

**NOFRILLS**

# BIG EASTER DEALS!

**ONLY**

**3<sup>49</sup>**  
LB



**GREEN or RED  
SEEDLESS GRAPES**  
product of Chile, Peru or  
South Africa, no. 1 grade  
7.69/kg  
raisins verts ou rouges  
sans pépins  
20425775001\_KG/20159199001\_KG

**ONLY**

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

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



**ONLY**

**3<sup>49</sup>**

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



**ONLY**

**4<sup>49</sup>**



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

**ONLY**

**\$12**



**EASTER LILY**  
selected varieties, 6 inches  
lys de Pâques  
20094291\_EA

# NOFRILLS®

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

## BIG EASTER DEALS!

SAVE 50%

6<sup>99</sup> LB

**SIRLOIN TIP ROAST**  
cut from Canada AA grade  
beef or higher  
15.41/kg  
rôti de pointe de surlonge  
20733290\_KG

WHILE QUANTITIES LAST



SAVE 27%

10<sup>88</sup>

**LEAN GROUND BEEF**  
grass fed, 2x450 g  
bœuf haché maigre  
21618300\_EA



SAVE UP TO 31%

5<sup>50</sup>

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

SAVE 46%

10<sup>99</sup>

**MAPLE LEAF SUNRISE LARGE WAX BOLOGNA**  
2 kg  
bologna  
20997095\_EA



SAVE UP TO 20%

\$4



**BREYERS CREAMERY ICE CREAM** 1.41 L, **POPSICLE NOVELTIES** 12's or **PC® FROZEN FRUIT** 300-600 g  
selected varieties  
crème glacée ou friandises glacées ou fruits surgelés  
21651169\_EA/20312227\_EA

SAVE 32%

1<sup>69</sup>



**BARILLA PASTA**  
selected varieties, 340/410 g  
pâtes  
21404904\_EA/21405047\_EA

App exclusive offer

Optimum

\$6



**FARMER'S MARKET® PIES**  
selected varieties, 580 g-1 kg  
tartes  
21297365\_EA/21297367\_EA

Earn 2,000 pts

That's \$2 value

SAVE 20%

\$2



**DARE CRACKERS** 100-225 g or **CHRISTIE CRACKERS** 180-200 g  
selected varieties  
croquelins  
21520666\_EA/21547034\_EA

SAVE 22%

3<sup>50</sup>



**SILK NON-DAIRY BEVERAGES**  
selected varieties, 1.75/1.89 L  
boissons non laitiers  
20328231002\_EA/20773777\_EA



\$1<sup>75</sup>

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

Earn 750 pts

That's 75¢ value

SAVE UP TO 30%

6<sup>99</sup>



**ROYALE BATHROOM TISSUE** or **TIGER TOWEL**  
selected varieties  
papier hygiénique ou essuie-tout  
21484702\_EA/21572800\_EA

ONLY

\$3



**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
eau de source naturelle  
20154975\_C24

SAVE UP TO 38%

1<sup>69</sup>



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

PRICE DROP

4<sup>25</sup>



**NO NAME® GRADE A LARGE EGGS**  
12's  
œufs  
20812144001\_EA

4<sup>99</sup>



**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g or **ARMSTRONG CHEESE** 400 g or **ATLANTIC BUTTER** 454 g  
selected varieties  
fromage râpé ou fromage ou beurre  
21286240\_EA/21346749\_EA/20066904\_EA

1<sup>25</sup>



**MAPLE LEAF VIENNA SAUSAGE**  
113 g  
saucisses viennoises  
20617958\_EA

.95



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

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA

**APRIL**

**HIT  
OF THE  
MONTH**

**\$7.88**



**Made in Canada**

**Leclerc Go Pure Bars**

Selected varieties, 140 g - 175 g

Limit: 6, over limit retail \$3.00

21221434\_EA/21507858\_EA

**\$3**



**Made in Canada**

**Butcher's Selection Stampede Wieners  
or Harvest Creek Halal Chicken  
Wieners**

900 g

Limit: 6, over limit retail \$4.50

21307061\_EA/21309103\_EA

**\$4**



**Prepared in Canada**

**Planters Deluxe Whole Cashews**

Salted or Unsalted, 200 g

Limit: 6, over limit retail \$5.00

21021618\_EA

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.  
Offer valid April 1st - 30th, 2026 while quantities last.  
We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

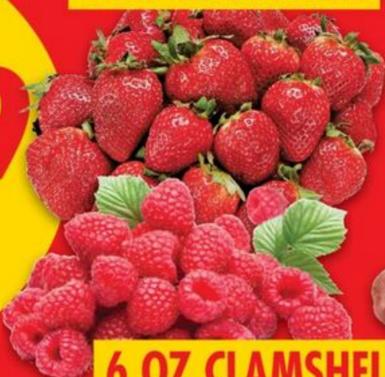
# FRESH AT LOW PRICES

**4.49**



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

**1 LB CLAMSHELL**



**4.99**

**BLACKBERRIES**  
product of Mexico or U.S.A.,  
**RASPBERRIES** or  
**STRAWBERRIES**  
product of Mexico or  
U.S.A., no. 1 grade  
mûres ou framboises ou fraises  
20128938001\_EA/20049778001\_EA

**6 OZ CLAMSHELL**



**10 LB BAG**

**5.99**

**FARMER'S MARKET™ SWEET PEPPERS**  
product of Mexico or **RED, RUSSET** or **YELLOW**  
**POTATOES** product of Canada, Canada no. 1 grade  
pommes de terre  
20085851001\_EA/20601013001\_EA  
20601020001\_EA/20601017001\_EA

**PKG OF 3**



**2.99**

**CELERY** product of U.S.A., no. 1 grade or  
**FARMER'S MARKET™ CARROTS** or  
**YELLOW ONIONS** product of Canada, Canada no. 1 grade  
céleri, carottes ou oignons jaunes  
20600927001\_EA/20811994001\_EA/20163119001\_EA



**3 LB BAG**

**PKG OF 6**



**283 G**

**2.99**  
LB/EA

**FARMER'S MARKET™ GRAPE TOMATOES**  
each, product of Mexico or U.S.A.,  
**MINI CUCUMBERS** each, product of Canada,  
Canada no. 1 grade or **TOMATOES ON THE VINE**  
6.59/kg, product of Canada or Mexico  
tomates raisins ou mini-concombres ou tomates sur vigne  
21367888001\_EA/20026703001\_KG/20737570001\_EA



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

**1.79**



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

**1.29**  
LB



**GREEN CABBAGE** or **RUTABAGAS**  
product of Canada, Canada no. 1 grade  
chou vert ou rutabagas  
2.84/kg  
20793034001\_KG/20164563001\_KG

**1.69**  
LB



**SWEET POTATOES**  
product of Canada or U.S.A.  
patates douces  
3.73/kg  
20127708001\_KG

**4.49**



**680 G**

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

**2.79**



**PC™ WHOLE WHITE** or  
**CREMINI MUSHROOMS**  
product of Canada  
champignons  
20775803\_EA/20076239\_EA

**227 G**

**6.99**



**HONEYDEW**  
product of Guatemala,  
Honduras or Mexico  
melon miel  
20043276001\_EA

**5.99**



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

**4 LB BAG**

**7.99**

**4 LB BAG**



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

**7.99**  
LB



**SCHNEIDERS FESTIVE HAM**  
jambon  
17.62/kg  
21194338\_KG

**6.49**



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

**\$14**



**PC™ FREE FROM™ LEAN GROUND LAMB**  
454 g  
agneau haché maigre  
21352008\_EA

**14.50**  
LB



**BEEF STIR FRY STRIPS**  
fresh  
lanières de bœuf à sauter  
31.97/kg  
20328005\_KG

**\$5**



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

**MASTRO SALAMI** 150 g or  
**SAN DANIELE PROSCIUTTO** 100 g  
selected varieties  
salami ou prosciutto  
20581660\_EA/1061099\_EA

**\$5**



**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromage  
20708942\_EA

**\$3**



**WONDER BREAD** 570/675 g  
or **BUNS B'S**  
selected varieties  
pain ou petits pains  
20297455\_EA/20305674\_EA

**\$5**

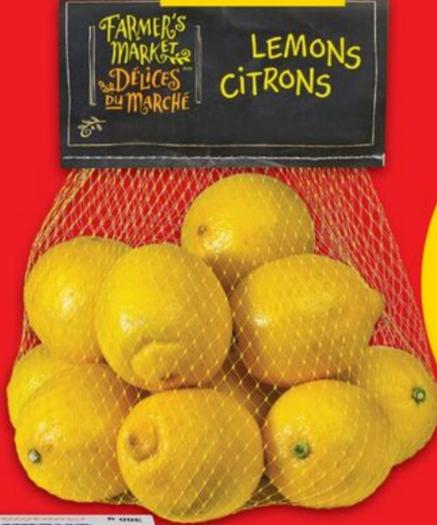


**PC™ MINI MUFFINS** 336 g or  
**FARMER'S MARKET™ BUTTER CROISSANTS** 260-336 g  
selected varieties  
mini-muffins ou croissants au beurre  
20565382\_EA/20975943\_EA/21488839\_EA

\*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# BIG EASTER DEALS!

2 LB BAG



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

**FARMER'S MARKET™ LEMONS**  
product of U.S.A.  
citrons  
20795315001\_EA

**\$5**



**WATERVIEW MARKET CRISPY CALAMARI**  
frozen  
300 g  
calmars  
21454797\_EA

**\$16**



**ATLANTIC SALMON FILLET**  
frozen  
405 g  
filet de saumon  
21624491\_EA

**\$9**



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



**\$7**

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

**\$7**



**SEAQUEST® COD FILLET**  
frozen  
400 g  
filets de poisson  
20036614\_EA

**\$6**



**SEAQUEST® SHRIMP RING**  
frozen  
227 g  
couronne de crevettes  
20080289\_EA

**\$4**



**AURORA ITALIAN STYLE BREAD CRUMBS**  
680 g  
chapelure  
20184061\_EA

**6<sup>50</sup>**



**CLUB HOUSE DILL WEED**  
50 g  
aneth  
20139519\_EA

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



**PC® MUSTARD**  
selected varieties  
325 mL  
moutarde  
20050452001\_EA

**\$2**



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

**3<sup>50</sup>**



**PC® TARTAR SAUCE**  
250 mL  
sauce tartare  
20011012\_EA

**2<sup>50</sup>**



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

**\$2**



**MCCAIN RED BAG FRIES**  
selected varieties, frozen  
800 g  
frites  
21521219\_EA

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>



**iöGO YOGURT**  
selected varieties  
16x100 g  
yogourt  
20606778001\_EA



6<sup>99</sup>

**BECHEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
20297818002\_EA

3<sup>50</sup>

\$2

\$6



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



**DOLE PINEAPPLE**  
selected varieties  
398 mL  
ananas  
20136767004\_EA



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

6<sup>99</sup>



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

\$8



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

\$3



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

3<sup>33</sup>



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

\$6



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

\$4



**KELLOGG'S ALL BRAN 405/525 g, RAISIN BRAN 375/436 g, VECTOR 306/400 g, SPECIAL K 320-355 g, MINI-WHEATS 377-460 g or CRISPIX 350 g CEREAL**  
selected varieties  
céréales  
20015041\_EA/21607207\_EA

2<sup>50</sup>



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

1<sup>25</sup>



**NO NAME® BROTH**  
selected varieties  
900 mL  
bouillon  
21189610\_EA

3<sup>99</sup>



**FRANK'S REDHOT SAUCE**  
selected varieties  
354 mL  
sauce piquante  
20187622001\_EA

2<sup>29</sup>



**NO NAME® OLIVES**  
selected varieties  
375 mL  
olives  
20325649\_EA

.79



**FRANCO AMERICAN GRAVY**  
selected varieties  
284 mL  
sauce brune  
20063534\_EA

1<sup>57</sup>



**OCEAN SPRAY CRANBERRY SAUCE**  
selected varieties  
348 mL  
sauce aux canneberges  
20022893002\_EA

6<sup>50</sup>



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

8<sup>50</sup>



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

1<sup>79</sup>



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

3<sup>49</sup>



**KING COLE ORANGE PEKOE TEA**  
60's  
thé  
21250572\_EA

4<sup>50</sup>



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

\$4



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

\$7



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

Optimum



Earn **10,000** pts  
for every \$20 spent on.

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

# BIG EASTER DEALS!



**ONLY**  
**6.50**  
**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties, frozen  
204-288 g  
sandwich déjeuner ou  
bouchées aux œufs  
21623187\_EA/21623288\_EA

**SAVE 35%**

**6.50**



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



**ONLY**

**\$3**



**YOPLAIT SOURCE** 630 g,  
**TUBES** 8's or **MINIGO** 6's **YOGURT**  
selected varieties  
yogourt  
21391318001\_EA/21547571\_EA

**ONLY**

**5.49**



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

**ONLY**

**4.50**

**PC® FLATBREAD**  
selected varieties, frozen  
330-397 g  
pain plat  
21013452\_EA

**1.29**



**STOVE TOP STUFFING**  
selected varieties  
120 g  
farce  
20310507001\_EA

**3.50**



**SCOTSBURN SOUR CREAM**  
selected varieties, 500 mL  
crème sure  
21381063\_EA

**4.50**



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

**2.79**



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

**\$4**



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

**\$10**



**NO NAME® ALL-PURPOSE FLOUR**  
10 kg  
farine tout usage  
20023248\_EA

**\$1**



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

**\$1**



**UNICO TOMATO PASTE** 156 mL or  
**BEN'S FAST & FANCY RICE** 132 g  
selected varieties  
pâte de tomate ou riz  
20000527\_EA/21397330\_EA

**6.25**



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

**4.50**



**ZIPLOC STORAGE BAGS**  
selected varieties, 10-90's  
sacs de rangement  
20871415\_EA

**2.50**



**DAWN DISHWASHING LIQUID**  
selected varieties, 431-473 mL  
détergent liquide à vaisselle  
21430581\_EA/21430590\_EA

**2.20**



**PC® FACIAL LOTION TISSUE**  
selected varieties, 1 pack  
mouchoirs  
21668309\_EA

**Optimum**

Member Price  
**\$2.50**

Non-Members  
**\$3**

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

50¢

**9.75**

**FANCY FEAST WET CAT FOOD**  
selected varieties, 12x85 g  
nourriture humide pour chats  
20753278\_EA

**\$10**

**FANCY FEAST PUREES CAT TREATS**  
selected varieties  
16x10 g  
gâteries pour chats  
21661758\_EA

**\$18**

**IAMS DRY DOG FOOD**  
selected varieties  
2.72/3.18 kg  
nourriture sèche pour chiens  
20912435\_EA

**APRIL 2-8**

**Disney · PIXAR**

**ALBUM PRE-SALE**

**PLUS A FREE PACK OF STICKERS\***

**ANIMAL FRIENDS**

COLLECT AND TRADE STICKERS

**Optimum**

Member Price  
**\$3**

Non-Member Price  
**\$5**

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

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.

# Kraft

## 3<sup>99</sup>



**KRAFT SINGLES** 410 g  
or **CHEEZ WHIZ** 450 g  
selected varieties  
tranches de fromage ou produit de  
fromage fondu  
20659606001\_EA/21188654\_EA

## \$4<sup>99</sup>



Earn  
**500**  
pts

That's  
**50¢**  
value

**HEINZ KETCHUP** 750 mL/1 L or  
**KRAFT MIRACLE WHIP**  
650/890 mL  
selected varieties  
ketchup ou mayonnaise  
20069080\_EA/20298681001\_EA

## \$3<sup>25</sup>



Earn  
**500**  
pts

That's  
**50¢**  
value

**KOOL-AID JAMMERS** 10x180 mL,  
**MIO, CRYSTAL LIGHT** or  
**KOOL-AID LIQUID WATER**  
**ENHANCERS** 48 mL/24-56 g  
selected varieties  
boissons ou rehausseurs d'eau  
20079976006\_EA/20663423\_EA

## \$3

**Optimum™**



Earn  
**500**  
pts

That's  
**50¢**  
value

**KRAFT SALAD DRESSING** 425 mL,  
**BULL'S-EYE** 425 mL or  
**DIANA SAUCE** 500 mL  
selected varieties  
vinaigrette ou sauce  
20547834005\_EA/21184617\_EA  
21584850\_EA



## \$7

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



## \$6



**CASTELLO HAVARTI CHEESE**  
selected varieties, 200 g  
fromage  
20573932\_EA

## \$6



**CASTELLO BLUE** or  
**CREAM CHEESE** 125 g or **CHEDDAR** 200 g  
selected varieties  
fromage  
20428574\_EA

# Coca-Cola

## \$3

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



## 2<sup>50</sup>



**GLACEAU VITAMIN WATER**  
591 mL or **SMART WATER** 1 L  
selected varieties  
boisson à l'eau enrichie de nutriments ou eau distillée  
20154181\_EA/20333194006\_EA

## 7<sup>50</sup>

**FUZE ICED TEA**  
selected varieties, 12x341 mL  
thé glacé  
21645563\_C12



# Colgate

## \$1

**COLGATE TOOTHPASTE** 52-95mL, or  
**MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
dentifrice ou brosse à dents manuelle  
20277681002\_EA/20975582\_EA



## \$6



**COLGATE TOOTHPASTE** 70-133 mL, 2x120/150 mL  
or **MANUAL TOOTHBRUSH** 2's  
selected varieties  
dentifrice ou brosse à dents manuelle  
20110327002\_EA/21166650\_EA

## 3<sup>50</sup>



**COLGATE PREMIUM TOOTHPASTE** 70-150 mL or  
**MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
dentifrice ou brosse à dents manuelle  
20306410001\_EA/21166685\_EA



3.50



**GENERAL MILLS CEREAL**  
selected varieties, 300-437 g  
céréales  
21104047\_EA/21213662\_EA

3.29



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



3.77



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

2.49



**ANNIE'S GLUTEN-FREE**  
or **VEGAN MACARONI**  
**AND CHEESE**  
selected varieties  
170 g  
macaroni au fromage  
sans gluten ou végétalien  
20420057\_EA

\$2



**PILLSBURY REFRIGERATED WRAPS**  
selected varieties  
200-227 g  
tortillas  
21505340\_EA



3.50



**ACTIVIA** 650 g or  
**ACTIVIA EXPERT**  
4x100 g **YOGURT**  
selected varieties  
yogourt  
20325132003\_EA/21688261\_EA



\$3



**OIKOS PRO YOGURT**  
selected varieties  
300 mL  
yogourt  
21652096\_EA

6.50



**ACTIVIA YOGURT**  
selected varieties, 12x100 g  
yogourt  
20303412001\_EA/20640892\_EA

\$4



**DANONE DANINO DRINKABLE** 6's  
or **TWO GOOD** 4's **YOGURT**  
selected varieties  
yogourt  
21475943\_EA/21520253\_EA



5.50

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



5.50



**HÄAGEN-DAZS ICE CREAM** 450 mL  
or **NOVELTIES** 3/4's  
selected varieties, frozen  
crème glacée ou friandises  
glacées  
20302298004\_EA/21513516\_EA



9.99



**BASKIN ROBBINS ICE CREAM** 946 mL or **NOVELTIES** 4's  
selected varieties, frozen  
crème glacée ou friandises  
glacées  
21721551\_EA/21721501\_EA



# SPRING CLEANING

**4.29**



**5.50**

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

**LYSOL WIPES 75/84's, DISINFECTANT SPRAY 350 g or MULTI-PURPOSE TRIGGER 950 mL**  
selected varieties  
lingettes ou vaporisateur désinfectant ou tout usage à gâchette  
20314511001\_EA/21449826\_EA

**3.49**



**5.50**

**GLAD CLING WRAP**  
60 m  
pellicule plastique  
20043471\_EA



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

**\$7**

**LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 539 g or LAUNDRY DISINFECTANT 1.2 L**, selected varieties  
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive  
21238361\_EA/21487308\_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  
20083525001\_EA/21427038\_EA

**\$20**

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

**\$5**

**TIDE PODS 16's, DOWNY FABRIC SOFTENER 780 mL/1.31 L, PURIFYING RINSE 473 mL, SCENT BOOSTERS 141/150 g or BOUNCE DRYER SHEETS 40/80's**  
selected varieties  
assouplissant ou rinçage ou rehausseur de parfum ou feuilles pour sècheuse  
20301481001\_EA/21553274\_EA

**11.49**

**GLAD GARBAGE BAGS**  
selected varieties  
20-40's  
sacs à ordures  
21164512\_EA

**\$17**

**AIR WICK SCENTED OIL REFILL or KITS**  
selected varieties  
5x20 mL  
recharges d'huile parfumée ou trousse  
21362106\_EA/21428270\_EA

**\$4**

**MR. CLEAN ALL PURPOSE CLEANER 1.21 L, FEBREZE AIR 250 g, BATHROOM AIR FRESHENER 7.5 mL, CAR FRESHENER 2 mL or MAGIC ERASER 2's**  
selected varieties  
nettoyant ou désodorisant ou pince pour bouche d'aération ou effaceur magique  
21005017\_EA/21700198\_EA

**4.50**

**CLOROX BLEACH**  
2.4 L  
eau de Javel  
21283179\_EA

**\$15**

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

**\$11**

**SWIFFER WET REFILLS 12-24's, DRY REFILLS 16-32's or DUSTER REFILLS 6-10's**, selected varieties  
recharges pour vadrouille ou d'époussetage  
21627654\_EA/21629789\_EA

**\$12**

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

**\$10.49**

**ZIPLOC MEGA STORAGE BAGS**  
selected varieties  
60-270's  
sacs de rangement  
21196085\_EA

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

**FINISH DISHWASHER TABS or RINSE AID**  
all sizes and varieties  
capsules de détergent pour lave-vaisselle ou agent de rinçage  
20548797\_EA/21218875\_EA/21561337\_EA

Earn **5,000 pts**  
For every \$25\* spent  
That's **\$5** value

**AIR WICK FRESHENER**  
all sizes and varieties  
recharges d'huile parfumée ou trousse  
20302509001\_EA/21428270\_EA

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

# App exclusive offers

## More offers More points

### LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

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

CLICK FOR  
THESE COUPONS  
AND MORE



**BOOST READY-TO-DRINK  
PRODUCT**  
6x237 mL or 4x325 mL  
supplément nutritif

Save  
**\$2**  
with digital  
coupon



**PC® SPLENDIDO®  
SLICED MEATS**  
100 g  
viandes tranchées

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® LOADS OF ICE CREAM**  
1.5 L  
crème glacée

Earn  
**1,000**  
pts  
Until April - 8 - 2026



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

Earn  
**750**  
pts  
Until April - 8 - 2026



**PC® TOPPED  
HUMMUS**  
280  
hummus  
garni

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® SPRING  
ROLLS**  
574 g  
rouleaux de printemps

Earn  
**1,500**  
pts  
Until April - 8 - 2026



**PC® KETTLE  
CHIPS**  
200 g  
croustilles

Earn  
**500**  
pts  
Until April - 8 - 2026



**PC® SPLENDIDO®  
EXTRA  
VIRGIN  
OLIVE OIL**  
1 L  
huile d'olive

Earn  
**2,000**  
pts  
Until April - 8 - 2026



**PC® PORTUGUESE  
CUSTARD  
TARTS**  
360 g  
tartelettes  
portugaises  
à la crème pâtissière

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® 3 PLY  
FACIAL TISSUES**  
mouchoirs

Earn  
**1,000**  
pts  
Until April - 8 - 2026

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**NO NAME®  
GARLIC TOAST**  
16's  
toast à l'ail

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**NO NAME® POTATO AND  
CHEDDAR PEROGIES**  
2 kg  
perogies

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**NO NAME®  
LONG GRAINED RICE**  
2 kg  
riz

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

**NO NAME®  
PEANUT  
BUTTER**  
1 kg  
beurre d'arachide

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**NO NAME®  
CHOCOLATE  
BARS**  
100 g  
barres de chocolat

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

**PC® SUPER  
SOFT  
BATHROOM  
TISSUE**  
papier hygiénique

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

**PC® LAMB, BROWN  
RICE & PEA DOG FOOD  
RECIPE**  
nourriture pour chiens

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**PC® LARGE HEAVY  
DUTY FREEZER BAGS**  
sacs à congélation

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**PC® DISHWASHING  
LIQUID SOAP**  
740 mL  
détergent liquide à vaisselle



**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.

# 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](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).

ONLN FPCX

# MORE WAYS TO SAVE

**NEW  
LOWER  
PRICES**

Enjoy these price drops for longer.

**RAIN  
CHECK  
+ pts**

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

**ALWAYS**

Count on low everyday prices.

**FRESH  
GUARANTEE**

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

The  **NOFRILLS** thing to do.

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