



# DEALS FOR DAYS EVENT

SAVE UP TO 50%

1.99

**RASPBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade or  
**CANTALOUPE**  
product of Guatemala, Honduras  
or Brazil, no 1 grade  
framboises ou melon cantaloup  
20128938001\_EA/20167017001\_EA



6 OZ CLAMSHELL

ONLY

1.88

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



PKG OF 6



ONLY

1.44

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



SAVE 43%

1.99

397 G



340 G

**PC® COLESLAW or  
GARDEN SALAD**  
product of U.S.A.  
salade de chou ou  
jardinière  
21204248\_EA/21204304\_EA

# NO FRILLS®

## DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, APRIL 30 TO WEDNESDAY, MAY 6, 2026.

SAVE 22%

9.99

**MARCANGELO ITALIAN SAUSAGES or MEATBALLS**  
selected varieties, 1 kg  
saucisses italiennes ou boulettes de viande  
20607488\_EA



App exclusive offer

4 DAYS ONLY  
THURSDAY, APRIL 30 - SUNDAY, MAY 3

**NO NAME® MEDIUM EGGS**  
30's  
œufs  
21685186001\_EA  
LIMIT: 2, AFTER LIMIT RETAIL: \$7.99



Member Price  
**\$6.99**

Non-Members  
**\$7.99**

Members Save  
**\$1**

ONLY

3.50

**GROUND CHICKEN**  
454 g  
poulet haché  
21551582\_EA



INCLUDES HALAL

**BONELESS, SKINLESS CHICKEN BREAST**  
3 piece  
poulet sans peau désossé  
21747332\_EA



WHILE QUANTITIES LAST

ONLY

\$8

AIR CHILLED

SAVE UP TO 54%

1.25

**OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA** 960 mL or **FRUITE BEVERAGES** 2 L  
selected varieties  
jus ou nectar ou thé glacé ou boissons  
2033672005\_EA/20894117004\_EA



App exclusive offer

\$2

Earn 500 pts  
That's 50¢ value

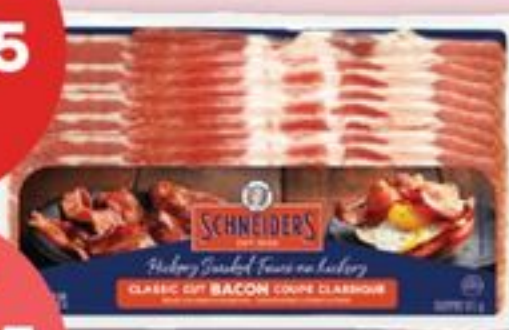


**PC® KETTLE COOKED or WORLD OF POTATO CHIPS**  
selected varieties, 200 g  
croustilles  
21422931\_EA

Member Price  
**\$3.95**

Non-Members  
**\$4.95**

Members Save  
**\$1**



**SCHNEIDERS or MAPLE LEAF BACON**  
selected varieties, 375 g  
bacon  
20772671\_EA

ONLY

5.97

**ACTIVIA 12x100 g or YOPLAIT SOURCE 16x100 g**  
YOGURT, selected varieties  
yogourt  
20317317001\_EA/20640892\_EA



SAVE 25%

\$3

**PC® VEGETABLES**  
selected varieties, frozen  
300-750 g  
légumes  
20318915\_EA



ONLY

\$1

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



ONLY

.88

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



WOW!

12.99

**ROYALE BATHROOM TISSUE or TIGER TOWEL**, selected varieties  
papier hygiénique ou essuie-tout  
21378233\_EA/21484732\_EA



SAVE UP TO 42%

7.99

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT 2.72 L, GAIN LAUNDRY DETERGENT 2.6 L, DOWNY or GAIN FABRIC SOFTENER 1.66/2.63 L, DOWNY PURIFYING RINSE AID 108/109 mL or BOUNCE DRYER SHEETS 120/200's**, selected varieties  
détergent à lessive ou assouplissant ou agent de rinçage ou feuilles pour sècheuse  
21350428\_EA/21671020\_EA



SAVE 31%

12.99

**TILDA PURE BASMATI RICE**  
4.54 kg  
riz basmati  
20153678\_EA



SAVE 28%

1.44

**NO NAME® VINEGAR**  
club size, 4 L  
vinaigre  
20102756\_EA



your home of no name®

App exclusive offer



\$2

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

**NO NAME® PASTA**  
selected varieties, 900 g  
pâtes  
20315613003\_EA/20315613003\_EA



\$8

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

**NO NAME® CHEESE**  
selected varieties, 700 g  
fromage  
20315613002\_EA/20315613003\_EA



\$20

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

**NO NAME® BEEF BURGERS**  
1.36 kg, frozen  
burgers de bœuf  
20114154\_EA



**SURPRISE OFFER**  
4 days only!

Optimum™ Thursday, April 30 to Sunday May 3

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)

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

nofrills.ca

01 NFO

**NEW  
LOWER  
PRICES**

**3<sup>77</sup>**

**OLD EL PASO  
DINNER KIT**  
selected varieties  
250-510 g  
trousse-repas  
20795534\_EA



**\$9**

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



**\$3**

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



**5<sup>50</sup>**

**TRE STELLE TUB**  
selected varieties  
200-475 g  
contenant de fromage  
21364404\_EA



# FRESH AT LOW PRICES

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

9 LB AVERAGE



**WHOLE SEEDLESS WATERMELON**  
product of Mexico or U.S.A.  
melon d'eau sans pépins  
20067326001\_EA

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

PKG OF 5



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

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

1 LB CLAMSHELL



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

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



**RED SEEDLESS GRAPES**  
product of Chile, no. 1 grade  
raisins rouges sans pépins  
8.80/kg  
20159199001\_KG



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

**1<sup>29</sup>**

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



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

6 OZ CLAMSHELL



**BLACKBERRIES**  
product of Mexico or U.S.A.  
mûres  
20051015001\_EA

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

9.8 OZ CLAMSHELL



**PC® BLUEBERRIES**  
product of Mexico, Peru or Morocco, no. 1 grade  
bleuets  
20573077\_EA

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

4 LB BAG



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



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

10 LB BAG



**RED, YELLOW or RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
20601013001\_EA/20601020001\_EA

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

3 LB BAG



**FARMER'S MARKET™ YELLOW ONIONS**  
product of Canada, Canada no. 1 grade or  
**GRAPE TOMATOES** product of Canada, Mexico or U.S.A.  
tomates raisins ou carottes ou oignons jaunes  
21367888001\_EA/20811994001\_EA

**.49**  
LB

GROWN IN CANADA



**GREEN CABBAGE**  
product of Canada, Canada no. 1 grade  
chou vert  
1.08/kg  
20793034001\_KG

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

681 G



**PC® VARIETY TOMATOES**  
product of Canada, Mexico or U.S.A.  
tomates  
21720711001\_EA

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



**BARTLETT PEARS** product of Argentina, extra fancy grade or **BOSC PEARS** product of South Africa, extra fancy grade  
poires  
4.39/kg  
20172240001\_KG/20287815001\_KG

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

3 LB BAG



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

**2<sup>49</sup>**



**POMEGRANATES**  
product of Peru  
grenades  
20134767001\_EA

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

4 LB BAG



**FARMERS MARKET™ MANDARINS**  
product of Morocco or Spain  
mandarines  
20054025001\_EA

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

**RAPINI** product of U.S.A. or **CELERY** product of U.S.A., no. 1 grade  
rapini ou céleri  
20163119001\_EA/20048070001\_EA

**2<sup>49</sup>**

227 G



**PC® WHOLE or SLICED, WHITE or CREMINI MUSHROOMS**  
product of Ontario  
champignons  
20775805\_EA/20776239\_EA



**NEW LOWER PRICES**

**2<sup>49</sup>**  
LB

**EGGPLANT**  
product of Mexico  
aubergine  
5.49/kg  
20155709001\_KG



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

**GREEN ZUCCHINI**  
product of Mexico or U.S.A.  
courgette verte  
4.39/kg  
20426599001\_KG



\*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.

# GARDEN DEALS

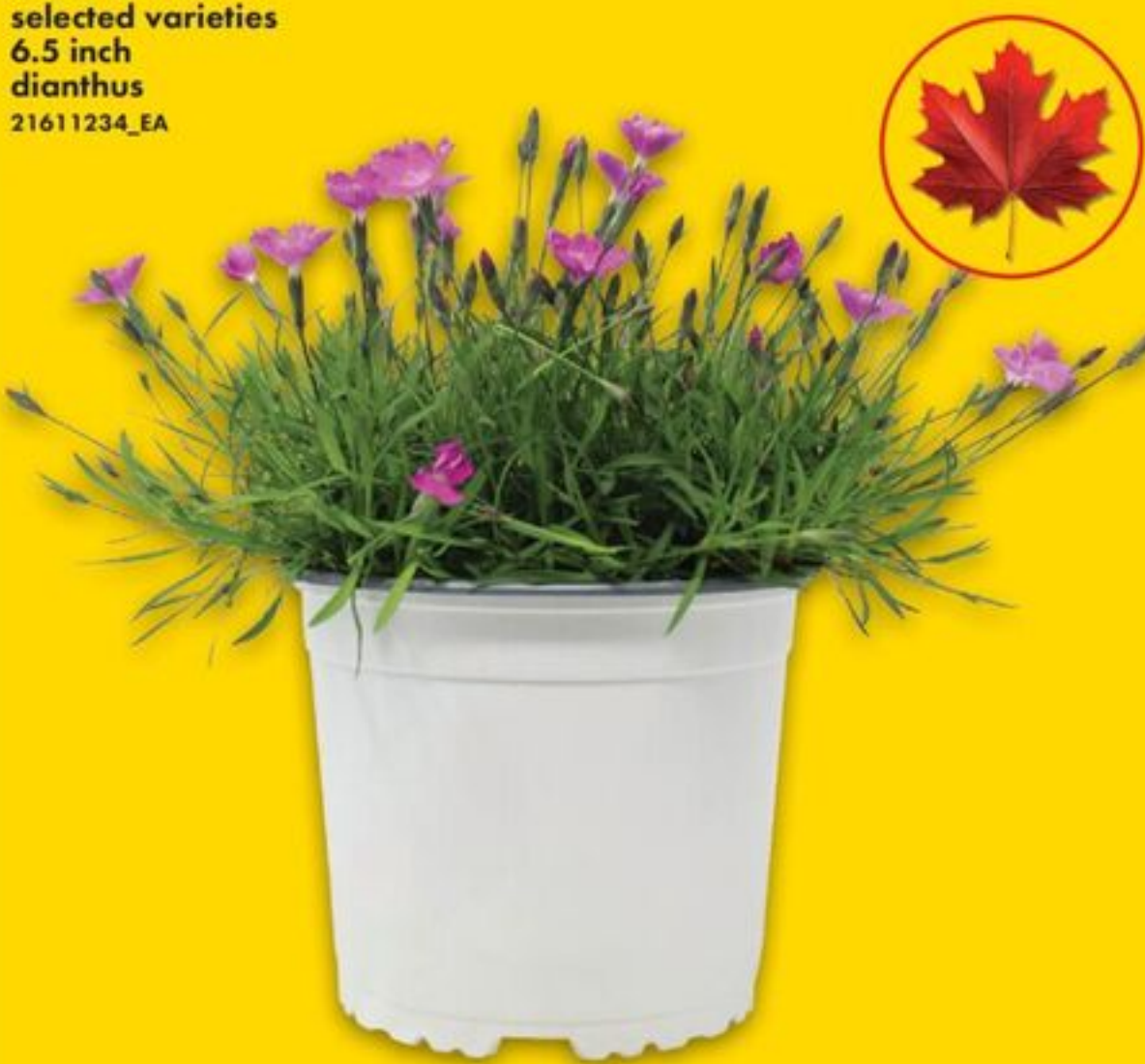
\$9

**LAVENDER**  
selected varieties  
6.5 inch  
lavande  
21613530\_EA



\$9

**DIANTHUS**  
selected varieties  
6.5 inch  
dianthus  
21611234\_EA



\$8

**ANNUALS**  
selected varieties  
8 inch  
annuelles  
21023616\_EA



# FRESH AT LOW PRICES



**\$13**

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



**\$13** LB

**INSIDE ROUND STIR FRY STRIPS AA**  
lanières à sauter d'intérieur de ronde  
28.66/kg  
21189996\_KG

**3.99** LB

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



**6.49**

**PC® SAUSAGE, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE**  
selected varieties  
375/500 g  
saucisses  
21378310\_EA/21584342\_EA

**\$5**

**NO NAME® PEPPERONI or SALAMI CHUB**  
selected varieties  
500 g  
saucisson de pepperoni ou salami  
20015818\_EA



**11.99**

**JANES BONELESS CHICKEN BITES, CHICKEN BREAST FILLETS or RESTAURANT STYLE TENDERS**  
selected varieties, frozen, 710/720 g  
bouchées de poulet ou filets ou lanières de poitrine de poulet  
21440340\_EA/21440360\_EA



**\$10.99**

**LOU'S BBQ**  
Earn 1,000 pts  
That's \$1 value  
**LOU'S BBQ PORK BACK RIBS**  
680 g  
côtes de dos de porc  
21530551\_EA



**\$4**

**PC® TOPPED HUMMUS 280 g or NAAN DIPPERS 200 g**  
selected varieties  
hummus garni ou bouchées Naan  
20811328\_EA/21092033\_EA



**\$7**

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



**\$7**

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



**6.50**

**PC® SPLENDIDO® CHARCUTERIE 100 g or MASTRO SALAMI CHUB 300 g**  
selected varieties  
charcuteries ou saucisson de salami  
20049268\_EA/21049131\_EA



**\$5**

**ZIGGY'S® SLICED CHEESE 160/180 g or MONSIEUR GUSTAV BRIE, CAMEMBERT 125 g or GOUDA 170 g CHEESE**  
selected varieties  
fromage tranché ou fromage  
21397420\_EA/21610826\_EA



**\$8**

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



**\$3.50**  
Earn 500 pts  
That's 50¢ value  
**SUNMAID CINNAMON RAISIN 450 g or STONEMILL BREAD 454-550 g**  
pain cannelle et raisins ou pain au levain  
20165873\_EA/20370646\_EA



**2.50**  
**WONDER BREAD 675 g or BUNS 8's**  
selected varieties  
pain ou petits pains  
20276296\_EA/20297455\_EA



**5.50**  
**FARMER'S MARKET™ COOKIES 12's or MUFFINS 6's**  
selected varieties  
biscuits ou muffins  
20566295\_EA/21283356\_EA



# DEALS FOR DAYS EVENT

ONLY

5<sup>25</sup>

**LACTANTIA PUR FILTRE or ULTRA PUR MILK**  
selected varieties  
1.5/2 L  
lait  
21424991\_EA



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

ONLY

6<sup>50</sup>

SAVE 37%

\$5

ONLY

\$6

**SIMPLY ORANGE JUICE**  
selected varieties,  
refrigerated  
1.36 L  
jus d'orange  
21735026\_EA



**TASTIEZ**  
selected varieties, frozen  
311 g  
triangles de macaroni au fromage  
21691571\_EA

2<sup>25</sup>

**KRAFT SALAD DRESSING**  
selected varieties, 425 mL  
vinaigrette  
21584850\_EA



\$9

**HIGH LINER FAMILY SIZE BATTERED FISH FILLETS**  
selected varieties, frozen  
315-700 g  
filets de poisson en pâte  
2057229901\_EA



5<sup>50</sup>

**POST FAMILY SIZE CEREAL**  
selected varieties, 525-635 g  
céréales  
20305607\_EA/21575229\_EA



5<sup>50</sup>

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



\$2

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



\$4

**RUFFLES POTATO CHIPS**  
180-220 g or **SMARTFOOD POPCORN** 150-220 g  
selected varieties  
croustilles ou maïs soufflé  
20972859\_EA/21241053\_EA



3<sup>50</sup>

**SUNRYPE JUICE 1.36 L, OASIS, ARIZONA or DEL MONTE DRINK BOXES** 8x200 mL  
selected varieties  
jus ou boisson en boîte  
20648778003\_EA/21649074\_C08



\$1

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



\$2

**CATELLI GARDEN SELECT SAUCE**  
selected varieties, 600 mL  
sauce  
21618340\_EA



**Starbucks Ground Coffee**  
selected varieties  
793 g  
café moulu  
21169344\_EA

Member Price \$22<sup>99</sup>  
Non-Members \$26<sup>99</sup>  
Members Save \$4

**Lactantia Butter Sticks**  
selected varieties  
4x113.5 g/454 g  
beurre  
20036675\_EA

1,000 pts  
That's \$1 value

**Quaker Dippys or Chewy Granola Bars**  
selected varieties, 120-156 g  
barres granola  
20847582\_EA/21359366\_EA

2<sup>29</sup>

**Native Body Wash, Deodorant, Body Lotion or Hair Care**  
selected varieties and sizes  
nettoyant pour le corps ou déodorant ou lotion pour le corps ou soins capillaires  
21435082\_EA/21505267\_EA

Earn 4,000 pts  
For every \$20\* spent  
That's \$4 value

**Dove Hair, Body Wash or Deodorant**  
selected varieties and sizes  
soins capillaires ou nettoyant pour le corps ou déodorant  
21220717\_EA/21644833\_EA

Earn 4,500 pts  
For every \$20\* spent  
That's \$4.50 value

**Crest Pro-Health or Complete Toothpaste**  
selected varieties  
100-130 mL  
dentifrice  
21041420\_EA/21354024\_EA

Earn 350 pts  
That's 35¢ value

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 May 3, 2026 to reveal 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 Thursday, April 30 to Sunday May 3, 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.



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

nofrills.ca



This product contains post consumer recycled paper



**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.

# BRANDS YOU LOVE AT LOW PRICES

**3.50**

**IÖGO NANO 6's or SIGGI'S 4's YOGURT**  
selected varieties  
yogourt

20609687001\_EA/21590027\_EA



**\$4**

**MINUTE MAID ZERO SUGAR BEVERAGES**  
selected varieties,  
refrigerated  
1.54 L  
boissons

21434019\_EA/21434122\_EA

**5.50**

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

20322380001\_EA/21196290\_EA



**4.99**

**NEILSON TRUTASTE LACTOSE FREE MILK**  
selected varieties  
2 L  
lait sans lactose

20188053001\_EA

**2.50**

**DARE BEAR PAWS 168-210 g, ULTIMATE COOKIES 290/300 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g**  
selected varieties  
biscuits

20974346\_EA/21080791\_EA



**\$4**

**ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or KERNEL JAR 850 g**  
selected varieties  
maïs à éclater ou en pot

20629532003\_EA



**\$4**

**QUE PASA CHIPS or SALSA**  
selected varieties  
130-350 g/420 mL  
croustilles de tortilla

21031316\_EA



**3.25**

**ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHER**  
selected varieties  
1.89 L  
cocktail de  
canneberges ou  
boisson

21518094\_EA/21574983\_EA



**4.25**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses

20310546002\_C06/20313741002\_C06



**\$16**

**PC ORGANICS 100% VIRGIN COCONUT OIL**  
860 mL  
huile de noix  
de coco vierge

20893349\_EA



**2.50**

**MINUTE RICE READY TO SERVE CUPS, TILDA READY TO HEAT RICE 250 g or MOLISANA STRAINED TOMATOES 680 mL**  
selected varieties  
riz ou coulis de tomates

20110052003\_EA/20695681\_EA



**.39**

**MR. NOODLES INSTANT NOODLES**  
selected varieties  
85 g  
nouilles instantanées

20322268001\_EA



**1.50**

**NO NAME® BROTH**  
selected varieties  
900 mL  
bouillon

21189610\_EA



**\$5**

**BELSOY PUDDING**  
selected varieties  
4x125 g  
pouding

20151398003\_EA



**2.79**

**NO NAME® CROUTONS**  
selected varieties  
145 g  
crouillons

21096223\_EA



**5.29**

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

20178204001\_EA



**3.29**

**VH COOKING or DIPPING SAUCE**  
selected varieties  
341-380 mL  
sauces à cuisson ou à  
trempette

20308726001\_EA/20984013\_EA



**Optimum**

**\$5.50**

**CLOVER LEAF SOCKEYE SALMON**  
213 g or  
**LIGHT TUNA**  
3x80 g  
selected varieties  
saumon sockeye  
ou thon pâle

21314811\_EA

Earn **1,000** pts

That's **\$1** value

# BRANDS YOU LOVE AT LOW PRICES

2.50



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



4.79

**CRACKER BARREL  
NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
tranches de fromage  
21290705\_EA

4.99



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



\$4

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

\$5



**PC® FLATBREAD**  
selected varieties, frozen  
338-395 g  
pain plat  
21013452\_EA

\$5



**ASTRO YOGURT**  
selected varieties  
12's  
yogourt  
20300831\_EA

\$4



**TROPICANA  
ORANGE JUICE,  
DRINKS or PURE LEAF TEA**  
selected varieties, refrigerated  
1.36/1.75 L  
jus d'orange ou boissons ou  
thé glacé  
20755752002\_EA/21622130\_EA

2.50



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

12.99



**ILLY GROUND  
ESPRESSO**  
selected varieties  
250 g  
espresso moulu  
21507700\_EA

Member Price  
\$35

Non-Members  
\$40

Members  
Save  
\$5



**NO NAME® COFFEE PODS**  
club size, selected varieties, 102's  
capsules de café  
21593380\_C01

6.99



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

2.50



**SWIZZLES SQUASHIES**  
selected varieties  
160 g  
friandises  
21668536\_EA

\$1



**CARNABY SWEET CANDY BAG**  
selected varieties  
125 g  
sac de friandises  
21219319\_EA

2.50



**HERSHEY'S  
CHOCOLATE BARS**  
selected varieties  
90-108 g  
barres de chocolat  
21716510\_EA

\$10



**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g-1.3 kg  
céréales  
20679390\_EA/21347133\_EA

\$3



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

2.50



**GRIESSEL MELBA TOAST,  
CANAPE or BAGUETTES**  
selected varieties  
120-200 g  
biscottes  
21033188\_EA

2.50



**WERTHER'S CANDY**  
selected varieties  
116-135 g  
friandises  
20898717\_EA

# BRANDS YOU LOVE AT LOW PRICES

**\$9**



**PC® PLANET FIRST™ LAUNDRY DETERGENT STRIPS or TOILET CLEANER**  
selected varieties  
32/39's  
bandes de détergent à lessive  
ou nettoyant pour cuvette  
21614582\_EA



**\$20**

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



**\$13**



**PUREX 4.08-4.43 L, 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



**\$15**

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

**2.50**



**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591 mL  
détergent liquide à vaisselle  
21004388\_EA

**4.50**



**CLOROX or SCENTIVA CLEANING SPRAY 709-946 mL or WIPES 75's**  
selected varieties  
nettoyant en vaporisateur ou lingettes  
20348537002\_EA/21657792\_EA

**\$10**



**AIR WICK ESSENTIAL MIST STARTER KIT 20 mL, SCENTED OIL REFILL 2x20 mL, VIBRANT STARTER KIT 23.9 mL or REFILL 2x23.9 mL**  
selected varieties  
trousse ou recharge d'huile parfumée  
20342475001\_EA/21495649\_EA

**\$16**



**TIDE PODS 32/57's LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.16 L or SCENT BOOSTERS 680 g**  
selected varieties  
détergent à lessive ou assouplissant textile ou rehausseur de parfum  
21454815\_EA/21549939\_EA

**\$8**



**PC® 2 PLY NAPKINS**  
180's  
serviettes  
20084398\_EA

**\$11**



**ENSURE or GLUCERNA READY TO DRINK SHAKES**  
selected varieties and sizes  
boissons préparées prêtes à boire  
20180283003\_C06/20308731008\_C06

**\$18**



**NO NAME® GARBAGE BAGS**  
selected varieties  
50-100's  
sacs à ordures  
20081753\_EA

**\$34.99**



Earn **2,000 pts**

That's **\$2** value

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

**\$3.50**

App exclusive offer



Earn **1,000 pts**

That's **\$1** value

**PC® YARD WASTE PAPER BAGS**  
5's  
20429980\_EA

**\$9**



Earn **1,000 pts**

That's **\$1** value

**DAWN DISHWASHING LIQUID**  
1.98 L  
détergent liquide vaisselle  
21737053\_EA

**HOT FINDS**

Snag these piping hot prices before it's too late.



**EVERYDAY ESSENTIALS™ FRIDGE PITCHER**  
PICHET POUR RÉFRIGÉRATEUR  
20654809\_EA

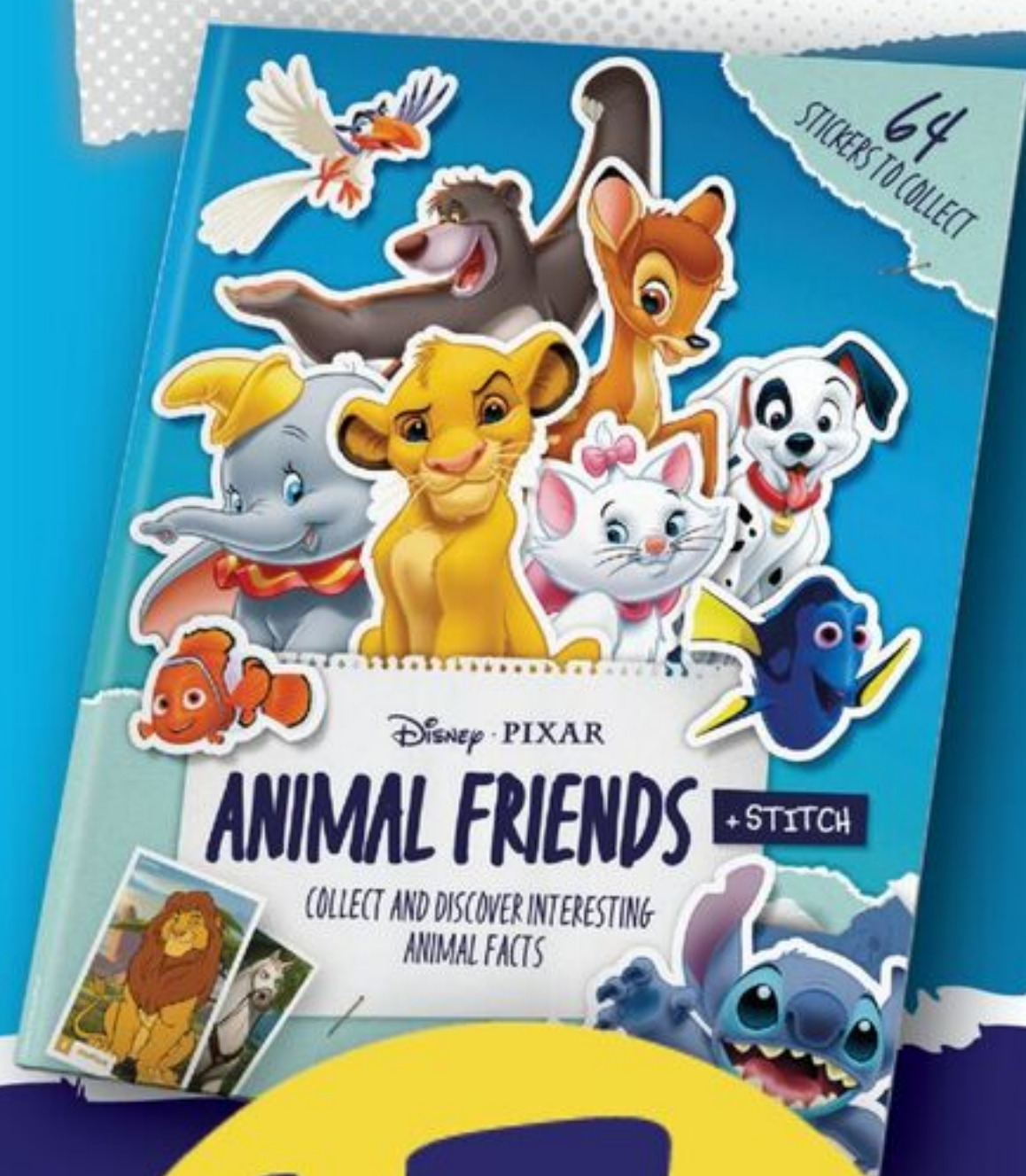
**\$4**



Disney · PIXAR

# FREE STICKER PACK

FOR EVERY \$25 SPENT\*



**\$5**  
UNIQUE  
ALBUM

64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST

©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026.  
EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE  
FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

ONL NFO FLAP DISNEY



Disney · PIXAR

# FREE STICKER PACK FOR EVERY \$25 SPENT\*

**\$5**  
UNIQUE  
ALBUM



64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

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

**KRAFT, HEINZ, PHILADELPHIA,  
MAXWELL HOUSE, NABOB,  
TASSIMO, TACO BELL, CLASSICO,  
GARDEN SELECT, CRAVE, BAGEL  
BITES, MIO, CRYSTAL LIGHT,  
JELL-O, RENEE'S, BULL'S-EYE,  
DIANA PRODUCTS AND GET ONE  
BONUS STICKER PACK**

produits  
20866924010\_EA/21085515\_EA/21618217\_EA/21594513\_EA/20039581001\_EA



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

**CHEERIOS, OATMEAL CRISP,  
NATURE VALLEY,  
OLD EL PASO, PILLSBURY or  
ANNIE'S PRODUCTS AND  
GET A BONUS STICKER PACK**

produits  
21104047\_EA/21667577\_EA/20316187001\_EA/20306992001\_EA



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

**COCA-COLA, CANADA DRY,  
SPRITE, A&W, FANTA, FRESCA,  
AHA, VITAMINWATER,  
SMARTWATER, AHA, PEACE TEA,  
FUZE, MONSTER ENERGY,  
POWERADE or BODY ARMOR  
AND GET ONE BONUS  
STICKER PACK**

produits  
20318694002\_EA/20304419001\_EA/20305840001\_EA/20853723\_EA/21166000\_EA



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

**CRACKER BARREL,  
BLACK DIAMOND,  
iOGO, ASTRO or  
LACTANTIA PRODUCTS  
AND GET ONE BONUS  
STICKER PACK**

produits  
21290384\_EA/20763661\_EA/20986474\_EA/  
21719739\_EA/20165226001\_EA/21694605\_EA



**SPEND \$12\*  
ON SELECT**

**CAMPBELL'S READY TO SERVE  
SOUPS 515 mL, HABITANT SOUP  
796 mL, SNYDERS PRETZELS 240 g,  
CHUNKY 515 mL,  
GOLDFISH CRACKERS or  
SNACK FACTORY CRISPS 200 g  
AND GET ONE BONUS STICKER PACK**

soupes ou bretzels ou craquelins  
21479030\_EA/20300320\_EA/20316052001\_EA/20948940\_EA



\*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

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

**CHRISTIE CRACKERS,  
CHRISTIE COOKIES,  
CADBURY, HALLS or  
CLIF ENERGY BARS AND  
GET ONE BONUS STICKER PACK**

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

2.25

GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L selected varieties ecu  
20134181\_EA/20333194006\_EA



\$1

NESTLÉ SINGLE CHOCOLATE BAR selected varieties 41-60 g barres de chocolat  
20066954\_EA/20306258\_EA

2.75

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



\$3

iögo 650 g or NANO BUBBLES 4x100 g YOGURT selected varieties yogourt  
21659463\_EA/21719739\_EA



4.50

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



4.50

KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K or MINI-WHEATS CEREAL selected varieties, 306-525 g céréales  
21607207\_EA/21652093\_EA



\$4

TACO BELL DINNER KIT 260-420 g or CREAMY SAUCE 354 mL selected varieties trousse-repas ou sauce crémeuse  
21661774\_EA/21660637\_EA



5.25

LACTANTIA ULTRAPUR MILK selected varieties 1.5 L lait  
21694605\_EA



\$8

CLIF ENERGY BAR selected varieties 5's, 340 g barres d'énergie  
21664766\_EA/21664843\_EA



2.50

NO NAME® NACHO CHEESE FLAVOUR TORTILLA CHIPS selected varieties 200 g croustilles de tortilla  
21654374\_EA



\$3

CATELLI PROTEIN+ PASTA selected varieties 340 g pâtes  
21661872\_EA/21661874\_EA



\$23

VAN HOUTTE or MCCAFFEE GROUND COFFEE PODS selected varieties 30's capsules de café moulu  
20743469\_EA/21240975\_EA



\$7

DR. OETKER SUPREMA 487-520 g or GIUSEPPE STUFFED CRUST PIZZA 685-771 g selected varieties, frozen pizza  
21649640\_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.

0111 04 110



**\$5**

**NESTLÉ CHOCOLATE MULTIPACK**  
selected varieties  
4's  
emballage multiple  
de chocolat  
20176136\_EA/20322502\_EA



**\$1**

**\$5**

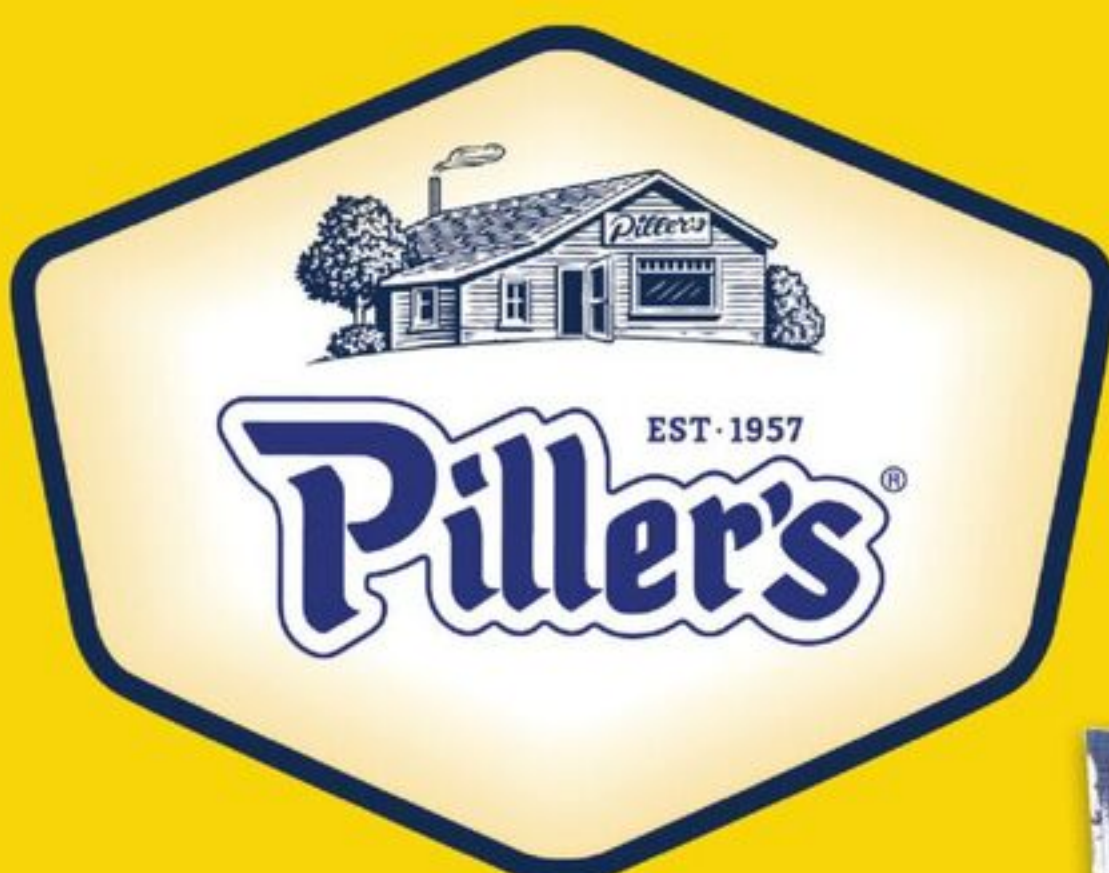
**2.75**



**NESTLÉ CHOCOLATE SINGLES**  
selected varieties  
41-60 g  
chocolat  
20066954\_EA/20306258\_EA

**NESTLÉ CHOCOLATE BAG**  
selected varieties  
76-203 g  
sac de chocolat  
21080077\_EA

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



**7.50**

**PILLER'S SLICED DELI MEAT**  
300/350 g, **PEPPERETTES** or  
**TURKEY BITES** 300-500 g  
selected varieties  
charcuteries tranchées ou  
pepperettes ou bouchées de dinde  
21099391\_EA/21624509\_EA



**6.50**

**4.50**



**PILLERS KOLBASSA** 250-375 g or  
**SLICED PEPPERONI** 175/250 g  
selected varieties  
kolbassa ou pepperoni tranché  
20042333\_EA/20308469\_EA

**PILLER'S SLICED DELI MEAT**  
selected varieties  
150/200 g  
charcuteries tranchées  
21206382\_EA/21206939\_EA

# BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$5

2.2 LB BAG



**NO NAME® NATURALLY IMPERFECT AVOCADOS**  
product of Mexico  
avocats  
21699907001\_EA

\$11



**NO NAME® SMOKED SAUSAGE**  
selected varieties  
900 g  
saucisse fumée  
20734142\_EA

\$2



**NO NAME® HOT DOG or HAMBURGER BUNS**  
8's  
pains à hot dog  
ou hamburger  
21509434\_EA/21509514\_EA

179



**NO NAME® YELLOW MUSTARD**  
550 mL  
moutarde jaune  
21457728\_EA

350



**NO NAME® PICKLES**  
selected varieties  
1 L  
cornichons  
20300473\_EA

350



**NO NAME® KETCHUP**  
1 L  
ketchup  
20102426\_EA

125



**NO NAME® BBQ LIGHTER**  
each  
briquet pour barbecue  
21379301\_EA

\$2



**NO NAME® CUTLERY**  
selected varieties  
30's  
coutellerie  
21707052\_EA/21707053\_EA

\$6



**NO NAME® PAPER TOWELS**  
6=12 rolls  
essuie-tout  
21636318\_EA

# App exclusive offers

## More offers More points

### LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

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

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

Save  
**\$1**  
with digital  
coupon

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

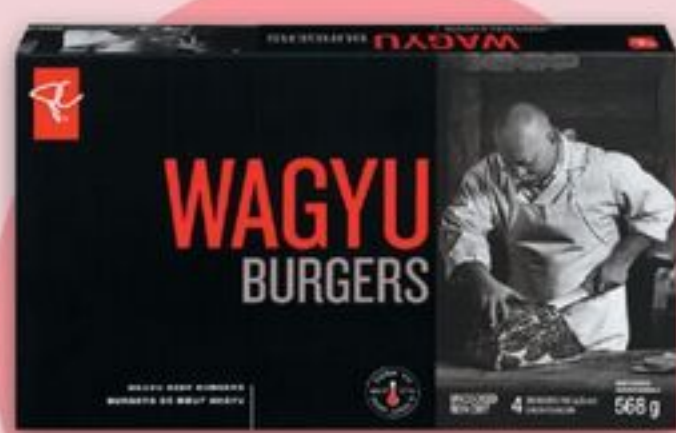
Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



**PC® SMOKED WILD  
SOCKEYE  
SALMON**  
150 g  
saumon sockeye  
sauvage fumé  
20088009\_EA

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

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

**PC® INSTANT COFFEE**  
80/100 g  
café instantané  
21499826\_EA

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

**EID  
MUBARAK!**

عيد مبارك!



**12<sup>99</sup>**



**SHER  
DURUM  
ATTA**  
9.07 kg  
farine durum atta  
20657367\_EA

**2<sup>29</sup>**



**HANS  
DAIRY DAHI**  
selected varieties  
750 g  
dahi  
20092811\_EA

**\$13**



**SUFRA® HALAL CHICKEN LEGS**  
back attached  
up to 1.28 kg  
cuisses de poulet halal  
21430676\_EA

**22<sup>99</sup>**



**NANAK DESI GHEE**  
1.6 kg  
ghee  
20181744\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO FLAP ET



# HAPPY CINCO DE MAYO



**2<sup>49</sup>**



**ICEBERG LETTUCE**  
product of Mexico or U.S.A., no. 1 grade  
laitue iceberg  
20135326001\_EA



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

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

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



**JALAPENO PEPPERS**  
product of Mexico  
8.80/kg  
piments jalapeno  
20088387001\_KG



PKG OF 4

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

**FARMER'S MARKET™ SWEET CORN**  
product of U.S.A., no. 1 grade  
maïs sucré  
20348977001\_EA

**.59**



**LIMES**  
product of Mexico  
each  
limes  
20040489001\_EA

**.99**



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

**2<sup>79</sup>**



**LA COSTEÑA CHIPOTLE PEPPERS** 186 mL or  
**REFRIED BEANS** 546 mL  
selected varieties  
piments chipotle ou haricots frits  
20054076001\_EA/20318080\_EA

**\$8**



**EXTRA LEAN GROUND BEEF**  
grass fed  
450 g  
bœuf haché  
extra maigre  
21675592\_EA

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



**BEYOND MEAT PLANT BASED GROUNDS**  
frozen  
340 g  
simili-viande hachée  
à base de plantes  
21220674\_EA

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



**VALENTINA HOT SAUCE**  
selected varieties, 370 mL  
sauce piquante  
20056649001\_EA/20056649002\_EA

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



**CHARRAS CORN TOSTADAS** 350 g or  
**LA COSTEÑA PICKLED JALAPENO NACHO SLICES** 477 mL  
selected varieties  
tostadas de maïs ou rondelles de piments jalapeño  
21117787\_EA/21365904\_EA

**5<sup>50</sup>**



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

Optimum™

**\$12**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**CORONA CERO 0.0% ALCOHOL-FREE BEER**  
6x330 mL  
bière sans alcool  
21650191\_C06

Optimum™

**\$6<sup>50</sup>**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**CHOLULA HOT SAUCE**  
selected varieties, 150 mL  
sauce piquante  
21649125\_EA

**3<sup>79</sup>**



**LA COSTEÑA SAUCE**  
selected varieties, 455 mL  
sauce  
20318656001\_EA/20318656002\_EA

**\$4**



**PC® CHUNKY GUACAMOLE** 227 g  
or **PICO DE GALLO SALSA** 300 g  
guacamole ou salsa pico de gallo  
21448092\_EA/20959575\_EA



# HAPPY CINCO DE MAYO



1.25



**JARRITOS DRINKS**  
selected varieties  
370 mL  
boissons

20147354007\_EA/21040487\_EA



11.99

**EL MONTEREY TAQUITOS**  
selected varieties, frozen  
595/684 g  
taquitos

21022918\_EA

3.49



**EL YUCATECO HOT SAUCE**  
selected varieties  
120/150 mL  
sauce piquante

21309083\_EA



3.99

**LA COSTEÑA GUACAMOLE SALSA** 456 mL or **RED MOLE** 255 g  
selected varieties  
salsa guacamole ou mole rouge

21364453\_EA/21683293\_EA

2.99



**HERDEZ SALSA**  
453 g or  
**LA COSTEÑA ENCHILADA SAUCE** 408 mL  
selected varieties  
salsa ou sauce enchilada

20315064004\_EA/21563776\_EA

3.29



**MAIZTECA WHITE TORTILLA**  
794 g  
tortillas

20811120\_EA

3.49



**PAN WHITE CORN MEAL**  
selected varieties  
1 kg  
farine de maïs blanche

20945705\_EA

4.99



**LA COSTEÑA WHOLE TOMATILLOS**  
794 g  
tomatillos entières

20818652\_EA

4.99



**LA COSTEÑA ADOBO PASTE**  
234 g  
pâte d'adobo

21563671\_EA

1.49



**LA COSTEÑA CHIPOTLE SAUCE**  
220 mL  
sauce chipotle

20823424\_EA

8.49



**MASECA INSTANT CORN MASA FLOUR**  
1.8 kg  
farine

21457445\_EA

1.25



**GRACE PLANTAIN CHIPS**  
selected varieties, 85 g  
croustilles de plantain

20602609002\_EA/20603025\_EA

5.50



**TAJIN CLASSIC SEASONING**  
142 g  
assaisonnement

20019917\_EA

# EAST ASIAN FLAVOURS AT LOW PRICES

**1.29**  
LB



**JAPANESE SWEET YAMS**  
product of Canada or  
**TAIWANESE CABBAGE**  
product of China or Mexico  
2.84/kg  
ignames ou chou  
20524922001\_KG

**.99**  
LB



**JUMBO CARROTS** or  
**DAIKON**  
product of China or  
Mexico  
2.18/kg  
carottes ou daikon  
20082109001\_K  
20851084001\_KG

**1.99**  
LB



**GINGER ROOT** product of China or  
**LONG EGGPLANT** product of Mexico, 4.39/kg  
racine de gingembre ou aubergine longue  
20179038001\_KG/20159013001\_KG

**1.49**  
LB



**NAPA CABBAGE**  
product of Mexico or U.S.A.  
3.28/kg  
chou  
20015025001\_KG

**1.99**  
LB



**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON** or  
**BABY NAPA CABBAGE**  
product of Mexico or U.S.A., 4.39/kg  
pak-choi ou chou cantonnais ou  
broccoli chinois ou chou napa  
21024088001\_EA/20032454001\_EA

**1.88**



**WINGS EGGROLL** 454 g or  
**WONTON WRAPPERS** 400 g  
pâtes pour rouleaux impériaux ou wontons  
20046006\_EA/20127682\_EA

**5.50**



**SEAQUEST® SEAFOOD MEDLEY**  
frozen  
340 g  
mélange de  
produits de la mer  
21592029\_EA

**5.48**  
LB



**PORK BELLY PORTION**  
fresh  
12.08/kg  
portion de poitrine de porc  
21614914\_KG

**2.99**



**KIKKOMAN SOY SAUCE**  
selected varieties  
148 mL  
sauce soya  
20043711\_EA/20346505\_EA

**2.49**



**T&T® LIGHT** or **DARK SOY SAUCE** 500 mL or  
**LEE KUM KEE SOY SAUCE** 500 mL  
selected varieties  
sauce soya  
20698142\_EA/20703399\_EA

**8.99**



**BOTAN CALROSE RICE**  
4 kg  
riz  
21359814\_EA

**5.99**



**MELONA FROZEN DESSERT BARS**  
selected varieties  
560 mL  
barres de dessert  
glacées  
21622903\_EA

**6.99**



**O'TASTY DUMPLINGS**  
selected varieties  
frozen  
567 g  
boulettes  
20319243001\_EA

**.99**



**KOSA RICE FLOUR** or **KOSA GLUTINOUS RICE FLOUR**  
400 g  
farine  
21412794\_EA

**4.99**



**NATURE SLIM TEA**  
extra strength  
50 g  
thé  
20114893\_EA

**4.99**



**HEIWA SANUKI-STYLE UDON NOODLES**  
1.25 kg  
nouilles udon  
20570578\_EA

**3.29**



**FRITO LAY'S SPECIALITY FLAVOURED CHIPS**  
selected varieties, 200 g  
croustilles  
21663216\_EA

**4.99**



**NONGSHIM NOODLES**  
selected varieties  
4's  
nouilles  
21504161\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

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# SHOP ONLINE, GET IT DELIVERED.

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\* Standard message and data rates may apply.

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

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

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for \$19 a month  
with auto top-up**

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\*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

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PRICE**

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drops for longer.

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CHECK  
+ pts**

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deal if we're sold out,  
and give you 10% back in  
PC Optimum™ Points.

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PRICE.  
ALWAYS.**

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everyday prices.

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GUARANTEE**

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

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

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