



# DEALS FOR DAYS EVENT

\$1



**NONGSHIM NOODLES**  
selected varieties  
120 g  
nouilles  
21504277\_EA

\$1



**TINA'S BURRITO**  
selected varieties  
frozen  
113 g  
burrito  
21639787\_EA

\$1



**NESTLÉ or MARS CHOCOLATE SINGLES** 41-60 g or **PC BLUE MENU® SPARKLING WATER** 1 L or **PEACE TEA ICED TEA** 695 mL  
selected varieties  
chocolat, eau pétillante ou thé glacé  
20066954\_EA/20695204\_EA/  
20320832004\_EA/21080320\_EA

\$1



**PC ORGANICS BABY FOOD POUCH** 128 mL or **LITTLE BELLIES BABY SNACKS** 8/12 g  
selected varieties  
sachet d'aliments pour bébé ou collations pour bébé  
20651248005\_EA/21539350\_EA

\$1



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

# NOFRILLS®

## DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, APRIL 23 TO WEDNESDAY, APRIL 29, 2026.

SAVE 33%

2<sup>99</sup> LB

WHOLE CHICKEN  
fresh  
poulet entier  
6.59/kg  
20729008\_KG/20707744\_KG



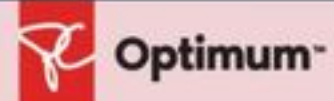
SAVE UP TO 43%

8<sup>99</sup>

SWISS CHALET or MONTANA'S RIBS  
selected varieties, frozen  
600/650 g  
côtes  
21022221\_EA/21203458\_EA



App exclusive offer



Member Price

\$14



Non-Members

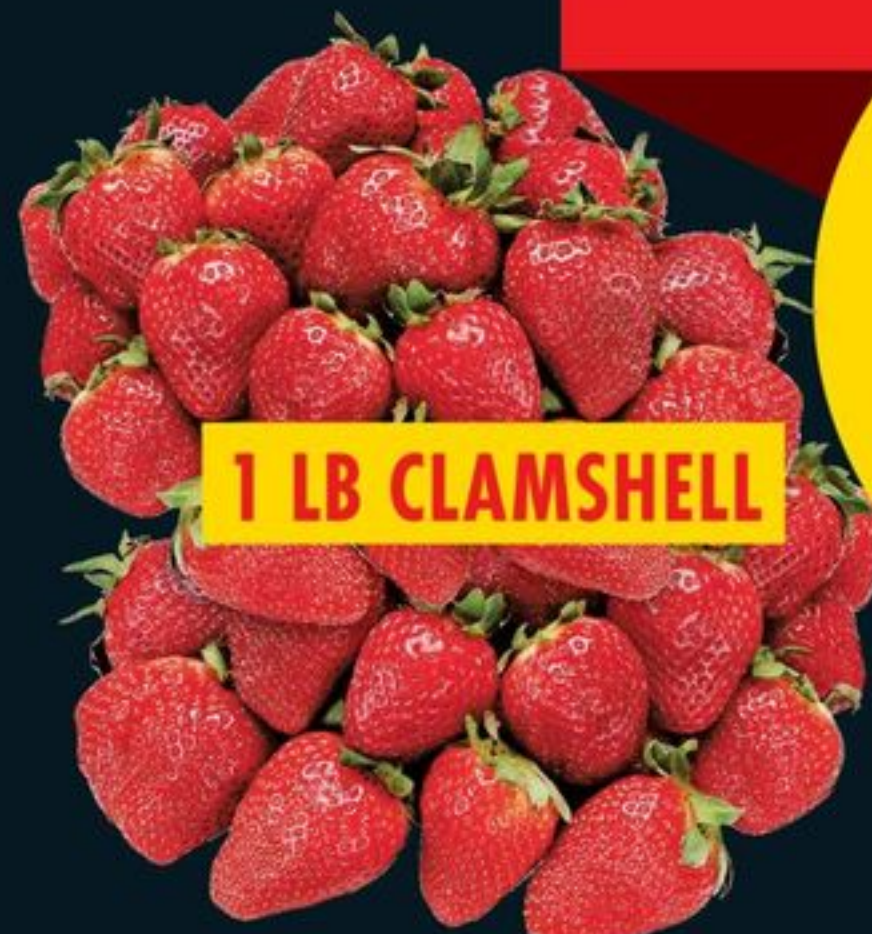
\$18

Members Save \$4

PC®, BLUE MENU®, THICK & JUICY™ or FREE FROM® BURGERS  
selected varieties, frozen  
1.02-1.36 kg  
burgers  
20941443\_EA

ONLY

2<sup>99</sup>



1 LB CLAMSHELL

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

ONLY

\$3



ASTRO 650/750 g,  
IOGO NANO BUBBLES or  
LIBERTE 4x100 g YOGURT  
selected varieties  
yogourt  
20165226001\_EA/20801732001\_EA/21659463\_EA

SAVE 56%

8<sup>50</sup>



HIGH LINER PAN-SEAR or  
BATTERED FISH FILLETS  
selected varieties, frozen, 425-540 g  
filets de poisson  
20296596002\_EA

SAVE 57%

1<sup>49</sup> LB



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

ONLY

\$3



CLASSICO SAUCE  
selected varieties  
410/600 mL  
sauce  
20325609003\_EA/21618217\_EA

SAVE 41%

1<sup>33</sup>



ITALPASTA  
selected varieties, 750 g  
pâtes  
20296241001\_EA/20296241004\_EA

ONLY

1<sup>24</sup>



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

SAVE 41%

1<sup>75</sup>



FRASER FARM GRAVY  
AND MEATBALLS 425 g or  
PURITAN STEW 410 g  
selected varieties  
ragoût de boulettes ou ragoût  
20132278\_EA

PRICE DROP

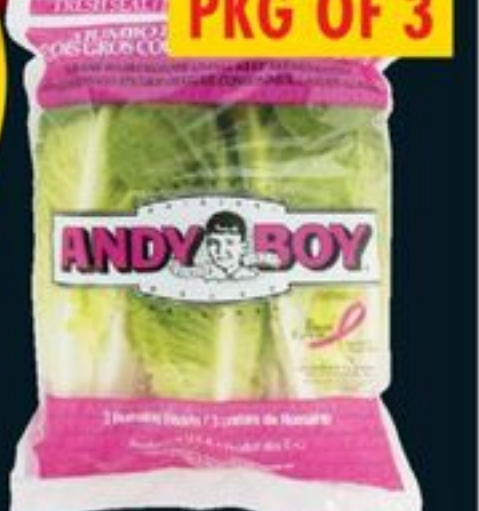
.95



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

SAVE 20%

3<sup>99</sup>



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

your home of no name®

App exclusive offer



\$6

Earn 2,000 pts

That's \$2 value

NO NAME® BUTTER  
selected varieties  
454 g  
beurre  
20325029\_EA



\$2.50

Earn 500 pts

That's 50¢ value

NO NAME® BAGELS  
selected varieties  
6's  
bagels  
21217967\_EA



\$1.33

Earn 500 pts

That's 50¢ value

NO NAME® EVAPORATED MILK  
selected varieties  
354 mL  
lait évaporé  
21040510\_EA/21040543\_EA



\$5.79

Earn 2,000 pts

That's \$2 value

NO NAME® HONEY BEAR 375 g or HAZELNUT SPREAD 725 g  
selected varieties  
miel ou tartina de noisettes  
20001100\_EA/20683943\_EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA M

# DELI AND BAKERY DEALS

SAVE 26%

2.85



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

SAVE 25%

\$3



**PC® DIPS or HUMMUS** 200/227 g or **NAAN CRISPS** 200 g  
selected varieties  
trempettes ou hummus ou  
craquelins naan  
20584212\_EA/21092033\_EA

SAVE UP TO 40%

\$3



**ZIGGY'S FRESH PASTA** 350/360 g,  
or **RESER'S SALADS** 425-454 g  
selected varieties  
pâtes ou salades  
21521168\_EA/20962386\_EA

ONLY

\$5



**PC® BRIE or CAMEMBERT**  
165-200 g, **GOAT LOGS** 140 g,  
**CHEESE SLICES** 140-170 g or  
**BLOCKS** 250 g  
selected varieties  
fromage  
20000584\_EA/20250947\_EA

ONLY

7.50



**PILLER'S PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
bâtonnets ou bouchées de saucisson  
21099386\_EA/21099391\_EA

# FRESH AT LOW PRICES



**3.99**



**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

**4.99**



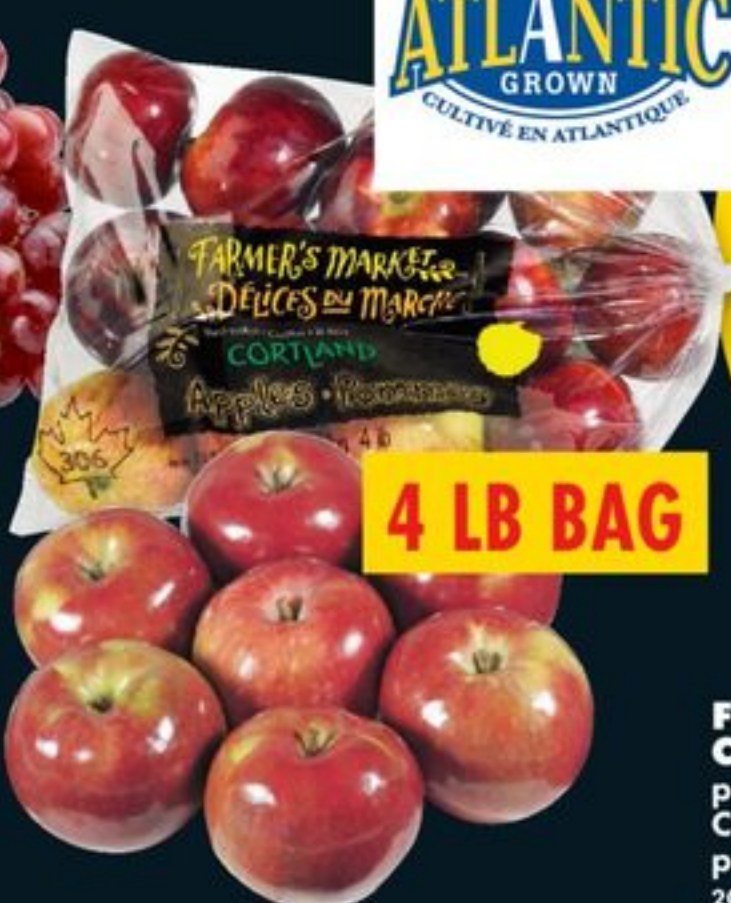
**10 LB BAG**

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

**3.99**  
LB



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



**4 LB BAG**

**4.99**

**FARMER'S MARKET™ CORTLAND or MCINTOSH APPLES**  
product of Atlantic Provinces,  
Canada fancy grade  
pommes  
20630871001\_EA/20713211001\_EA



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

**4.99**



**PKG OF 4**

**FARMER'S MARKET™ SWEET CORN**  
product of U.S.A. no. 1 grade or  
**FARMER'S MARKET™ SWEET PEPPERS**  
product of Canada or Mexico  
maïs sucré ou poivrons  
20348977001\_EA/20117550001\_EA

**5.99**



**PINEAPPLE**  
product of Costa Rica  
each  
ananas  
20119813001\_EA

**4.99**



**PKG OF 5**

**CAULIFLOWER** product of Mexico or U.S.A.,  
no. 1 grade or **AVOCADOS** product of Mexico  
chou-fleur ou avocats  
20135377001\_EA/21644936001\_EA

**2.49**



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

**4.99**



**3 LB BAG**

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

**7.99**



**4 LB BAG**

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

**3.99**



**3 LB BAG**

**FARMER'S MARKET™ RED ONIONS**  
product of Canada, Mexico, U.S.A. or  
Netherlands, no. 1 grade  
oignons rouges  
20811362001\_EA

**13.99**



**MARCANGELO SOUVLAKI KABOBS**  
selected varieties, 480/640 g  
brochettes  
21041735\_EA

**\$13**



**NO NAME® CHICKEN WINGS**  
selected varieties,  
frozen  
908 g  
ailes de poulet  
21045309\_EA

**\$13**



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

**\$4**



**THE LAUGHING COW** 133 g or  
**MINI BABYBEL** 102/120 g **CHEESE**  
selected varieties  
fromage  
20319107\_EA/20574332\_EA

**3.50**



**COUNTRY HARVEST BREAD** 600 g or **BAGELS** 6's  
selected varieties  
pain ou bagels  
21178571\_EA/21178642\_EA

**3.50**



**FARMER'S MARKET™ TWO-BITE BROWNIES®**  
265 g  
brownies  
21450055\_EA

**\$7**



**SEAQUEST™ FISH FILLETS**  
selected varieties, frozen  
400 g  
filet 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

**1.50**



**SCOTSBURN SOUR CREAM**  
selected varieties  
250 mL  
crème sure  
21381008\_EA



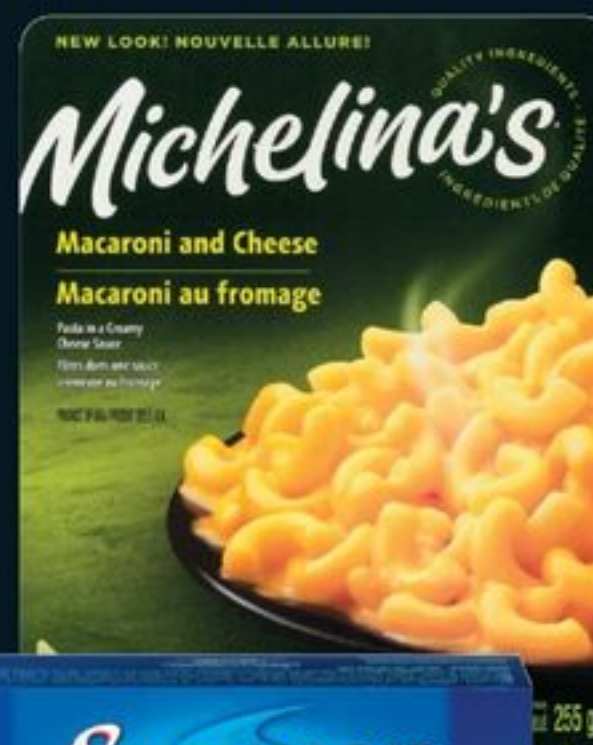
**\$6**

**PC® CHOCOLATE COVERED  
FRUIT 200 g or FRUIT RIOT!  
SOUR FROZEN FRUIT 170 g**  
selected varieties  
fruits enrobés de chocolat ou  
fruits acidulés surgelés  
21544055\_EA/21653869\_EA

**\$8**



**STOK or STARBUCKS  
ICED COFFEE**  
selected varieties, refrigerated  
1.42 L  
café glacé  
21203739\_EA/21215530\_EA



**1.50**

**MICHELINA'S DINNER  
ENTRÉES 156-284 g or  
SWANSON POT PIE 200 g**  
selected varieties, frozen  
plats cuisinés ou pâtés  
20320525001\_EA/21208614\_EA

**2.50**



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

**\$4**



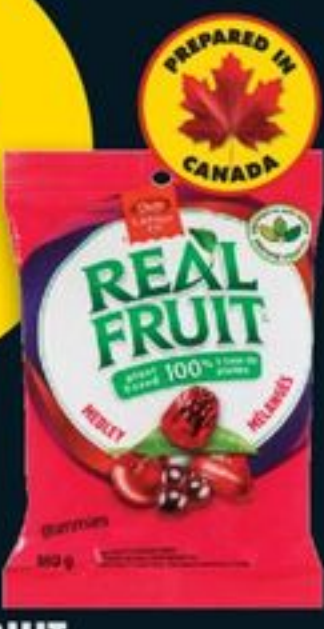
**TOSTITOS TORTILLA**  
215-295 g or  
**RUFFLES POTATO  
CHIPS**  
selected varieties  
croustilles  
21050575\_EA/21241053\_EA

**1.25**



**NO NAME® CORN**  
selected varieties  
341/398 mL  
maïs  
20296401\_EA/20303822\_EA

**\$2**



**DARE REAL FRUIT**  
selected varieties  
180 g  
friandises gélifiées  
21391610\_EA

**\$3**



**NERDS GUMMY  
CLUSTERS CANDY**  
selected varieties  
142 g  
friandises  
21564627\_EA

**\$2**



**HARIBO CANDY**  
selected varieties  
175 g  
friandises  
21519578\_EA

Optimum

**Member Price**  
**\$7.50**

**Non-Members**  
**\$8**

**Members Save 50¢**

**PC® CHOCOLATE  
COVERED  
FRUITS, NUTS**  
250-400 g or  
**CHOCOLATE  
BAR 300 g**  
selected varieties  
fruits ou noix  
enrobés de chocolat  
ou barres de chocolat  
20000356\_EA/20307295\_EA

**1.79**



**KRAFT DINNER 156/175 g or  
SALAD PASTA 200 g**  
selected varieties  
macaroni au fromage ou salade de pâtes  
21549589\_EA/21549590\_EA

**\$2**



**NO NAME®  
PASTA SAUCE**  
selected varieties  
680 mL  
sauce pour pâtes  
20299886001\_EA/20299886003\_EA

**\$4**



**MR. CLEAN ALL PURPOSE  
CLEANER 1.21 L, FEBREZE AIR  
FRESHENER 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  
21003017\_EA/21700198\_EA

Optimum

**Earn 4,000 pts**  
when you buy  
Charmin and Bounty

**That's \$4 value**

**CHARMIN**  
8-24 rolls or  
**BOUNTY  
PAPER TOWEL**  
3-6 rolls  
selected varieties  
papier hygiénique  
ou essuie-tout  
21670159\_EA/21707477\_EA

**\$1**



**FANCY FEAST PETITES  
WET CAT FOOD**  
selected varieties  
79.4 g  
nourriture humide pour chats  
215497340\_EA

**\$1**



**PURINA BENEFUL  
INCREDI BITES WET DOG FOOD**  
selected varieties  
85 g  
nourriture humide pour chiens  
21621851\_EA

**\$2**



**PURINA ONE WET DOG FOOD**  
selected varieties  
368 g  
nourriture humide pour chiens  
21303479\_EA

**\$22**



**TIDE LIQUID LAUNDRY  
DETERGENT 3.46/3.9 L,  
PODS or FLINGS 45/76's**  
selected varieties  
détergent à lessive  
21593670\_EA/21593706\_EA

# DEALS FOR DAYS EVENT



ONLY

6<sup>50</sup>

**ACTIVIA YOGURT**  
selected varieties  
12x100 g  
yogourt  
20303412001\_EA



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

ONLY

3<sup>50</sup>

ONLY

\$5

**SCOTSBURN or BAXTER CHOCOLATE MILK**  
selected varieties, brand varies by region, 2L  
lait au chocolat  
20110277001\_EA/20146518\_EA



**CHEEMO PEROGIES**  
selected varieties, frozen, 745/907 g  
perogies  
20527159\_EA

ONLY

2<sup>75</sup>

\$7

**PC® ORANGE JUICE**  
selected varieties, refrigerated, 2.5 L  
jus d'orange  
21531644\_EA



\$3

**LAY'S POTATO CHIPS**  
selected varieties  
177-235 g  
croustilles  
21241032\_EA



2<sup>29</sup>

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



\$3

**MOTT'S or BETTY CROCKER FRUIT SNACKS**  
selected varieties, 128-226 g  
collations aux fruits  
20318474001\_EA/20686716002\_EA



5<sup>50</sup>

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties, 475-778 g  
céréales  
21103492\_EA/21103495\_EA



2<sup>50</sup>

**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



3<sup>79</sup>

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



1<sup>69</sup>

**CAMPBELL'S BROTH**  
selected varieties  
250/900 mL  
bouillon  
20322348001\_EA/21347245\_EA



1<sup>79</sup>

**NO NAME® TOMATOES**  
selected varieties  
796 mL  
tomates  
20600787\_EA



3<sup>99</sup>

**HELLMANN'S REAL MAYO or DIPS**  
selected varieties, 340/445 mL  
mayonnaise ou trempette style mayo  
20008233001\_EA



1<sup>25</sup>

**PC® FREE AND CLEAR SPARKLING WATER**  
selected varieties, 1 L  
eau pétillante  
20162061002\_EA



5<sup>75</sup>

**PC® or PC® BLUE MENU® SPARKLING WATER**  
selected varieties, 12x355 mL  
eau pétillante  
20668034002\_C01



5<sup>99</sup>

**LAVAZZA CREMA E GUSTO or QUALITA ROSSA GROUND COFFEE**  
selected varieties, 250 g  
café moulu  
21553695\_EA/21553714\_EA



\$22

**PC® ROAST AND GROUND COFFEE 800-930 g, WHOLE BEAN 820/907 g or PODS 30's, selected varieties café torréfié et moulu ou en grains ou capsules**  
21038677\_EA/21393573\_EA



PRICE DROP

\$5

**ROYALE BATHROOM TISSUE 8-16 rolls or ROYALE FACIAL TISSUE 6x100 sheets**  
selected varieties  
papier hygiénique ou mouchoirs  
20702419\_EA/21378574\_EA



\$5

**KRAFT DINNER original 5x200 g macaroni au fromage**  
21740440\_EA



2<sup>25</sup>

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



\$4<sup>99</sup>

Earn 500 pts That's 50¢ value



**HEINZ KETCHUP**  
selected varieties  
750 mL/1 L  
ketchup  
20069080\_EA

App exclusive offer

Earn 2,500 pts For every \$10\* spent on



**NO NAME® ICE MILK or NOVELTIES**  
all sizes and varieties, frozen  
lait glacé ou friandises glacées  
21013432\_EA/21610238\_EA

Earn 10,000 pts For every \$50\* spent on



**HUGGIES IN THE BABY DEPARTMENT**  
selected varieties and sizes  
dans le rayon pour bébé  
20963841\_EA/21456748\_EA/21526003\_EA/21541191\_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.

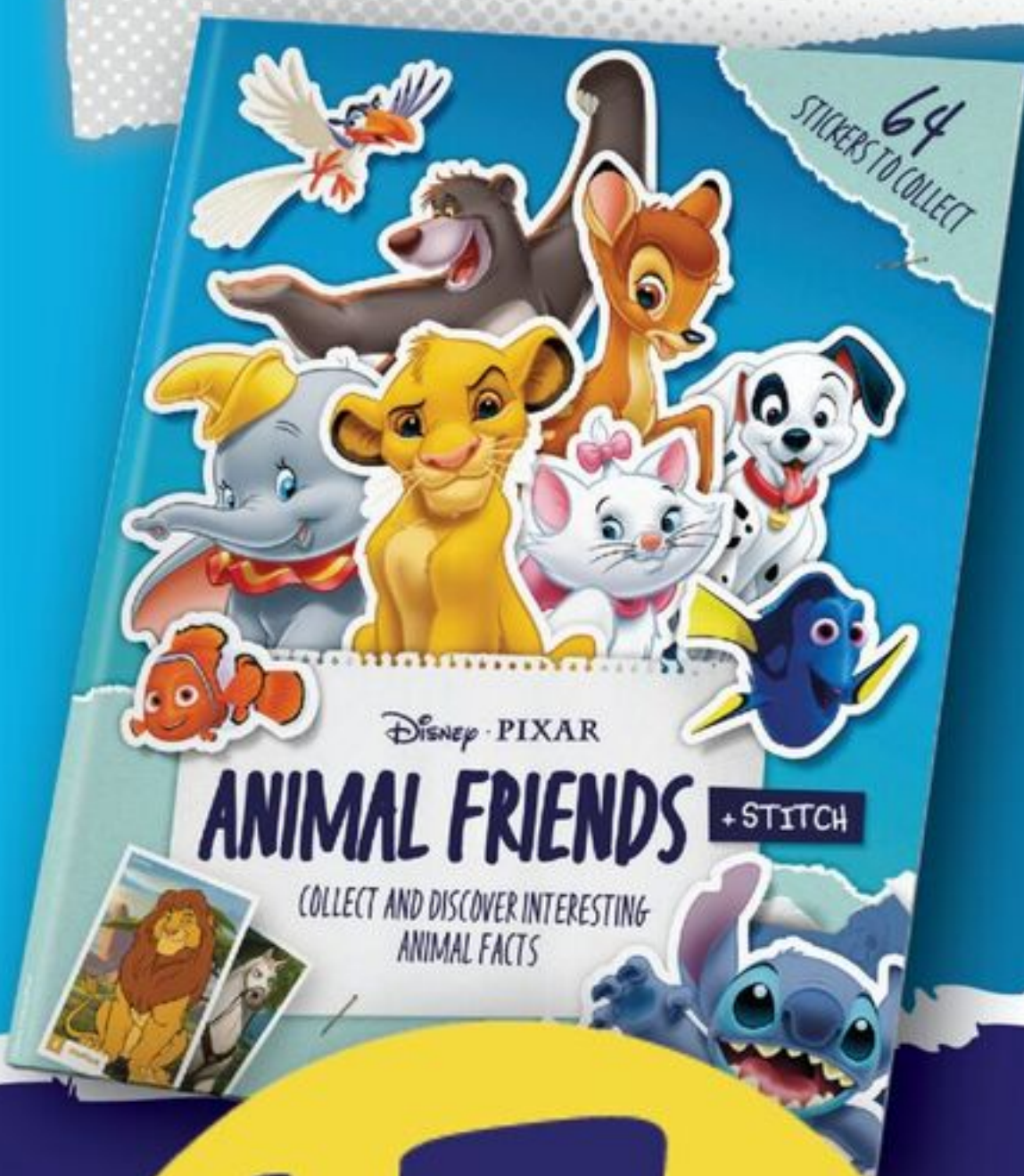




Disney · PIXAR

# 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 NFA FLAP DISNEY

**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.



Disney · PIXAR

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

**\$5**  
UNIQUE  
ALBUM



64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
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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

\$4

PC® BLUE MENU® GRANOLA OMEGA 3 400 g, GRANOLA 475 g or MUESLI CEREAL 450 g selected varieties granola ou muesli 21315336\_EA



4.50

CASA MENDOSA 10 inch TORTILLAS selected varieties 640 g tortillas 20318788\_EA



3.25

D'ITALIANO BREAD selected varieties 620/675 g pain 20038335\_EA



\$3

FIBRE 1 BARS 125 g or NATURE VALLEY GRANOLA BARS, PROTEIN BARS or BISCUITS 148-210 g selected varieties bars 20587504001\_EA/20686988001\_EA

2.50

SNYDER'S PRETZELS selected varieties 240 g bretzels 20316052004\_EA



\$5

ARMSTRONG CHEESE STICKS 210 g bâtonnets au fromage 21694973\_EA



12.99

ROYALE TIGER TOWEL selected varieties 6=12 rolls serviette 21484732\_EA



\$5

LEGO MINI BUILD BAGS ARIEL & FLOUNDER'S BIRTHDAY MUSIC FUN sacs de briques de construction 21724141\_EA



4.50

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



3.29

VH COOKING or DIPPING SAUCE selected varieties 341-380 mL sauces à cuisson ou à trempette 20984013\_EA



2.50

CAVENDISH FRIES selected varieties, frozen, 800 g frites 21602936\_EA



\$2

CAMPBELL'S READY TO SERVE SOUP selected varieties 515 mL soupe 21480539\_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.

ONL 01 NFA

# 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

# 1000s OF LOWERED PRICES EVERYDAY!

**PRICE DROP**

**5.50**



**LISTERINE CLASSIC MOUTHWASH**  
selected varieties  
1 L  
rinse-bouche  
21091218\_EA/21091222\_EA

**3.50**



**COLGATE PREMIUM TOOTHPASTE**  
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
dentifrice ou brosse à dents manuelle  
20432339010\_EA/21166685\_EA

**\$4**



**GARNIER FRUCTIS HAIR CARE**  
selected varieties  
334-370 mL  
soins capillaires  
21007245\_EA/21007302\_EA

**4.50**



**IRISH SPRING BAR SOAP** 6x104 g,  
**BODY WASH** 591 mL or  
**SOFTSOAP BODY WASH** 591 mL  
selected varieties  
pain de savon ou nettoyant pour le corps  
21219375\_EA/21436477\_EA

**5.50**



**OLAY BAR SOAP** 4x90 g,  
**OLD SPICE** or **OLAY BODY WASH** 364-532 mL  
selected varieties  
nettoyant pour le corps  
20605927003\_EA/21237505\_EA

**\$6**



**DEGREE DEODORANT** 74 g  
or **DRY SPRAY** 107 g  
selected varieties  
déodorant ou atomiseur sec  
21075870\_EA/21078327\_EA

**\$18**



**POISE PADS** or  
**DEPENDS UNDERWEAR** 12 -66's  
selected varieties and sizes  
serviettes ou sous-vêtements  
21023579\_EA/21302119\_EA

**\$15**



**CETAPHIL FACIAL CLEANSER** or **MOISTURIZER**  
selected varieties  
120-473 mL  
nettoyant pour le visage ou hydratant  
21718816\_EA

**\$11**



**AVEENO LOTION**  
selected varieties  
532 mL  
lotion  
20102023001\_EA/20102023003\_EA

**47.99**



**ENFAMIL A+ NEUROPRO** or  
**GENTLEASE POWDER**  
selected varieties  
553/587 g  
préparation en poudre  
21589117\_EA/21589230\_EA

**2.50**



**SIMPLY GOURMET SNACKS**  
selected varieties  
32 g  
collations  
21597310\_EA/21597336\_EA

**\$9**



**PEDIASURE COMPLETE**  
**REDUCED SUGAR**  
**NUTRITIONAL SUPPLEMENT**  
selected varieties  
4x235 mL  
supplément nutritif  
20322414001\_EA/21371922\_EA

**26.99**



**HUGGIES PULL UPS** or  
**GOODNITES POTTY** or  
**CLUB PACK TRAINING PANTS** 24-74's  
selected varieties and sizes  
culottes d'entraînement  
20963841\_EA/21371199\_EA

**\$10**



**TYLENOL CHILDREN'S** or  
**INFANTS' PAIN RELIEF**  
selected varieties  
16-20's or 24-100 mL  
Analgésique pour tout-petit  
20329139001\_EA

**\$12**



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

**\$9**



**AUSSIE HAIR CARE**  
selected varieties  
778 mL  
soins capillaires  
21167371\_EA/21167373\_EA

**\$5**



**LIFE BRAND® LIQUID HAND SOAP REFILL**  
selected varieties, 2 L  
recharge de savon liquide pour les mains  
21357613003\_EA/21357613004\_EA

**ALWAYS**



**Express™**

**Online grocery pickup & delivery**

# SHOP ONLINE, GET IT DELIVERED.

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

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

**SHOP NOW**



No Frills® delivery is available at select stores. Visit [nofrills.ca](http://nofrills.ca) or use the **PC Express** app to see if delivery is available in your area.

# OUR FLYER. YOUR INBOX.

**STRAIGHT TO YOUR EMAIL**

Scan the QR code to sign up.

**STRAIGHT TO YOUR PHONE**

Text "OFFER" to 374557 (FRILLS)\*



\* Standard message and data rates may apply.

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

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

# MORE WAYS TO SAVE

**NEW  
LOWER  
PRICE**

Enjoy these price drops for longer.

**RAIN  
CHECK**  
+ **pts**

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

**LOW  
PRICE.  
ALWAYS.**

Count on low everyday prices.

**FRESH  
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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