



BIG EASTER DEALS!

ONLY

2⁹⁹
LB

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



ONLY

1⁹⁹

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



SAVE 40%

2⁹⁹

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



SAVE 20%

3⁹⁹

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



PKG OF 3

NOFRILLS®

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

BIG EASTER DEALS!

SAVE 50%

6⁹⁹
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%

10⁸⁸

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



SAVE UP TO 31%

5⁵⁰

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

SAVE 46%

10⁹⁹

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%

1⁶⁹



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%

3⁵⁰



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



\$1⁷⁵

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

Earn **750** pts

That's 75¢ value

SAVE UP TO 30%

6⁹⁹



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%

1⁶⁹



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

PRICE DROP

4²⁵



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

4⁹⁹



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

1²⁵



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

Leduc'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

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.

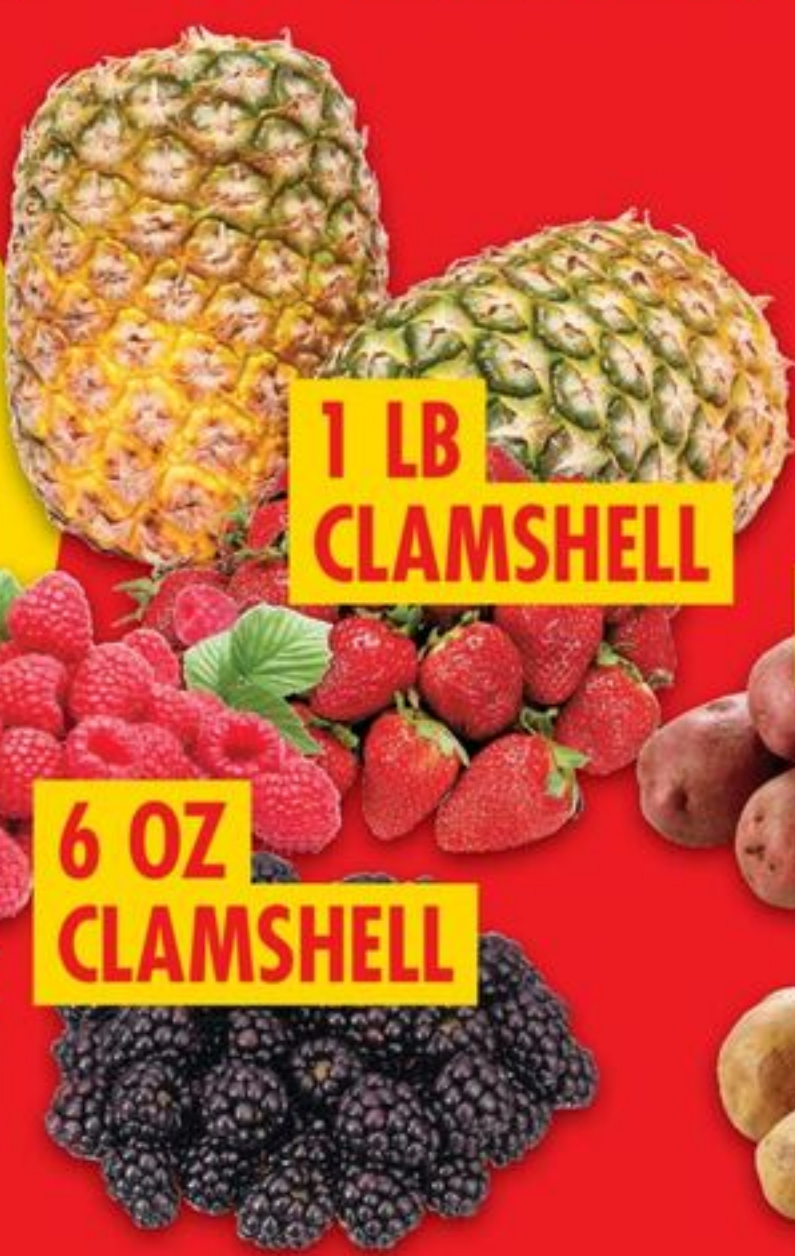
FRESH AT LOW PRICES



\$12

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

4.99



1 LB CLAMSHELL

6 OZ CLAMSHELL

PINEAPPLE product of Costa Rica,
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
20119813001_EA

10 LB BAG



4.99

CAULIFLOWER product of Mexico or U.S.A., no. 1 grade or **RED, RUSSET,** or **YELLOW POTATOES** product of Canada, Canada no. 1 grade
chou-fleur ou pommes de terre
20135377001_EA/20601020001_EA

4.99

PKG OF 4



FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
poivrons
20117550001_EA

PKG OF 6



283 G

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

2.99

LB/EA

FRESH GUARANTEE

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

1.49

EA/LB



ENGLISH CUCUMBERS each, product of Canada, Canada no. 1 grade or **SWEET POTATOES** 3.28/kg, product of Canada or U.S.A.
concombres anglais ou patates douces
20070132001_EA/20127708001_KG

.99

LB



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

2.99

3 LB BAG



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

3.99

680 G



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

2.49

227 G



PC® WHOLE WHITE or CREMINI MUSHROOMS product of Canada
champignons
20775805_EA/20076239_EA

5.99



HONEYDEW product of Guatemala, Honduras or Mexico
melon miel
20045276001_EA

4.99

4 LB BAG



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

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

PREPARED IN CANADA



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

Optimum™



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** 8's
selected varieties
pain ou petits pains
20297455_EA/20305674_EA

\$5

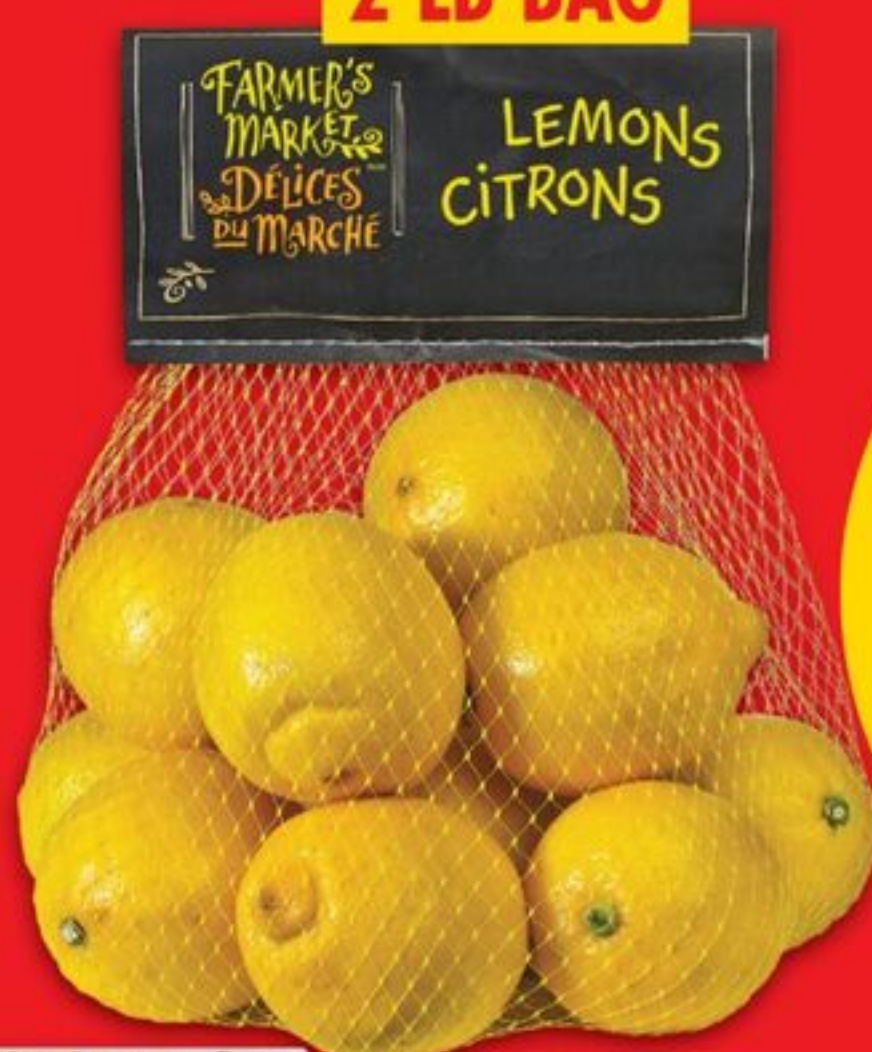


PC® MINI MUFFINS 336 g or **FARMER'S MARKET™ BUTTER CROISSANTS** 260-336 g
selected varieties
mini-muffins ou croissants au beurre
20565382_EA/20975943_EA/21488839_EA

*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



4⁹⁹

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
21634491_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



6⁵⁰

CLUB HOUSE DILL WEED
50 g
aneth
20139519_EA



2²⁹

PC® MUSTARD
selected varieties
325 mL
moutarde
20050452001_EA



\$2

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



3⁵⁰

PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA



2⁵⁰

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

6⁵⁰



iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA



6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002_EA

3⁵⁰



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

\$2



DOLE PINEAPPLE
selected varieties
398 mL
ananas
20136767004_EA

\$6



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

6⁹⁹



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

3³³



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

2⁵⁰



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

1²⁵



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189610_EA

3⁹⁹



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

2²⁹



NO NAME® OLIVES
selected varieties
375 mL
olives
20325649_EA

.79



FRANCO AMERICAN GRAVY
selected varieties
284 mL
sauce brune
20063534_EA

1⁵⁷



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

6⁵⁰



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

8⁵⁰



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

1⁷⁹



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

3⁴⁹



KING COLE ORANGE PEKOE TEA
60's
thé
21250572_EA

4⁵⁰



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 HOLLOW 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
6⁵⁰



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

SAVE 35%

6⁵⁰



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

5⁴⁹



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

4⁵⁰

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

1²⁹



STOVE TOP STUFFING
selected varieties
120 g
farce
20310507001_EA

3⁵⁰



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



4⁵⁰



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

2⁷⁹



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

\$4



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

\$10



NO NAME* ALL-PURPOSE FLOUR
10 kg
farine tout usage
20022248_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

6²⁵



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

4⁵⁰



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

2⁵⁰



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

2²⁰



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

\$2⁵⁰



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

9⁷⁵



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*

*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.



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. **Must be a registered PC Optimum™ member to get this offer.

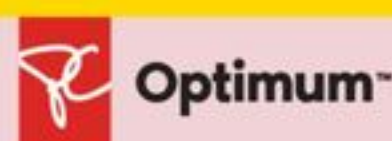




3⁹⁹



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



\$4⁹⁹

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



\$3²⁵

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

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



\$3



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

2⁵⁰



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

7⁵⁰



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** 2's
selected varieties
dentifrice ou brosse à dents manuelle
20110327002_EA/21166650_EA

3⁵⁰



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



3⁵⁰



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

3²⁹



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



3⁷⁷



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



2⁴⁹



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



3⁵⁰

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

6⁵⁰



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



5⁵⁰

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



5⁵⁰



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



9⁹⁹



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



SPRING CLEANING

4²⁹

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



5⁵⁰

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

3⁴⁹

GLAD CLING WRAP
60 m
pellicule plastique
20043471_EA



5⁵⁰

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

11⁴⁹



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

4⁵⁰



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

\$10⁴⁹



Earn
1,500
pts

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



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



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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!

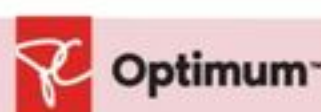
CLICK FOR
THESE COUPONS
AND MORE



Members
get over

\$25

in value



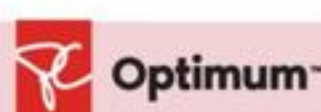
**BOOST READY-TO-DRINK
PRODUCT**
6x237 mL or 4x325 mL
supplément nutritif

Save
\$2
with digital
coupon



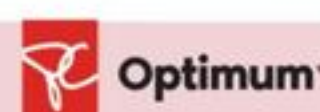
**PC® SPLENDIDO®
SLICED MEATS**
100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026



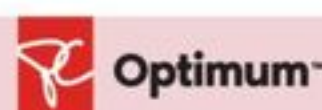
PC® LOADS OF ICE CREAM
1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



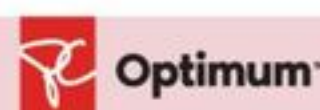
PC® BLACK LABEL ICE CREAM
500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



**PC® TOPPED
HUMMUS**
280
hummus
garni

Earn
1,000
pts
Until April - 8 - 2026



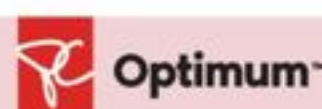
**PC® SPRING
ROLLS**
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



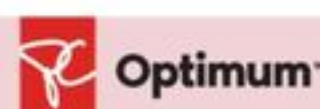
**PC® KETTLE
CHIPS**
200 g
croustilles

Earn
500
pts
Until April - 8 - 2026



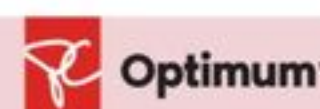
**PC® SPLENDIDO®
EXTRA
VIRGIN
OLIVE OIL**
1 L
huile d'olive

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



Earn
500
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

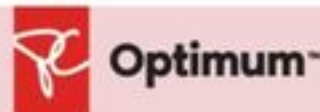
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
750
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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



Earn
250
pts

Until April - 8 - 2026

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



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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



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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**

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No Frills® delivery is available at select stores.

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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.

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. We reserve the right to cancel or change the terms of this offer at any time without notice.

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ONL NFA MKT