$20*
spent on

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

10¢

Optimum

\$6⁹⁹

Earn
1,000
pts

That's
\$1
value

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

3⁹⁹

FRANK'S REDHOT SAUCE
selected varieties
354 mL
sauce piquante
20187632001_EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹



HELUVA GOOD! FRENCH ONION DIP
680 g
trempeuse
20312788001_EA



.79

FRANCO AMERICAN GRAY
selected varieties
284 mL
sauce brune
20063534_EA

6⁵⁰



SCHNEIDERS BREAKFAST SANDWICH or EGG BITES
selected varieties, frozen
204-288 g
sandwich déjeuner ou bouchées aux œufs
21623288_EA/21623323_EA



4⁵⁰

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

5⁵⁰



DR. OETKER THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen, 439-785 g
pizza
21106361_EA

3²⁵



LIBERTÉ MÉDITERRANÉE 500 g, CRUNCH 2's or YOPLAIT PROTEIN 650 g YOGURT
selected varieties
yogourt
21547567_EA

\$4



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

2⁵⁰



GOLDFISH CRACKERS
selected varieties
167-227 g
craquelins
20300320_EA/20306994003_EA

\$10



NO NAME® FLOUR
Club Size, selected varieties
10 kg
farine
20022248_EA

\$10



KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
café moulu
20805126001_EA

3⁴⁹



EAGLE BRAND SWEETENED CONDENSED MILK
selected varieties, 300 mL
lait condensé sucré
21012618_EA

6⁹⁹



TETLEY TEA
selected varieties, 80/144's
thé
20711164_EA/21613866_EA

12⁹⁹



STEFANO GROUND COFFEE
selected varieties
340 g
café moulu
21729847_EA

\$3



MADEGOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY SQUARES
selected varieties, 110-150 g
barres ou biscuits
21107622_EA/21352121_EA

\$4



KELLOGG'S ALL BRAN 450/525 g, RAISIN BRAN 425/451 g, VECTOR 306/400 g, SPECIAL K 320-355 g or MINI-WHEATS 377-460 g CEREAL
selected varieties
céréales
20015041_EA/21607207_EA

4⁵⁰



NO NAME® PEANUT BUTTER
selected varieties, 1 kg
beurre d'arachide
20296985001_EA/20296985002_EA

\$8



NUTELLA HAZELNUT SPREAD 725 g or NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g
tartina de noisettes ou tartina de noisettes avec bâtonnets
20436105_EA

5⁹⁹



GALLO EXTRA VIRGIN OLIVE OIL
500 mL
huile d'olive extra vierge
21189775_EA

BRANDS YOU LOVE AT LOW PRICES

\$5



IVORY BAR SOAP
10x90 g or **BODY WASH**
621 mL
selected varieties
pain de savon ou nettoyant
pour le corps
20860346001_EA/21716909_EA



\$5

LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rince-bouche
20348438001_EA/21091218_EA

\$9



GILLETTE or VENUS DISPOSABLE RAZORS
selected varieties
1-8's
rasoirs jetables
20984907_EA/20179414001_EA



\$13

BOOST READY TO DRINK SHAKES
selected varieties and sizes
boissons frappées prêtes à boire
20986361_C06/20304429002_C06

\$5



ALWAYS or TAMPAX LINERS
48-72's, **PADS** 10-46's or
TAMPONS 14-18's
selected varieties
protège-dessous ou serviettes ou
tampons
21444899_EA/21449992_EA

SAVE UP TO 30%



NATURE'S BOUNTY VITAMINS or SUPPLEMENTS
selected sizes and varieties
vitamines ou suppléments
21020231_EA/21180320_EA

\$1



PC® ORGANICS BABY FOOD POUCH
selected varieties
128 mL
sachet d'aliments pour bébé
20651248002_EA/20666167008_EA

5.50



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

\$13



PUREX 4.08-4.43 L or SUNLIGHT 4 L LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER 2.77 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant
20083525002_EA/21427042_EA

4.50



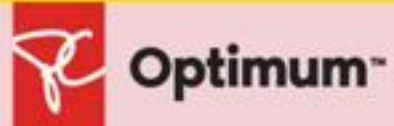
CLOROX CLEANING SPRAY
selected varieties
887/946 mL
vaporisateur nettoyant
21657792_EA



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 or **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



\$15

Earn 2,000 pts

That's \$2 value



TRE STELLE FETA CHEESE TUB 850 g feta 21618723_EA

\$6



CASTELLO HAVARTI 170/200 g, **CHEDDAR** 200 g, **CREAM** or **BLUE CHEESE** 125 g selected varieties fromage 20573932_EA/21314626_EA

\$7

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



\$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



\$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** 1 ea 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
20305424002_EA/21505340_EA



6.50



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

3.50



DANONE DANINO DRINKABLE 6's
or **TWO GOOD 4's YOGURT**
selected varieties
yogourt
21520250_EA

\$3



OIKOS PRO YOGURT
selected varieties
300 mL
yogourt
21652096_EA

3.50



ACTIVIA 650 g or
ACTIVIA EXPERT 4x100 g YOGURT
selected varieties
yogourt
20325132001_EA/21688261_EA



5.50



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

5.50



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



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



5.50

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



GLAD PLASTIC CLING WRAP
60 m
pellicule plastique
20043471_EA



6.99

HEFTY GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21492934_EA

\$7

LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 425/539 g or LAUNDRY DISINFECTANT 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA

19.99

TIDE LIQUID 3.46/3.9 L or PODS or FLINGS 45/76's LAUNDRY DETERGENT or CASCADE AUTO DISHWASHER TABS 51-90's
selected varieties
détergent à lessive
21594986_EA/21593670_EA/21516545_EA

\$20

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

11.49

GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21165477_EA

\$15

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

\$17

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
recharges d'huile parfumée ou trousses
21398311_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

\$10.49

ZIPLOC FOOD STORAGE BAGS
selected varieties, 60-270's
sacs de rangement pour aliments
21196100_EA

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

2.20

PC FACIAL TISSUES
60's
mouchoirs
21668309_EA

3.50

NO NAME BLEACH
selected varieties
2.4 L
eau de Javel
21486532_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

\$11

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

FINISH AUTO 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 \$25* spent
That's **\$5** value

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

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

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 & PEÄ 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

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

2.29



3.99

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA

VEEBA VEGINNAISE, CHUTNEY or SPREADS
selected varieties
300-500 g
chutney ou tartinades
21632689_EA/21632744_EA

\$2



5.99

SURATI SNACKS
selected varieties
250/341 g
collations
20313591003_EA/20322576007_EA

SURAJ® KIDNEY BEANS, URAD DAL or TOOR DAL 1.8 kg or NANAK DESI GHEE 400 g
selected varieties
haricots ou urad dal ou toor dal ou ghee
20157906_EA/20558870_EA

7.99



2.49



QUALITY PRIYA BASMATI RICE
3.63 kg
riz basmati
20582349_C01

PRAN SAMOSA or SPRING ROLL
selected varieties, frozen
400 g
samosas ou rouleaux de printemps
21054779_EA/21054846_EA

3.49



4.99



SURAJ® OKRA
selected varieties, frozen
1 kg
gombo
20379399_EA

ALFA PUFF PASTRY
850 g
pâte feuilletée
21606988_EA

8.99



6.99



1.99



BRAR'S RASMALAI
selected varieties, 850 g
rasmalai
20286980002_EA

NANAK GULAB JAMUN
908 g
gulab jamun
20426517_EA

FROOTI MANGO JUICE
1 L
jus de mangue
20041155_EA

5.99



11.49



.39



SHER BESAN CHANA FLOUR
1.81 kg
farine
20869922_EA

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452_EA

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802664_EA

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

2.99
LB/EA

INDIAN EGGPLANT
6.59/kg or **INDIAN KARELA**
6.59/kg product of Mexico or U.S.A.
or **RAPINI** each, product of U.S.A.
aubergine indienne ou karela indi-
enne ou rapini

20055882001_KG/20028046001_KG

1.49
LB

RED CARROTS
product of China
3.28/kg
carottes rouges

21618319001_KG

.99
EA/LB

DAIKON
2.18/kg, product of China or
ROOSTER® GARLIC
each, product of China
daikon ou ail

20082109001_KG/21004355001_EA

.99

BUNCH MINT
product of Mexico or Colombia or
CHAYOTE SQUASH
product of Mexico
menthe en botte ou chayote

20139326001_EA/20167837001_EA

1.69

METHI LEAF
product of Mexico
bunch
feuilles de fenugrec

20159689001_EA

3.99
LB

OKRA
product of U.S.A.
8.80/kg
gombo

20091263001_KG

\$2

SANTOSH NAAN
selected varieties, 5's naan

21671462_EA

2.50

ROOSTER® TOFU
selected varieties
454 g
tofu

21474765_EA

4.50

NANAK PANEER
341 g
paneer

21286158_EA

3.49

CRISPY ROTI
selected varieties, 15's
roti

21195569_EA

3.49

CRISPY FRUIT CAKE
selected varieties
380 g
gâteau aux fruits

21528501_EA

6.50

GOLDEN PUNJABI BISCUITS
gur or sooji
1.1 kg
biscuits punjabi

20694637_EA

HAPPY PASSOVER!

חג פסח שמח!



4.49
LB



MARVID CHICKEN THIGHS
Clubpack
9.89/kg
hauts de cuisse de poulet
21158874_KG

3.99
LB



MARVID WHOLE CHICKEN
8.80/kg
poulet entier
20006825_KG

14.99
LB



KOSHER MEHADRIN MINCED BEEF LEAN
33.04/kg
bœuf maigre émincé casher
20811352_KG

21.49
LB



KOSHER MEHADRIN BEEF PICKLED BRISKET
47.37/kg
poitrine de bœuf casher marinée
20811150_KG

8.99



FRESH & FROZEN GEFILTE FISH or CHEF TZALI GEFILTE FISH
565 g
poisson gefilte
21031187_EA/21589284_EA

7.99



YEHUDA GEFILTE FISH or KEDEM GEFILTE FISH 680 g
poisson gefilte
20874913_EA/20045872_EA

12.99



NANUK SMOKED COHO SALMON 140 g
saumon fumé coho
20067205_EA

8.99



SHEFA AB FRANKFURTER 450 g or **SHEFA BEEF SALAMI MIDGET** 375 g
saucisses fumées ou salami de bœuf
20068364_EA/20017194_EA

7.99



FOODFEST SOLE FILLETS
400 g
filets de sole
20812093_EA

8.29



NORMAN'S GREEK YOGURT
907 g
yogourt grec
21032107_EA

.69



WHITE ROCK SELTZER
1 L
soda
20620205007_EA/20042540_EA

5.99



AISH TAMID SHABBOS CANDLES 72's or **AISH TAMID TEALIGHTS BAG** 100's
bougies
21094449_EA/21033359_EA

12.99



DECOR PLATES SPHERE COMBO
40's
assiettes
21594062_EA

11.99



DECOR CUTLERY COMBO BOX
120's
coutellerie
21454525_EA

AVAILABLE AT: ANTHONY'S NOFRILLS - 1054 CENTRE ST, VAUGHAN | VINCE & FRANCA'S NOFRILLS - 1631 RUTHERFORD RD, VAUGHAN
JOHN & DANIELLE'S NOFRILLS - 270 WILSON AVE, NORTH YORK | CARLO'S NOFRILLS - 6220 YONGE ST, NORTH YORK

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY FOR K 1

HAPPY PASSOVER!

חג פסח שמח!

9.99



YEHUDA MATZO or MANISCHEWITZ MATZO
5 lb matzo
20142644_EA/20140858_EA

9.99

STREIT'S MATZO
5 lb matzo
20067135_EA

.99



OSEM BAMBA PEANUT
25 g arachides
21373809_EA



3.49

TABATCHNICK CHICKEN BROTH
907 mL bouillon de poulet
21029501_EA

1.99



FOODFEST HORSERADISH
250 mL raifort
20774291_EA

6.99



PEREG QUINOA BAG 454 g or **GEFEN KETCHUP** 794 g quinoa ou ketchup
21085058_EA/20873797_EA

6.49



AMSTELVELDER SLICED CHEESE 125-170 g or **ARIEL COOKIES** 200-300 g fromage tranché ou biscuits
21451463_EA/21454069_EA

6.79



BELEAVES FRENCH FRIES
737 g frites
21594437_EA

2.99



MOTOLA PICKLES
670 g cornichons
20214491001_EA

7.99



PARDES FARMS VEGGIES
680 g légumes
21029551_EA/21029562_EA

2.99



ELITE TURKISH COFFEE 100 g or **WISSOTZKY TEA** 30-95 g café ou thé
20714292_EA/20658332002_EA

7.99



ABE'S ICE CREAM
1.5-2 L crème glacée
20315058001_EA/21599010_EA

13.99



ZETA EXTRA VIRGIN OLIVE OIL 750 mL or **CROWN HONEY** 1 kg huile d'olive extra vierge ou miel
21060259_EA/21543937_EA

15.99



CROWN COTTONSEED or VEGETABLE OIL 2.83 L huile de coton ou végétale
21453483_EA

AVAILABLE AT: ANTHONY'S NOFRILLS - 1054 CENTRE ST, VAUGHAN | VINCE & FRANCA'S NOFRILLS - 1631 RUTHERFORD RD, VAUGHAN
JOHN & DANIELLE'S NOFRILLS - 270 WILSON AVE, NORTH YORK | CARLO'S NOFRILLS - 6220 YONGE ST, NORTH YORK



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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.

†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.

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