

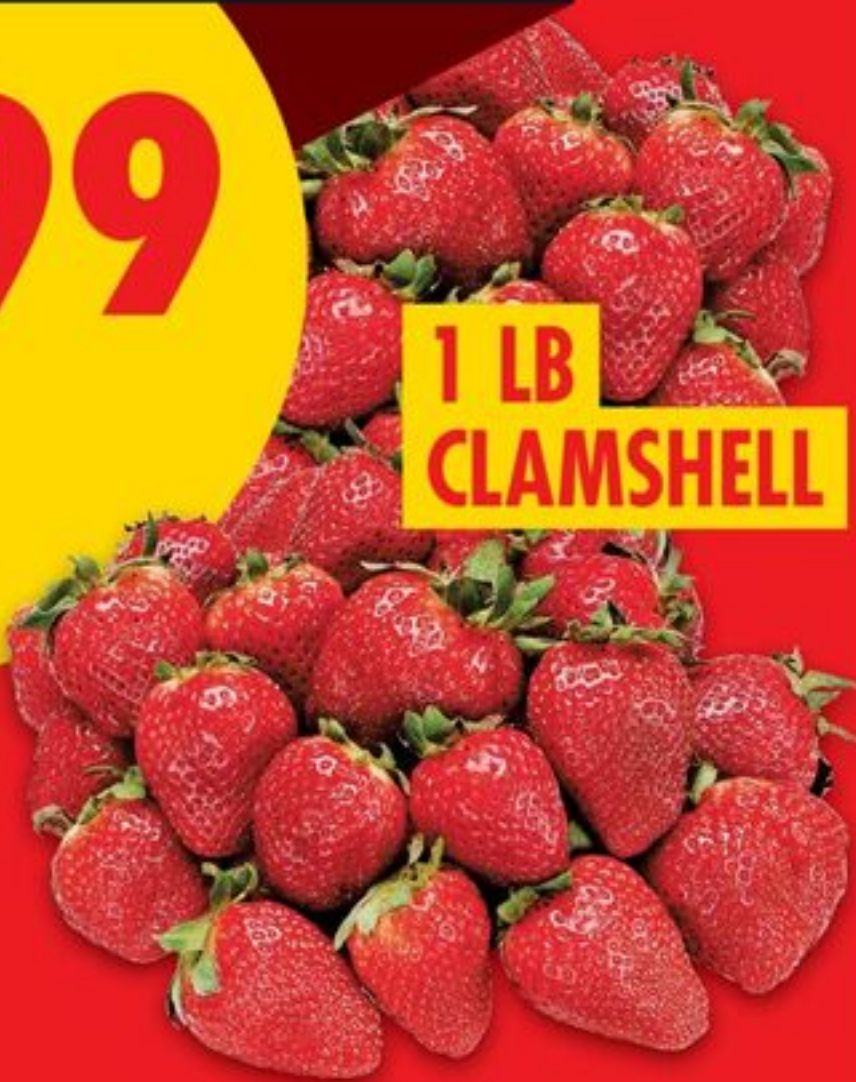
**NOFRILLS**

# BIG EASTER DEALS!

**ONLY**

**1.99**

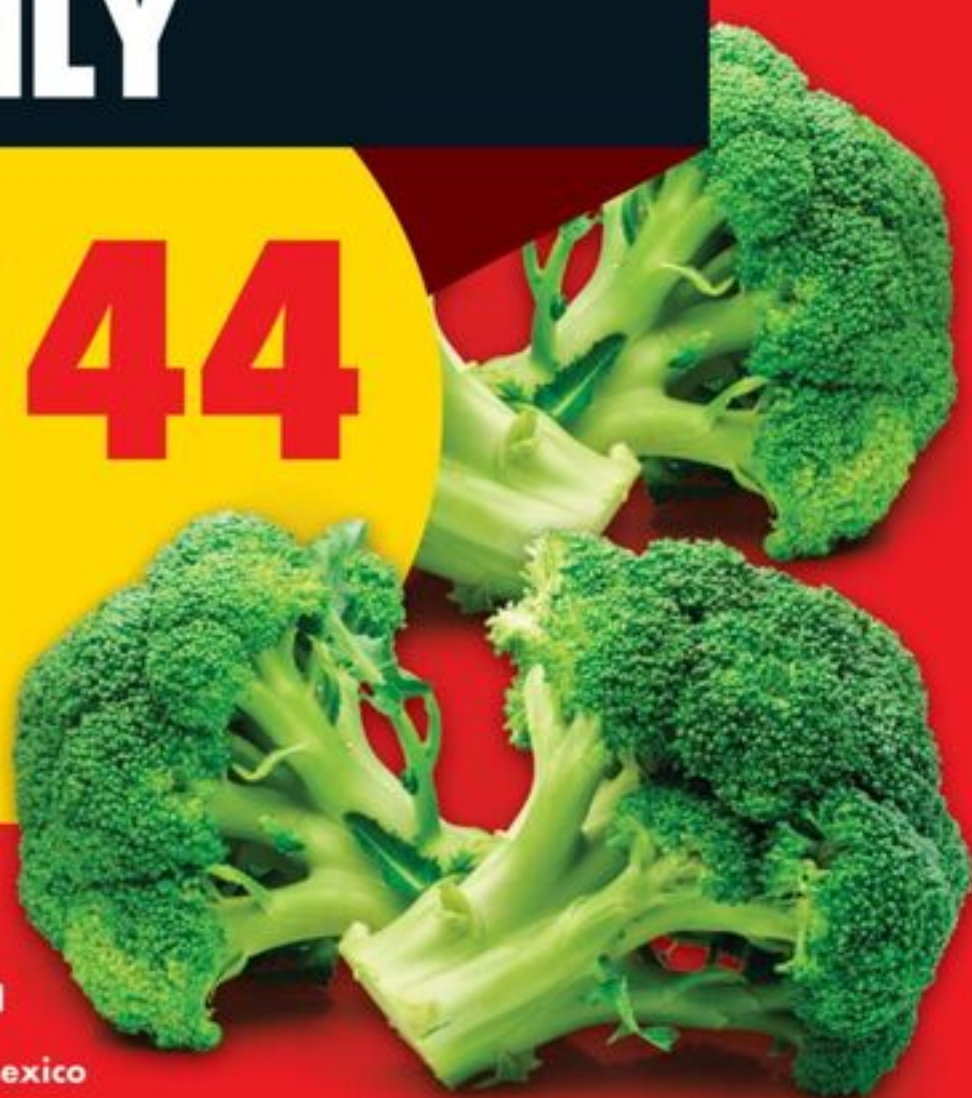
**1 LB  
CLAMSHELL**



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

**ONLY**

**1.44**



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

**SAVE 23%**

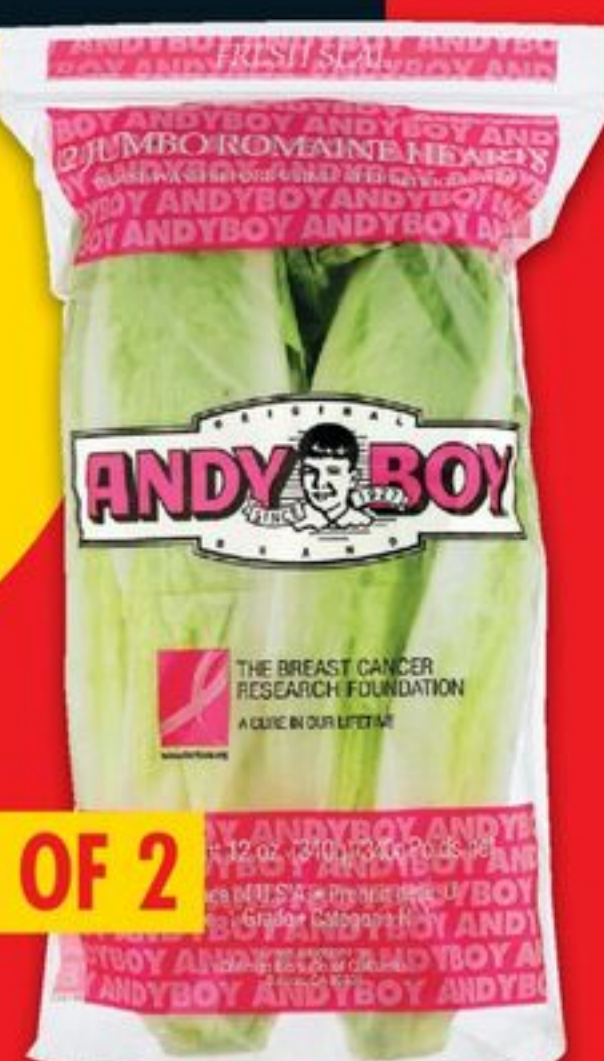
**.99**  
LB



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

**SAVE 49%**

**\$2**



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

**PKG OF 2**

# NOFRILLS®

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

## BIG EASTER DEALS!

3 DAY SALE!  
THURSDAY-SATURDAY ONLY

SAVE 48%

6.48  
LB



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

WHILE QUANTITIES LAST

SAVE 34%

4.88

HALAL



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

SAVE UP TO 26%

5.50



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

ONLY

2.99  
LB



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

SAVE 20%

\$4



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

SAVE 32%

1.69



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

App exclusive offer

Optimum™



\$6

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

Earn  
2,000  
pts

That's \$2 value

SAVE 20%

\$2



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

SAVE 26%

1.25



**NO NAME® BROTH**  
selected varieties  
900 mL  
bouillon  
21189611\_EA



\$1.75

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

Earn  
750  
pts

That's 75¢ value

SAVE UP TO 22%

6.99



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

ONLY

\$3



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

SAVE 38%

1.69



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

## PRICE DROP

5.25



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

4.99



**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20639926\_EA

4.99



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

.95



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



**SURPRISE OFFER**  
4 days only!

Optimum™

Thursday, April 2-Monday April 6

You could get

30% or 20% or 10%

back in pts

Open the App  
to get your offer!

Available for new and existing  
PC Optimum™ members.

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

nofrills.ca

01 NFO

**APRIL**

**HIT  
OF THE  
MONTH**

**\$7.88**



**Made in Canada**

**Leclerc Go Pure Bars**

Selected varieties, 140 g - 175 g

Limit: 6, over limit retail \$3.00

21221434\_EA/21507858\_EA

**\$3**



**Made in Canada**

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

900 g

Limit: 6, over limit retail \$4.50

21307061\_EA/21309103\_EA

**\$4**



**Prepared in Canada**

**Planters Deluxe Whole Cashews**

Salted or Unsalted, 200 g

Limit: 6, over limit retail \$5.00

21021618\_EA

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

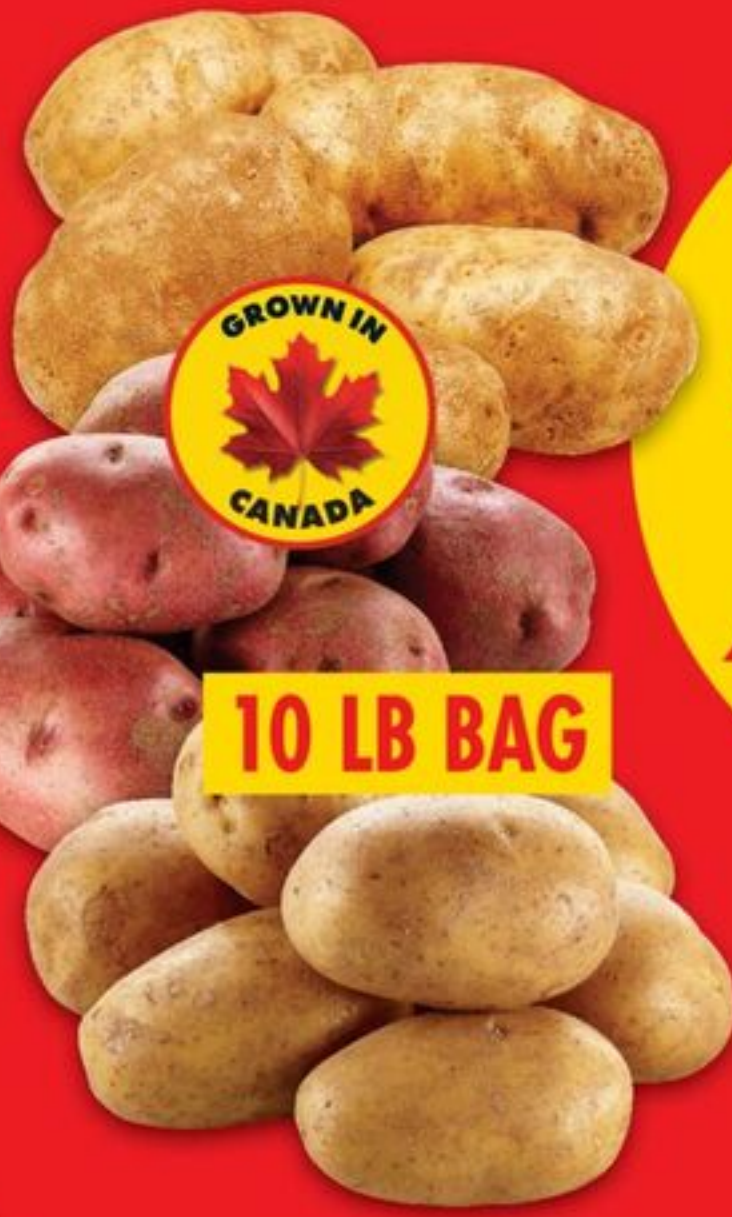
Offer valid April 1st - 30th, 2026 while quantities last.

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

# FRESH AT LOW PRICES

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

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



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

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

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

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



**6 OZ CLAMSHELL**

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

**TOMATOES ON THE VINE**  
product of Canada or Mexico  
tomates sur vigne  
4.39/kg  
20026703001\_KG



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

**2<sup>99</sup>**  
LB/EA

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



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

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



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

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



**1<sup>49</sup>**

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



**.99**  
LB

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



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

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



**7<sup>88</sup>**

**EASTER LILY**  
6 inches  
lys de Pâques  
20094291\_EA



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

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



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

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



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

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



**1<sup>49</sup>**  
LB

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



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

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



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

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



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

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



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

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



**PRICE DROP**

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

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



**\$2<sup>00</sup>**  
LB

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



**1<sup>49</sup>**

**GREEN ONIONS**  
product of Mexico  
oignons verts  
20107500001\_EA



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

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



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

# FRESH AT LOW PRICES

**\$13**

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



**\$12**

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

**7.99**  
LB

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



**6.49**

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

**\$14**

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



**8.99**

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



**3.50**

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



**\$5**

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



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

Optimum

**\$5**

**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromage  
21051214\_EA



**\$5**

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



**\$3**

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



**2.50**

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



**3.50**

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



**\$5**

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



**5.50**

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



**\$5**

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



**OLIVIERI FRESH PASTA SAUCE**  
selected varieties  
300 mL  
sauce pour pâtes  
20093406\_EA/20114410\_EA



**\$4**

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

# BIG EASTER DEALS!



**\$5**

**3 LB BAG**

**3.99**



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

**2 LB BAG**

**\$16**

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



**ATLANTIC SALMON FILLET**  
frozen  
405 g  
filet de saumon  
21634491\_EA

**\$9**

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



**\$9**

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

**\$5**



**BASA FILLETS**  
previously frozen  
300 g  
filet de pangasius  
21634501\_EA

**\$2**



**MCCAIN FRIES**  
selected varieties,  
frozen  
800 g  
frites  
21521173\_EA

**\$4**



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

**6.50**



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

**2.29**



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

**3.50**



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

**\$2**



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

**2.50**



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

# BIG EASTER DEALS!

SAVE 47%

1.57

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

SAVE UP TO 48%

1.29

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

SAVE UP TO 28%

2.50

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

ONLY

3.50

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

2.75

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

5.49

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

3.33

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

6.50

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

1.79

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

\$6

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

4.50

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

\$10

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

\$7

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

6.25

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

6.29

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

8.50

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

2.50

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

\$1

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

\$3

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

4.50

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

**APRIL 2-8**

**Disney · PIXAR**

**ALBUM PRE-SALE**

PLUS A FREE PACK OF STICKERS\*

**ANIMAL FRIENDS + STITCH**

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

Optimum™

Member Price \$3

Non-Member Price \$5

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. Members must open their PC Optimum™ App by April 6, 2026 to receive their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between April 2 to April 6, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. \*\*Must be a registered PC Optimum™ member to get this offer.

# BRANDS YOU LOVE AT LOW PRICES

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>



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



\$6

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

1<sup>50</sup>



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

\$2



**DOLE PINEAPPLE**  
selected varieties  
398 mL  
ananas  
20136767001\_EA

\$3



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

\$2



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

6<sup>50</sup>



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

3<sup>50</sup>



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

2<sup>79</sup>



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

\$5



**PC® ORGANICS GRANULATED SUGAR**  
900 g  
sucre granulé  
21123891\_EA

2<sup>29</sup>



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

\$1



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

\$4



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

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

\$7



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

\$8



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

Optimum

Member Price  
**\$2<sup>50</sup>**

Non-Members  
**\$3**

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

50¢

Optimum

Earn  
**10,000**  
pts

for every \$20\*  
spent on

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

10¢

Optimum

**\$6<sup>99</sup>**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

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

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

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

# BRANDS YOU LOVE AT LOW PRICES

4<sup>99</sup>



**HELUVA GOOD! FRENCH ONION DIP**  
680 g  
trempeuse  
20312788001\_EA



.79

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

6<sup>50</sup>



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



4<sup>50</sup>

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

5<sup>50</sup>



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

3<sup>25</sup>



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

\$4



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

2<sup>50</sup>



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

\$10



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

\$10



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

3<sup>49</sup>



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

6<sup>99</sup>



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

12<sup>99</sup>



**STEFANO GROUND COFFEE**  
selected varieties  
340 g  
café moulu  
21729847\_EA

\$3



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

\$4



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

4<sup>50</sup>



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

\$8



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

5<sup>99</sup>



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

# BRANDS YOU LOVE AT LOW PRICES

**\$5**



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



**\$5**

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

**\$9**



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



**\$13**

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

**\$5**



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

**SAVE UP TO 30%**



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

**\$1**



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

**550**



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



**\$13**



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

**450**



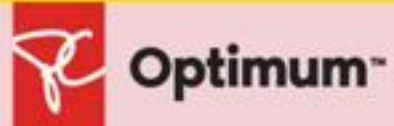
**CLOROX CLEANING SPRAY**  
selected varieties  
887/946 mL  
vaporisateur nettoyant  
21657792\_EA



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



\$3

Earn 500 pts

That's 50¢ value

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



\$15

Earn 2,000 pts

That's \$2 value



**TRE STELLE FETA CHEESE TUB** 850 g feta 21618723\_EA

\$6



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

\$7

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



\$3



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

\$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



\$1



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

\$6



**COLGATE TOOTH PASTE** 70-133 mL, 2x120/150 mL or **MANUAL TOOTHBRUSH** 1 ea selected varieties dentifrice ou brosse à dents manuelle 20110327002\_EA/21166650\_EA

\$3<sup>50</sup>



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



3.50



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

3.29



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

3.77



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

2.49



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

\$2



**PILLSBURY REFRIGERATED WRAPS**  
selected varieties, 200-227 g  
tortillas  
20305424002\_EA/21505340\_EA



6.50



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

3.50



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

\$3



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

3.50



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



5.50



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

5.50



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

9.99



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

# SPRING CLEANING

**4.29**



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



**5.50**

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

**3.49**



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



**6.99**

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

**\$7**

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

**19.99**

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

**\$20**

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

**11.49**

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

**\$15**

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

**\$17**

**AIR WICK SCENTED OIL REFILL or KITS**  
selected varieties  
5x20 mL  
recharges d'huile parfumée ou trousses  
21398311\_EA/21428270\_EA

**\$4**

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

**4.50**

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

**\$10.49**

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

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

**2.20**

**PC FACIAL TISSUES**  
60's  
mouchoirs  
21668309\_EA

**3.50**

**NO NAME BLEACH**  
selected varieties  
2.4 L  
eau de Javel  
21486532\_EA

**\$11**

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

**\$11**

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

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

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

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

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

# App exclusive offers

## More offers More points

### LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

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

CLICK FOR  
THESE COUPONS  
AND MORE



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

Save  
**\$2**  
with digital  
coupon



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

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



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

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



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

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



**PC® TOPPED  
HUMMUS**  
280  
hummus  
garni

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



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

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



**PC® KETTLE  
CHIPS**  
200 g  
croustilles

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



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

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



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

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



**PC® 3 PLY  
FACIAL TISSUES**  
mouchoirs

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

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

**PC® LAMB, BROWN  
RICE & 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).

ONL NF PCX

# 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](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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ONL NFO MKT