

**PRICE CUT
EVENT**

SAVE 50%

1.97



**6 OZ
CLAMSHELL**

RASPBERRIES
product of Mexico or U.S.A.,
no. 1 grade
framboises
20128938001_EA

ONLY

2.88



PKG OF 5

AVOCADOS
product of Mexico,
Peru or Colombia
avocats
21644936001_EA

ONLY

6.97



**APPROX.
5 LB CASE**

**ATAULFO
MANGOES**
product of Mexico
mangues ataulfo
20121509001_EA

SAVE UP TO 25%

2.97



2 LB BAG

**FARMER'S MARKET™
LEMONS**
product of U.S.A. or South Africa
or **MANDARINS**
product of Morocco or
Spain citrons ou mandarines
20795315001_EA/20099819001_EA

App exclusive offer



\$4.99



Earn
1,500
pts

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Ontario
pommes
20868985001_EA

That's
\$1.50
value

NOFRILLS®

**PRICE CUT
EVENT**

FLYER PRICES EFFECTIVE THURSDAY, APRIL 09
TO WEDNESDAY, APRIL 15, 2026.

SAVE 50%

3⁹⁹
LB



PORK BACK RIBS
cryovac, fresh
côtes de dos de porc
8.80/kg
20289672_KG

WHILE QUANTITIES LAST

SAVE 30%

6⁹⁹

**SCHNEIDERS
CHICKEN WINGS**
selected varieties
frozen, 615 g
ailes de poulet
21372435_EA



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

SAVE 20%

\$1

ONLY

1⁷⁵



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



SAVE UP TO 29%

5⁹⁹

**LIMIT 4,
AFTER LIMIT \$7.99**

UNICO VEGETABLE OIL 3 L or
NO NAME® CANOLA OIL 3 L
huile végétale ou huile de canola
20098102_EA/20028656_EA

SAVE UP TO 42%

2⁷⁷

GREEN GIANT VEGETABLES 283-750 g,
MCCAIN SUPERFRIES or
SPECIALTY FRIES 454 g-800 g
selected varieties, frozen
légumes ou frites de spécialité
20324328002_EA/21022302_EA



App exclusive offer

Optimum™

**BREADED CHICKEN,
MEATBALLS,
HOR D'ŒUVRES,
LEAN GROUND BEEF
or TURKEY or HALAL
CHICKEN**

selected varieties, frozen,
700 g-1.81 kg
poulet pané ou boulettes de
viande ou hors-d'œuvre
ou bœuf haché maigre ou
dinde ou poulet halal
21626018_EA/21667936_EA



\$10

2,000
pts

SAVE 42%

1⁸⁸



I CAN'T BELIEVE IT'S NOT BUTTER
MARGARINE 427 g or
BECEL GARLIC PLANT BUTTER 227 g
margarine ou beurre à l'ail à base de plantes
20061949001_EA

SAVE UP TO 44%

1²⁵



**OASIS JUICE,
DEL MONTE NECTAR** or
ARIZONA ICED TEA 960 mL or
GATORADE SPORT DRINKS 710 mL
selected varieties
jus ou nectar ou thé glacé ou boissons désaltérantes
20305775003_EA/20894117004_EA

ONLY

.88



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

ONLY

\$4

**TROPICANA
ORANGE JUICE** or
DRINKS or
PURE LEAF TEA
selected varieties
refrigerated
1.36/1.75 L
jus d'orange ou boissons ou thé
21621930_EA



SAVE UP TO 39%

\$2



CAMPBELL'S READY TO SERVE 515 mL or
HABITANT 796 mL SOUP
selected varieties
soupe
20299690002_EA/21479030_EA

SAVE 22%

\$7



PC® DINNER ENTRÉES
selected varieties, frozen, 770 g-1.13 kg
plats cuisinés
20326534_EA

SAVE 27%

7⁹⁹

MOTHER'S MAGIC or
NOOR BASMATI RICE
4.54 kg
riz
20056100_EA/21590432_EA



ONLY

6⁵⁰



ACTIVIA EXPERT 750 g or
iöGO 16x100 g **YOGURT**
selected varieties
yogourt
20606778001_EA

SAVE UP TO 42%

7⁹⁹



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 liquide ou assouplissant ou agent de
rinçage ou feuilles pour sècheuse
21550428_EA/21671020_EA

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

ONLY

\$1

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



SAVE 20%

\$2

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



ONLY

\$3

ASTRO, iÖGO
YOGURT 650/750 g or
PILLSBURY REFRIGERATED
DOUGH 318-468 g or
NEILSON CREAM 5/10%
1 L or 18/35% 473 mL
selected varieties
yogourt ou
pâte ou crème
20123609_EA
20165226001_EA



SAVE UP TO 25%

\$3

POST CEREAL
selected varieties
311-525 g
céréales
20299648_EA
21427214_EA



FRESH AT LOW PRICES

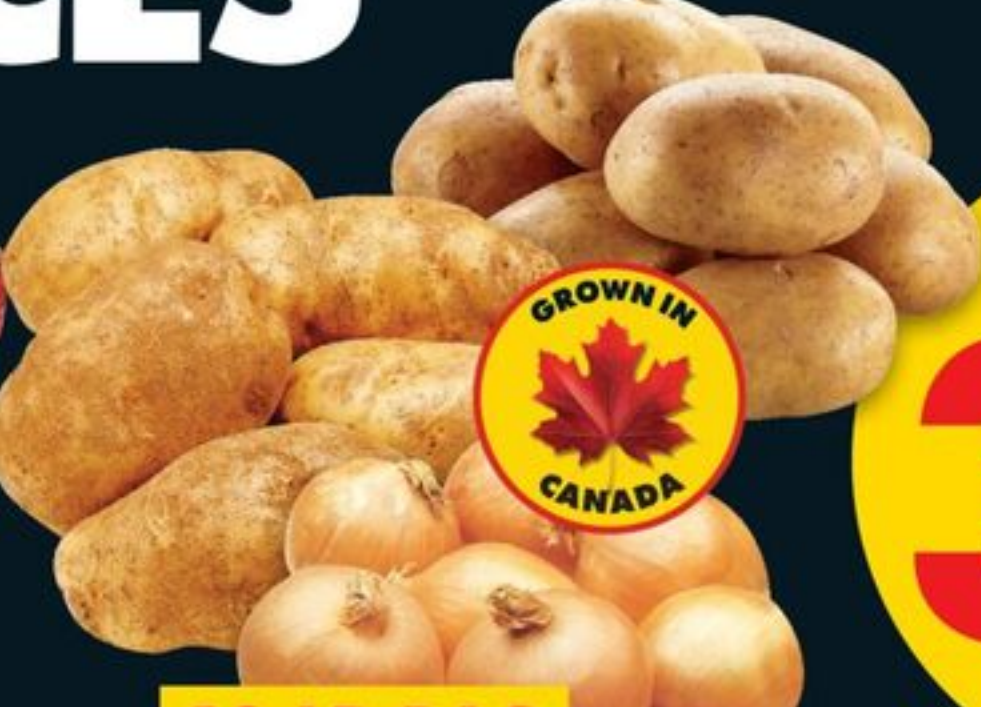
3⁹⁹



1 LB CLAMSHELL



6 OZ CLAMSHELL



10 LB BAG



3⁹⁹

BLACKBERRIES
product of Mexico or U.S.A., or
STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade
mûres ou fraises
20167017001_EA/20049778001_EA

FARMER'S MARKET™ YELLOW ONIONS or **RED, RUSSET,** or **YELLOW POTATOES** product of Canada, Canada no. 1 grade oignons jaunes ou pommes de terre
20601013001_EA/20601017001_EA

3⁹⁹
LB



1⁹⁹
LB

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

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

RED, YELLOW or ORANGE SWEET PEPPERS
product of Canada or Mexico
pivrons
6.59/kg
20166880001_KG/20007535001_KG

1⁴⁹

ENGLISH CUCUMBER
product of Ontario,
Canada no. 1 grade
each
couronne anglaise
20070132001_EA

3⁹⁹

PKG OF 2

CAULIFLOWER
product of U.S.A. or Mexico, no. 1 grade or
ROMANE HEARTS product of U.S.A.
chou-fleur ou cœurs de romaine
20135377001_EA/20082756001_EA

3⁹⁹

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

1⁹⁹

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

3⁹⁹

3 LB BAG

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

3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20160992001_EA

1⁴⁹

RED MANGOES
product of Mexico
mangues rouges
20059635001_EA

2⁹⁹
LB

BLACK PLUMS
product of Chile, no. 1 grade
prunes noires
6.59/kg
20316478001_KG

2⁹⁹

BROCCOLINI product of U.S.A.
broccolini
20154907_EA

3⁹⁹

680 G

PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21247301001_EA/21247299001_EA/21247300001_EA

1⁹⁹

283 G

PKG OF 6

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, Mexico or U.S.A. or **FARMER'S MARKET™ MINI CUCUMBERS** product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombres
21367888001_EA/20737570001_EA

4⁹⁹

681 G

PC™ VARIETY TOMATOES
product of Canada or Mexico
tomates
2094986001_EA

PRICE DROP

1⁴⁹

GREEN ONIONS
product of Mexico or U.S.A.
oignons verts
20107500001_EA

2⁹⁹

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

1⁹⁹

227 G

PC™ WHOLE CREMINI or WHITE MUSHROOMS
product of Ontario
champignons
20761372_EA/20738571_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

\$9

PC® BLUE MENU® CHICKEN BREAST
boneless
skinless
2's
poitrines
de poulet
21606970_EA



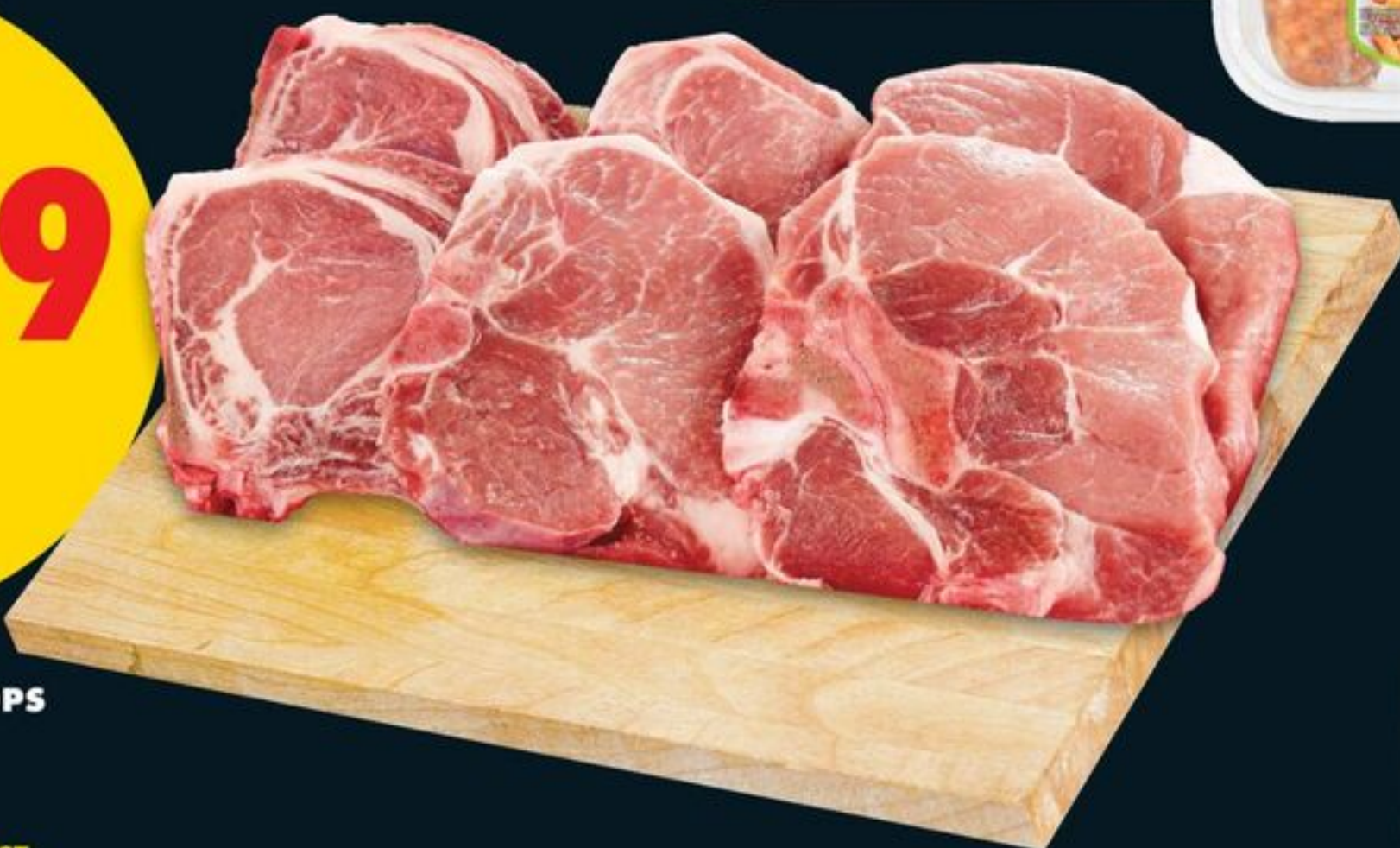
\$7 LB

LEAN GROUND BEEF AND PORK
boeuf et porc hachés maigres
15.43/kg
20861188_KG



3.99 LB

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



6.99

MARCANGELO DINNER or BREAKFAST SAUSAGE, ROUNDS or ITALIAN GRINDS
selected varieties, 250-500 g
saucisses à repas ou à déjeuner, rondines ou viande hachée italienne
21724134_EA/21724145_EA

\$6



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

10.99



SWISS CHALET or MONTANA'S RIBS
selected varieties, 600/650 g
côtes
21022221_EA/21668141_EA

15.99



MONTANA'S SMOKY BBQ BEEF BURGER
frozen, 906 g
burgers de boeuf
21665099_EA

3.50



GO SHRIMP raw 51-70 per lb or cooked 61-90 per lb, 160 g
or **SMOKED STEELHEAD SALMON** pre-sliced, 50 g
selected varieties, frozen
crevettes ou saumon fumé
20792840_EA/21208591_EA

6.50



PC® FREE FROM™ 175 g or
MAPLE LEAF NATURAL SELECTIONS 150/175 g
selected varieties
charcuteries tranchées
20065285_EA/20682966_EA

\$11



MASTRO CHUBS 600 g
or **SAPUTO MINI FRIULANO CHEESE** 500 g
selected varieties
saucissons ou fromage
20181136_EA/20708981_EA

\$11



MINI BABYBEL 18's or
THE LAUGHING COW CHEESE 535 g
selected varieties
fromage
20056297_EA/20575375_EA

\$8



SUMMER FRESH SALADS
selected varieties, 750/800 g
salades fraîches
20094285_EA

\$2



NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
bagels ou muffins anglais
21297780_EA/21297831_EA

2.85



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

\$5



LA BAGUETTERIE MICHE
selected varieties, 600/800 g
miche
20862393_EA

\$6



PACE PIZZA 502-542 g or
LA CASA ROSA FRESH ENTREES 350 g
selected varieties
pizza ou plats cuisinés frais
21515170_EA/21673693_EA

GARDEN DEALS

187

NO NAME® TOP SOIL
 may not be available at all locations
 20 L
 terreau
 21349120_EA



\$3

NO NAME® 3-IN-1 SOIL MIX
 may not be available at all locations
 20 L
 terreau
 21349115_EA



\$4

BLACK MULCH
 may not be available at all locations
 42 L
 paillis
 21362561_EA



\$4

COMPOSTED MANURE
 may not be available at all locations
 12 kg
 fumier
 21702746_EA



\$1



NO NAME® MUSHROOMS
selected varieties
284 mL
champignons
20299211_EA

NO NAME® GEL AIR FRESHENER
170 g or **FEBREZE WARMER PLUG**
selected varieties
désodorisant
21405448_EA/21658359_EA

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

DARE BREAKTIME COOKIES
selected varieties
250 g
biscuits
21520214_EA/21520217_EA

PC® or BLUE MENU® TACO SEASONING
selected varieties
24 g
assaisonnements pour tacos
21311250_EA/21311252_EA

BABY BELLIES or LITTLE BELLIES
BABY SNACKS
selected varieties
8/12 g
collations pour bébé
21539324_EA/21539350_EA

SPARKLING ICE
FLAVOURED WATER
selected varieties
503 mL
eau aromatisée
20885443_EA/20885450001_EA

\$2



BUSH'S BEST BAKED BEANS
selected varieties
398 mL
fèves
20101518001_EA

NO NAME® PASTA 900 g or PRIMO PASTA SAUCE 680 mL
selected varieties
pâtes ou sauce pour pâtes
20315613002_EA/20730715_EA

BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001_EA

SNACK PACK PUDDING
selected varieties
4x99 g
pouding
20310707001_EA

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

\$3



MARS CHOCOLATE POUCHES
selected varieties
155-170 g
chocolat
21571767_EA/21571768_EA

NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT
selected varieties
300/400 g
fruits surgelés
21545106_EA

LECLERC CELEBRATION COOKIES
selected varieties
200/240 g
biscuits
21648530_EA/21680155_EA

NO NAME® VEGETABLES
selected varieties, frozen
750 g
légumes
20312260_EA

NO NAME® JUICE BOXES
selected varieties
8x200 mL
jus en boîte
21717467_EA

NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20308105001_EA

NO NAME® CHEESE BARS
selected varieties
200 g
barres de fromage
20331973_EA

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

TETLEY TEA or HERBAL TEA
selected varieties
20/24's
thé ou tisane
20711158_EA/21663642_EA

NO NAME® DRINKS or JUICE
selected varieties, refrigerated
1.75 L
boissons ou jus
21666536_EA/21671438_EA

©Disney ©Disney/Pixar



Disney · PIXAR
FREE STICKER PACK
FOR EVERY \$25 SPENT* **\$5**
UNIQUE ALBUM



*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

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.

NOFRILLS

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

nofrills.ca



This product contains post consumer recycled paper



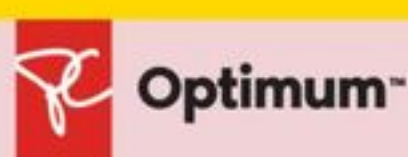
DELI DEALS

\$3

ZIGGY'S FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21521168_EA



App exclusive offer



\$5



Earn
1,000
pts

That's
\$1
value

ZIGGY'S® PEPPERONI STICKS 300 g
PC® CHEESE SLICES 140-170 g
or **BLOCKS** 250 g
selected varieties
pepperoni ou fromage
20250947_EA/21665209_EA

App exclusive offer

\$3.75



Earn
1,000
pts

That's
\$1
value

ZIGGY'S® SLICED DELI MEAT
selected varieties, 175 g
charcuteries tranchées
21592461_EA/21596554_EA

\$5.50



Earn
1,000
pts

That's
\$1
value

DAIYA VEGAN CHEESE 200/220 g or
RESER'S MAIN ST. BISTRO MAC AND CHEESE or
MASHED POTATOES 567/680 g
simili-fromage végétal ou macaroni au fromage
ou purée de pommes de terre
21207740_EA/20027947_EA

APRIL

**HIT
OF THE
MONTH**

\$7⁸⁸



Made in Canada

Lederc's 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

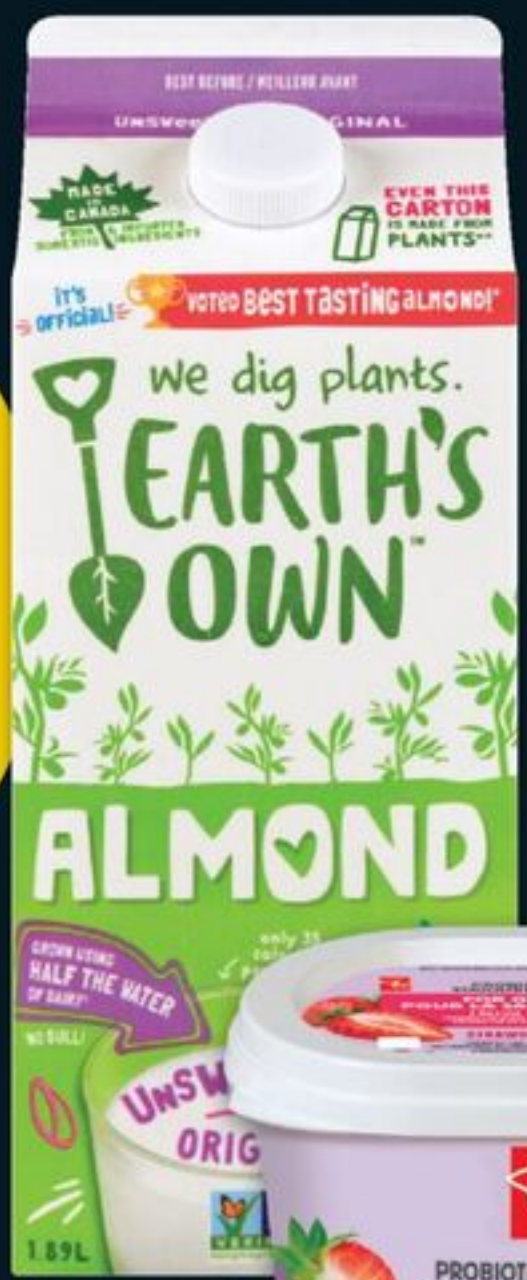
Planter's Deluxe Whole Cashews
Salted or Unsalted, 200 g
Limit: 6, over limit retail \$5.00
21021618_EA

**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



PC® PROBIOTIC YOGURT 650 g or EARTH'S OWN ALMOND or OAT BEVERAGES 1.75/1.89 L
selected varieties
yogourt aux probiotiques ou boissons aux amandes ou avoine
21684254_EA/20327647_EA



\$6

PC® CHEESE BARS 400 g or SHREDDED CHEESE 250-320 g
selected varieties
barres de fromage ou fromage râpé
21060207_EA/21289689_EA

5.50



PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227_EA/20612667_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



NATURE'S BEST LARGE EGGS
12's
œufs
20814983001_EA

\$4



MINUTE MAID ZERO SUGAR BEVERAGES
selected varieties, refrigerated
1.54 L
boissons zéro sucre
21434019_EA/21434119_EA

\$3.50



FRITO-LAY MINIS CANISTERS
selected varieties, 102-145 g
collations
21613317_EA/21613337_EA

\$3.49



PATAK'S COOKING SAUCE 400 mL or BLUE DRAGON PASTE 270 mL
selected varieties
sauce à cuisson ou pâte
20712986_EA

3.99



PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de canneberges ou légumes
20307025001_EA/20506849004_EA

2.50



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

3.99



HEREFORD CORNED BEEF
340 g
bœuf salé
20050622_EA

\$8



BOB'S RED MILL ROLLED OATS 907 g or BAKING FLOUR 1:1 624 g
gluten-free
grau ou farine à pâtisserie
21127335_EA/21127426_EA

2.79



CHRISTIE MINI COOKIES
selected varieties
144-200 g
mini-biscuits
21584976_EA/21585019_EA

1.69



UNICO BEANS 540 mL or TOMATOES 796 mL
selected varieties
légumineuses ou tomates
20313447001_EA/20314629001_EA

1.50



OCEAN'S TUNA
selected varieties
85/170 g
thon
21005134_EA

3.79



PC® BLUE MENU® BEANS or LENTILS
selected varieties
900 g
haricots ou lentilles
20629153_EA/20629676_EA

5.99



PC® SALSA
selected varieties
650 mL
salsa
20309646003_EA

\$3



LIMIT 6, AFTER LIMIT \$3.49
ANGIE'S BOOM CHICKA POP POPCORN or PUFFS
selected varieties
136-198 g
maïs éclaté ou grignotines soufflées
20811709_EA

4.99



PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001_EA

4.97



KD ORIGINAL
5x200 g
macaroni au fromage
21740440_EA

BRANDS YOU LOVE AT LOW PRICES

3.49



BECEL MARGARINE
427/454 g or **BECEL PLANT BASED BRICKS** 454 g
selected varieties
margarine ou briques à base de plantes
20322707001_EA

6.50



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

PREPARED IN CANADA



\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or **COLLECTION NOVELTIES** 8's
selected varieties, frozen
crème glacée ou friandises glacées
20315236010_EA/20323757001_EA



\$4

PC® DINNER ENTREES
selected varieties, frozen
212-365 g
plats cuisinés
20312253001_EA

\$10



EL MONTEREY TAQUITOS
selected varieties,
frozen
567/588 g
taquitos
21022918_EA

2.50



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

3.50



OLD DUTCH POTATO 220 g or **TORTILLA** 275/290 g **CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
croustilles ou grignotines
21445100_EA

2.50



DARE BEAR PAWS 168-240 g, **ULTIMATE COOKIES** 290/300 g, **WAGON WHEELS** 315/360 g or **VIVA PUFFS** 300 g
selected varieties
biscuits
20974346_EA/21080791_EA

1.25



AURORA BOUILLON CUBES
selected varieties, 66 g
cubes de bouillon
21575955_EA/21576012_EA

\$3



NO NAME® COATING MIXES
selected varieties
142-162 g
mélange de panure
21122657_EA/21122663_EA

5.99



LAVAZZA QUALITA ROSSA or **CREMA E GUSTA GROUND COFFEE** 250 g or **TAZO CONCENTRATES** 946 mL
selected varieties
café moulu ou concentrés
21295930_EA/21553714_EA

\$6



NESTLÉ COFFEEMATE 425/450 g, **NESQUIK SYRUP** 510/700 mL or **POWDER** 540 g
selected varieties
sirop ou poudre
20309221002_EA/20320167002_EA

9.49



NATURE'S PATH ORGANIC BAGGED CEREAL
selected varieties
650-907 g
céréales
20312067001_EA

\$2



SIMPLY DRINKS or **ORANGE JUICE**
selected varieties, refrigerated
340 mL
boissons ou jus d'orange
20766577_EA/20767362_EA

Optimum

Member Price **\$25**

Non-Members **\$29**

Member Save **\$4**

MCCAFÉ 640-900 g or **LAVAZZA** 1 kg **COFFEE**
selected varieties
café
21556082_EA/21633664_EA

Optimum

\$6.49

Earn **500** pts

That's **50¢** value

MIDEL GLUTEN FREE COOKIES
selected varieties
227 g
biscuits sans gluten
21069942_EA

BRANDS YOU LOVE AT LOW PRICES

19⁹⁹

TIDE LIQUID LAUNDRY DETERGENT 3.46 / 3.9 L, PODS or FLINGS 45 / 76's or CASCADE DISHWASHER TABS 51 - 90's
selected varieties
détergent à lessive ou capsules de détergent pour lave-vaisselle
21516545_EA / 21593670_EA / 21594986_EA



\$2

PC® DISHWASHING LIQUID
selected varieties, 638 mL - 1 L
détergent liquide à vaisselle
21012490_EA / 21012740_EA

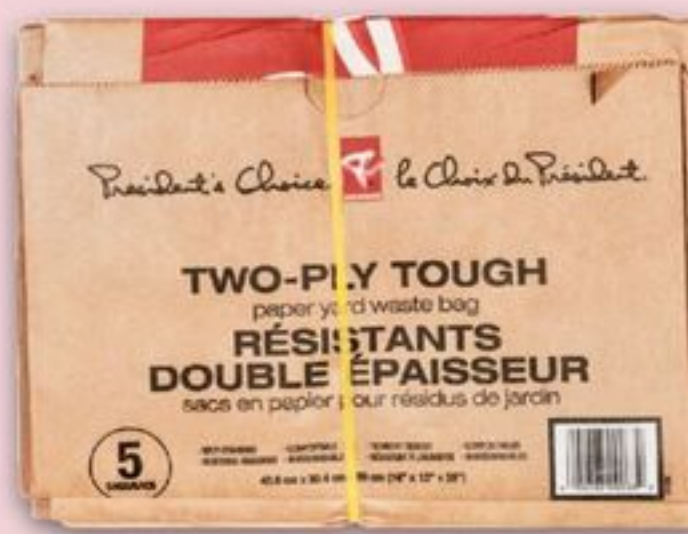
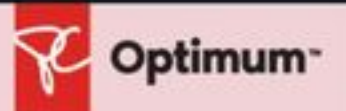


\$14

PC® DISHWASHER TABS
90's
capsules de détergent pour lave-vaisselle
20892221_EA



App exclusive offer



\$3⁵⁰

Earn
1,000
pts

That's
\$1
value

PC® YARD WASTE PAPER BAGS
selected varieties
5's
sac en papier pour déchets de l'extérieur
20429980_EA

\$1

PC® DISTILLED WATER
4 L
eau distillée
20797191_EA



7⁹⁹

GLAD GARBAGE BAGS
selected varieties, 10-52's
sacs à ordures
20297334001_EA / 21359461_EA



1⁵⁰

SOS STEEL WOOL PADS 10's, COMET POWDER CLEANER 600 g or AURORA LINDA LAUNDRY SOAP 185 g
tampons en laine d'acier ou nettoyant ou savon à lessive
20540374_EA / 21362098_EA



\$13

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



\$7

PC® MAX PAPER TOWELS
3-6 rolls
essuie-tout
21540603_EA



3⁷⁵

CLOROX BLEACH
2.4 L
eau de Javel
21283179_EA



9⁵⁰

FANCY FEAST WET CAT FOOD
selected varieties, 12x85 g
nourriture humide pour chats
20153246002_EA



\$11

PEDIGREE DENTASTIX DOG TREATS
selected varieties, 504 g - 1.9 kg
gâteries pour chiens
21081180_EA



\$10

NO NAME® CAT LITTER
selected varieties, 18 kg
litière pour chats
20177169002_EA



\$6

FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20912515_EA





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 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**
craquelins ou biscuits ou bars 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

3.50



CAVENDISH PREMIUM FRIES
selected varieties
frozen, 400-750 g
frites
21685114_EA



2.50

CATELLI SMART or HEALTHY HARVEST PASTA
selected varieties
340/375 g
pâtes
20527264_EA

2.75



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



2.50

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

Member Price
\$2.50

Non-Members
\$3

Member Save 50¢



CADBURY CHOCOLATE BARS
selected varieties, 90-100 g
barres de chocolat
21648577_EA

\$4



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

\$4



DR. OETKER RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen, 320-410 g
pizza
20296100001_EA/20296424001_EA

4.75



MILK2GO MILK
selected varieties, 6x200 mL
lait
21537885_EA

4.29



PC® BLUE MENU® GRANOLA OMEGA 3 400 g or PC® BLUE MENU® GRANOLA 475 g or PC® BLUE MENU® MUESLI CEREAL 450 g
selected varieties
granola ou céréales muesli
21344977_EA

5.50



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
céréales
21103495_EA/21213661_EA

6.49



NESCAFÉ RICH or TASTER'S CHOICE
100-170 g, SWEET & CREAMY 16/18's or CONCENTRATES 500 mL, INSTANT COFFEE
selected varieties
café
20661811001_EA/20873036_EA

\$8



COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties, 12x355 mL
boissons gazeuses
20307569004_C12/20318694002_C12

8.99



ROYALE BATHROOM TISSUE
selected varieties, 15-30 rolls
papier hygiénique
21572800_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 AVAILABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

EVERYDAY ESSENTIALS AT LOW PRICES

6⁵⁰

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



4⁵⁰

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
dessert glacé
21651628_EA



ALWAYS

\$10

CLUB SIZE

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790_EA

\$2

NO NAME® SPINACH
selected varieties, frozen
300 g
épinards
20611796_EA



\$10

CLARK BAKED BEANS
selected varieties
398 mL
fèves
21308477_EA



\$10

SUFRA® HALAL CHICKEN STRIPS, NUGGETS, BURGERS or MOZZARELLA STUFFED CHICKEN
selected varieties, frozen
568-840 g
lanières ou pépites ou burgers de poulet ou poulet farci de mozzarella
21179710_EA



1⁷⁹

2⁵⁰

NO NAME® SOUP MIX
selected varieties
112/332 g
mélange à soupe
20026331_EA



\$3

NO NAME® WHOLE GRAIN, LARGE FLAKES or ONE MINUTE OATS
selected varieties, 900 g/1 kg
flocons d'avoine
20923828_EA/20923942_EA



\$5

TIDE PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's, CASCADE DISHWASHER TABS 10-15's or RINSE AID 473 mL
selected varieties
détergent à lessive ou assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou agent de rinçage
21095604_EA/21405807_EA



4²⁹

NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21386771_EA/21386780_EA



.90

FANCY FEAST 85 g or FRISKIES 156 g WET CAT FOOD
selected varieties
nourriture humide pour chats
20319657006_EA/20548687001_EA



App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE




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

Save
\$1
with digital
coupon



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
800
pts
Until May - 13 - 2026



PC® FROZEN FRUIT
600 g
fruits surgelés
21377841_EA

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
750
pts
Until May - 13 - 2026



PC® DIPS
454 g
trempettes
20584098_EA

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
3,000
pts
Until May - 13 - 2026



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

Earn
1,200
pts
Until May - 13 - 2026



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

Earn
2,500
pts
Until May - 13 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
1,200
pts
Until May - 13 - 2026

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

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

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

Optimum™



Earn
750
pts
Until May - 13 - 2026

**PC® MAYO SANDWICH
SPREAD**
300 mL
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

SHOP HOME ESSENTIALS

\$5 OR LESS

\$2



**EVERYDAY ESSENTIALS™
MILK PITCHER WITH
BAG OPENER**
20852527_EA



**EVERYDAY ESSENTIALS™
SMALL SPICE SHAKER**
21162854_EA



**EVERYDAY ESSENTIALS™
12" BAMBOO SKEWERS**
20339425_EA



**EVERYDAY ESSENTIALS™
NYLON SLOTTED
TURNER**
21214163_EA

\$3



**LIFE AT HOME™
ECLIPSE SOAP
DISPENSER**
20685662_EA



**PC® RIBBED
SPECKLE
SPOON REST**
21481723_EA



**PC® MASON
JAR
0.5 L**
20931223_EA

\$4



**EVERYDAY ESSENTIALS™
OIL AND VINEGAR
BOTTLE**
21162867_EA



**PC®
KITCHEN SHEARS**
21162867_EA



**EVERYDAY ESSENTIALS™
FRIDGE PITCHER**
20654809_EA



**EVERYDAY ESSENTIALS™
STAINLESS STEEL
TONGS**
2-pack
21421691_EA

\$5



**EVERYDAY ESSENTIALS™
JUMBO MUFFIN PAN**
20898758_EA



**PC® SOFT GRIP
NYLON SPOON**
21351909_EA



**EVERYDAY ESSENTIALS™
LARGE COOKIE SHEET**
20649162_EA



**EVERYDAY ESSENTIALS™
NYLON MEAT CHOPPER**
21499056_EA

JOE FRESH

Rainy Day Deals

25% off

Family Rainwear*

April 9 - 15
Select Styles



~~\$39~~ NOW \$29²⁵
Kid Girls' Glitter Raincoat



~~\$39~~ NOW \$29²⁵
Kid Boys' Colour Block Raincoat



~~\$69~~ NOW \$51⁷⁵
Women's Raincoat



~~\$69~~ NOW \$51⁷⁵
Men's Hooded Raincoat



NOW \$19

Children's Rain Boots*



~~\$32~~ NOW \$19
Kid Girls' Rubber Bow Rain Boots



~~\$29~~ NOW \$19
Toddler Boys' Rubber Rain Boots



~~\$29~~ NOW \$19
Toddler Girls' Printed Rain Boots



~~\$24~~ NOW \$19
Baby Boys' Rubber Rain Boots



April 9 - 15
Regular Price \$24 - \$32

EVEN MORE ONLINE & IN-STORE

SHOP NOW

* Visit www.joefresh.com/offerdetails for full details.



Express™

Online grocery pickup & delivery

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

MORE WAYS TO SAVE

**NEW
LOWER
PRICES**

Enjoy these price drops for longer.

**RAIN
CHECK
+ pts**

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

ALWAYS

Count on low everyday prices.

**FRESH
GUARANTEE**

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

The  **NOFRILLS** thing to do.

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

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ONL NFO MKT