

NOFRILLS®

**PRICE CUT
EVENT**

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



ONLY
3.99
LB

PORK BACK RIBS
frozen
8.80/kg
21105394_KG
WHILE QUANTITIES LAST

SAVE 30%

6.99



SCHNEIDERS CHICKEN WINGS
selected varieties, frozen
615 g
21481408_EA

**PKG OF
5 OR 6**



AVOCADOS
product of Mexico, Peru
or Colombia
21644936001_EA

ONLY
3.49

ONLY

\$4



TROPICANA ORANGE JUICE
or **DRINKS** or **PURE LEAF TEA**
selected varieties, refrigerated
1.36/1.75 L
21622130_EA

292- 383 G



SAVE 46%

3.76

EAT SMART SWEET KALE or
TAYLOR FARMS CHOP SALAD KITS
product of U.S.A., selected varieties
20674118_EA / 21335159_EA

Optimum

App exclusive offer

\$10

BREADED CHICKEN, MEATBALLS, HOR D'OEUVRES, LEAN GROUND BEEF or TURKEY or HALAL CHICKEN
selected varieties, frozen
700 g-1.81 kg
21626018_EA/21667936_EA

Earn **2,000** pts

SAVE UP TO 43%

\$3

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

ONLY

6.50

ACTIVIA EXPERT 750 g or **iöGO** 16x100 g **YOGURT**
selected varieties
20609583001_EA

SAVE 42%

1.88

I CAN'T BELIEVE IT'S NOT BUTTER MARGARINE 427 g or **BECEL GARLIC PLANT BUTTER** 227 g
20061949001_EA

SAVE UP TO 36%

1.44

OASIS JUICE, DEL MONTE NECTAR or **ARIZONA ICED TEA**, 960 mL or **GATORADE SPORT DRINKS** 710 mL
selected varieties
20305775003_EA/20894117004_EA

ONLY

.88

YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21478178_EA/21478300_EA

ONLY

5.99

LACTANTIA LACTOSE FREE or **PUR FILTRE MILK**
selected varieties
2 L
21424991_EA

SAVE UP TO 39%

\$2

CAMPBELL'S READY TO SERVE 515 mL or **HABITANT** 796 mL **SOUP**
selected varieties
20299690002_EA/21479122_EA

SAVE 22%

\$7

PC® DINNER ENTRÉES
selected varieties, frozen
770 g - 1.13 kg
21359210_EA

SAVE 27%

7.99

MOTHER'S MAGIC BASMATI RICE
4.54 kg
21590432_EA

ONLY

7.99

NO NAME® CANOLA OIL
3 L
20028656_EA

SAVE 38%

7.99 **70 LOADS**

TIDE SIMPLY LIQUID LAUNDRY DETERGENT
selected varieties
2.72 L
21671020_EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

ONLY

\$1

PC® ORGANICS
BABY FOOD POUCH
selected varieties
128 mL
20651248002_EA



SAVE 28%

\$2



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

ONLY

\$3

ASTRO, iÖGO YOGURT
650/750 g or PILLSBURY
REFRIGERATED
DOUGH 318-468 g
selected varieties
20165226001_EA/20320962002_EA



SAVE 25%

\$3



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

FRESH AT LOW PRICES

4⁹⁹

1 LB CLAMSHELL

PINEAPPLE product of Costa Rica or Mexico, **STRAWBERRIES** product of Mexico or U.S.A., no. 1 grade, or **CANTALOUPE** product of Guatemala, Honduras, or Brazil, no. 1 grade
20160992001_EA/20049778001_EA

\$9

20 LB BAG

NO NAME® NATURALLY IMPERFECT® RED or RUSSET POTATOES product of Canada, Canada no. 2 grade
20044637001_EA/20101572001_EA

1⁹⁹
LB

TOMATOES ON THE VINE product of Canada or Mexico
4.39/kg
20026703001_KG

3⁹⁹
LB

GREEN SEEDLESS GRAPES product of Chile, no. 1 grade or **RED SEEDLESS GRAPES** product of South Africa or Chile, no. 1 grade
8.80/kg
20425775001_KG/20159199001_KG



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

3⁹⁹

6 OZ CLAMSHELL

BLACKBERRIES product of Mexico or U.S.A. or **RASPBERRIES** product of Mexico or U.S.A., no. 1 grade
20128938001_EA/20051015001_EA

5⁹⁹

907 G

PKG OF 11

681 G

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, Mexico or U.S.A., **FARMER'S MARKET™ MINI CUCUMBERS** product of Canada, Canada no. 1 grade or **PC® VARIETY TOMATOES** product of Canada, Mexico or U.S.A.
20840038001_EA/21070679001_EA

App exclusive offer

\$8

Earn **1,500** pts
There's **1** more

6 LB BAG

NO NAME® NATURALLY IMPERFECT® APPLES product of Western provinces
2066985001_EA

4⁹⁹

CAULIFLOWER product of U.S.A. or Mexico, no. 1 grade
20135377001_EA

5⁹⁹

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS product of Canada, Canada no. 1 grade
20600991001_EA

5⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES product of U.S.A.
20162945001_EA

2⁴⁹
LB

BARTLETT PEARS product of Argentina, extra fancy grade
5.49/kg
20172240001_KG

1⁹⁹

RED MANGOES product of Mexico
20059635001_EA

4⁹⁹

312 G

PC® BABY SPINACH or SPRING MIX product of U.S.A.
21204386_EA/21204385_EA

2⁹⁹
LB

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

7⁹⁹

4 LB BAG

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

7⁹⁹

PKG OF 6

FARMER'S MARKET™ SWEET PEPPERS MIXED product of Western Provinces
21030970001_EA

3⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS product of Western Provinces, Canada no. 1 grade
20828461001_EA

1²⁹

CILANTRO product of Mexico or U.S.A.
20091825001_EA

.99
LB

GREEN CABBAGE product of Canada, Canada no. 1 grade
2.18/kg
20793034001_KG

PRICE DROP

4⁹⁹

PKG OF 3

ROMAINE HEARTS product of U.S.A.
20067389001_EA

3⁹⁹

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

3⁹⁹

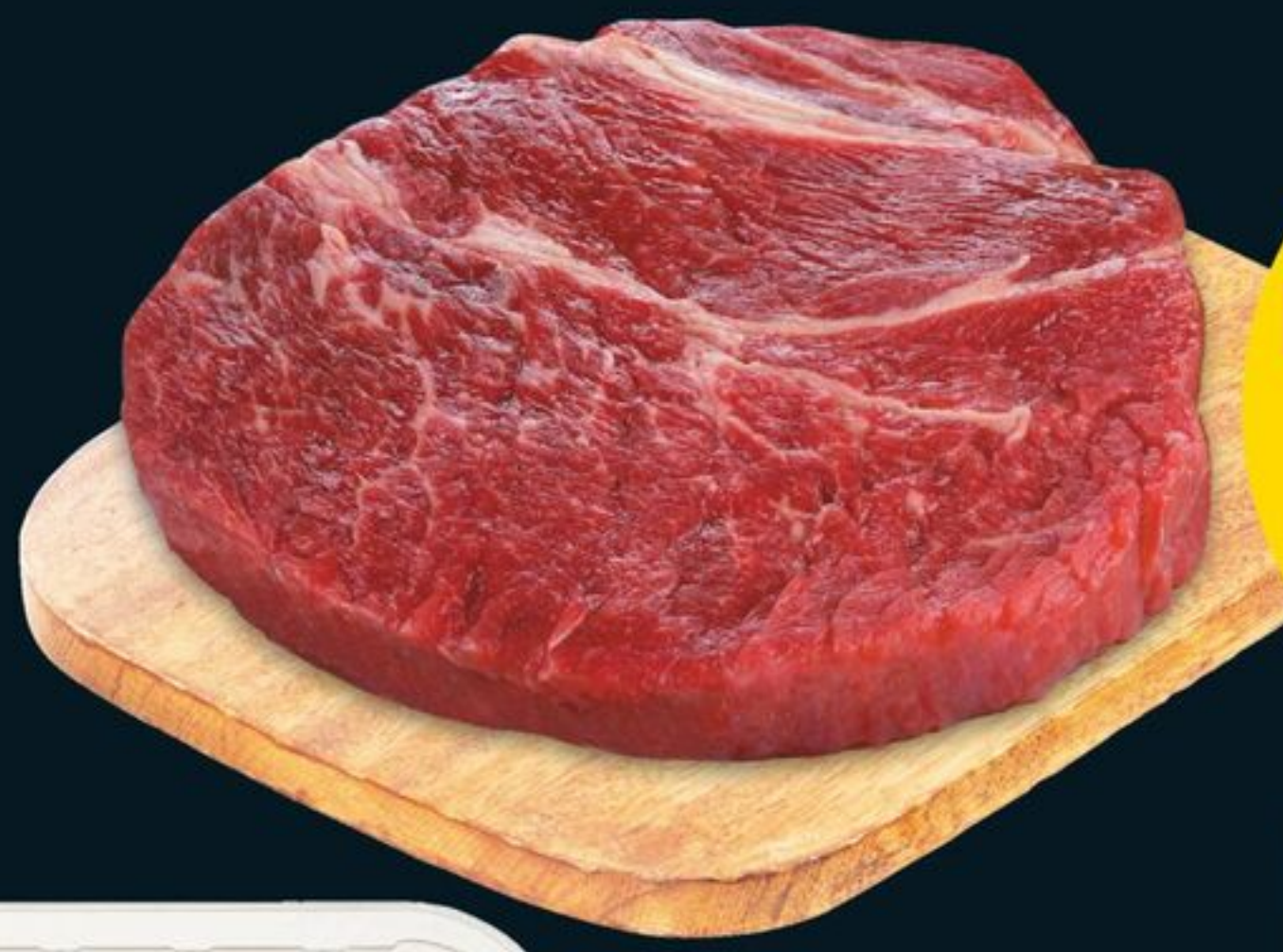
454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS product of Western provinces
20761372_EA/20738571_EA

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

FRESH AT LOW PRICES

\$10



14⁹⁹ LB

PC® BLUE MENU® CHICKEN BREAST
boneless, skinless
2's
21606970_EA

BONELESS BLADE STEAK
club size
33.05/kg
20088945_KG



13⁹⁹



11⁹⁹

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
21041735_EA

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
1.2/1.4 kg
20799697_EA

\$8



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

10⁹⁹



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

15⁹⁹



MONTANA'S SMOKY BBQ BEEF BURGER
frozen
906 g
21665099_EA

3⁵⁰



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

6⁵⁰



ZIGGY'S® KOLBASSA 375 g, **PILLER'S PEPPERONI** 250 g or **OKA CHEESE** 190 g selected varieties
20921279_EA/21396884_EA

6⁵⁰



PC® FREE FROM™ 175 g or **MAPLE LEAF NATURAL SELECTIONS** 150/175 g **SLICED DELI MEAT** selected varieties
20065285_EA/20682966_EA

\$11



MINI BABYBEL 18's or **THE LAUGHING COW CHEESE** 535 g selected varieties
20056397_EA/20575375_EA

\$8



SUMMER FRESH SALADS
selected varieties
750/800 g
20094285_EA

2²⁵



NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
21217967_EA/21313119_EA

2⁵⁰



WONDER BREAD 570 g or **BUNS** 12's selected varieties
20305674_EA/20520827_EA

\$5



LA BAGUETTERIE MICHE
selected varieties
600/800 g
20862393_EA

\$6



PACE PIZZA 502-542 g or **LA CASA ROSA FRESH ENTREES** 350 g selected varieties
21515170_EA/21673693_EA

\$1



NO NAME® MUSHROOMS
selected varieties
284 mL
20299211_EA

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

COLGATE or CREST TOOTHPASTE 50-100 mL or MANUAL TOOTHBRUSH 1's
selected varieties
20338731001_EA/20975582_EA

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

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

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

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

\$2



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

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

BAGEL BITES
selected varieties, frozen
198 g
20213483001_EA

SNACK PACK PUDDING
selected varieties
4x99 g
20310707001_EA

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

BEATRICE or DAIRYLAND CHOCOLATE MILK
brand varies by region
946 mL
20799752_EA

\$3



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

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

LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
21648530_EA/21680155_EA

NO NAME® JUICE BOXES
selected varieties
8x200 mL
21717462_EA

NO NAME® CREAM CHEESE
selected varieties
227/250 g
20308105001_EA

NO NAME® CHEESE BARS
selected varieties
200 g
20305854_EA

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

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

NO NAME® DRINKS or JUICE
selected varieties, refrigerated
1.75 L
21666536_EA/21671461_EA

©Disney ©Disney/Pixar



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



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

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

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

nofrills.ca



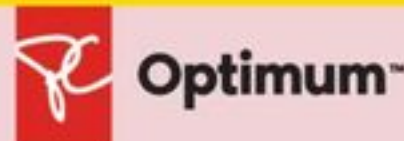
proudly Canadian



DELI DEALS

\$3

ZIGGY'S® FRESH PASTA
selected varieties
350 g
21521168_EA



\$5.50

Earn
1,000
pts

That's
\$1
value



DAIYA VEGAN CHEESE
200/220 g or **RESER'S MAIN ST. BISTRO MAC AND CHEESE** or **MASHED POTATOES** 567/680 g
selected varieties
21207740_EA/20027947_EA

App exclusive offer

\$3.75

Earn
1,000
pts

That's
\$1
value



ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
21592461_EA/21599921_EA

App exclusive offer

\$5

Earn
1,000
pts

That's
\$1
value



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

APRIL

**HIT
OF THE
MONTH**



🍁 Made in Canada

Leclerc Go Pure Bars
Selected varieties, 140 g - 175 g
21507858_EA / 21221434_EA



🍁 Made in Canada

**Butcher's Selection Stampede
Wieners or Harvest Creek Halal
Chicken Wieners**
900 g
21309103_EA / 21307061_EA



🍁 Made in Canada

Planter's Deluxe Whole Cashews
Salted or Unsalted, 200 g
21021618_EA

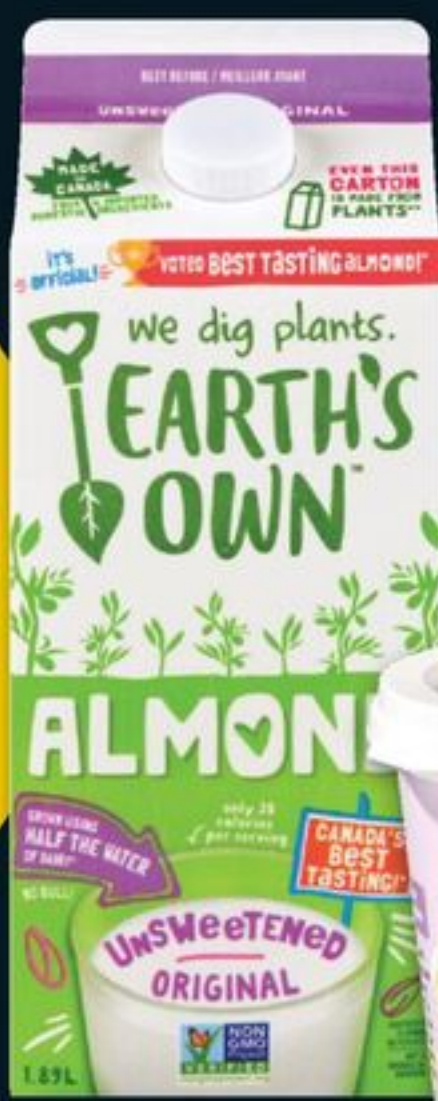
See in-store for retails

**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. See in store for limits. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

3.50



\$6

PC® PROBIOTIC YOGURT
650 g or **EARTH'S OWN**
ALMOND or **OAT**
BEVERAGES 1.75/1.89 L
selected varieties
21684020_EA/20327647_EA

PC® CHEESE BARS 400 g or
SHREDDED CHEESE 250-320 g
selected varieties
21060183_EA/21289689_EA

5.50



4.50

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

CRAVE DINNER ENTRÉES
200-340 g or **KRAFT DELUXE**
MAC AND CHEESE 340 g
selected varieties, frozen
21085515_EA/21553329_EA

\$5



BURNBRAE NESTLAID EGGS
12's
20816075001_EA

\$5



MINUTE MAID
ZERO SUGAR
BEVERAGES
selected varieties,
refrigerated
1.54 L
21434019_EA/21434122_EA

\$3.50



FRITO-LAY MINIS
CANISTERS
selected varieties
102-145 g
21613317_EA/21613537_EA

\$3.49



PATAK'S COOKING SAUCE 400 mL
or **BLUE DRAGON PASTE** 270 mL
selected varieties
20712986_EA

3.99



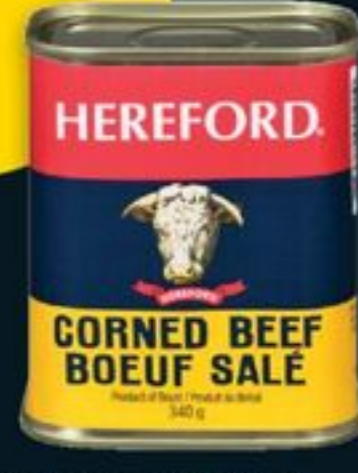
PC® or BLUE MENU® CRANBERRY
or **VEGETABLE COCKTAIL**
selected varieties
1.89 L
20307025001_EA/20506849003_EA

2.50



MONSTER
ENERGY DRINKS
selected varieties
444-473 mL
20938249_EA

3.99



HEREFORD CORNED BEEF
340 g
20050622_EA

\$8



BOB'S RED MILL ROLLED OATS
907 g or **BAKING FLOUR 1:1** 624 g
gluten-free
21127335_EA/21127426_EA

2.79



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

1.69



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

1.50



OCEAN'S TUNA
selected varieties
85/170 g
21003134_EA

3.79



PC® BLUE MENU®
BEANS or **LENTILS**
selected varieties
900 g
20629153_EA/20629679_EA

5.99



PC® SALSA
selected varieties
650 mL
20309646003_EA

\$3



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

4.99



PAM COOKING
SPRAY
selected varieties
141/170 g
20178204001_EA

\$5



KD ORIGINAL
5x200 g
21740440_EA

BRANDS YOU LOVE AT LOW PRICES

3.49



BECEL 427 / 454 g or BECEL PLANT BASED BRICKS 454 g
selected varieties
20322707001_EA

6.50



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

PREPARED IN CANADA



\$5



CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or COLLECTION NOVELTIES 8's
selected varieties frozen
20315236001_EA / 20323757001_EA

\$4



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

\$10



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

2.50



FRUITOPIA or PEACE TEA DRINKS
selected varieties, refrigerated
1.75 L
20347440001_EA / 21170670_EA

3.50



OLD DUTCH POTATO 220 g or TORTILLA 275 / 290 g CHIPS or HUMPTY DUMPTY SNACKS 250-290 g
selected varieties
21445100_EA / 21733154_EA

2.99



DARE BEAR PAWS 168-240 g, ULTIMATE COOKIES 290 / 300 g, WAGON WHEELS 315 / 360 g or VIVA PUFFS 300 g
selected varieties
20974343_EA / 21080791_EA

\$5



NO NAME® PIE FILLING
selected varieties
540 / 796 mL
21662347_EA / 21667990_EA

\$3



NO NAME® COATING MIX
selected varieties
142-162 g
21122657_EA / 21122663_EA

5.99



LAVAZZA QUALITA ROSSA or CREMA E GUSTA GROUND COFFEE 250 g or TAZO CONCENTRATES 946 mL
selected varieties
21299590_EA / 21553714_EA

\$6



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

Member Price \$25

Non-Members \$30

Members Save \$5



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

\$6.99

Earn 500 pts

That's 50¢ value



MIDEL GLUTEN FREE COOKIES
selected varieties
227 g
21069942_EA

9.49



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

BRANDS YOU LOVE AT LOW PRICES

\$2

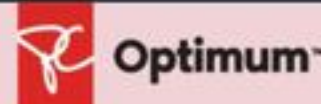
PC® LIQUID DISH DETERGENT
selected varieties
638 mL-1 L
21012740_EA



\$14

PC® DISHWASHER TABS
90's
20892221_EA

App exclusive offer



\$3.50



Earn **1,000** pts

That's **\$1** value

PC® YARD WASTE PAPER BAGS
selected varieties
5's
20429980_EA



\$19.99



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

\$7.99

GLAD GARBAGE BAGS
selected varieties
10-52's
20297334001_EA / 21359461_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
20083525001_EA / 21427042_EA



\$7

PC® MAX PAPER TOWELS
3=6 rolls
21540603_EA



\$1.50

COMET POWDER CLEANER 600 g, **SOS STEEL WOOL PADS** 10's or **AURORA LINDA LAUNDRY SOAP** 185 g
20540374_EA / 21362098_EA



\$4.99

CLOROX BLEACH
2.4 L
21283179_EA



\$10.50

PEDIGREE DENTASTIX DOG TREATS
selected varieties, 504 g-1.9 kg
21081177_EA



\$11.50

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



\$6

FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
20912515_EA



\$9.50

FANCY FEAST WET CAT FOOD
selected varieties
12x85 g
20153246002_EA





Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



64 STICKERS TO COLLECT
DISCOVER INTERESTING
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

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

**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

**SPEND \$10*
ON SELECT**

**KRAFT, HEINZ, PHILADELPHIA,
MAXWELL HOUSE, NABOB, TASSIMO,
TACO BELL, CLASSICO, GARDEN SELECT,
CRAVE, BAGEL BITES, MIO,
CRYSTAL LIGHT, JELL-O, RENEE'S,
BULL'S-EYE, DIANA PRODUCTS
AND GET ONE BONUS STICKER PACK**
20866924010_EA/21085515_EA/21618217_EA/21594513_EA/20039581001_EA



**SPEND \$10*
ON SELECT**

**CHEERIOS, OATMEAL CRISP,
NATURE VALLEY,
OLD EL PASO, PILLSBURY or
ANNIE'S PRODUCTS
AND GET A BONUS STICKER PACK**
21104047_EA/21667577_EA/20316187001_EA/20306992001_EA



**SPEND \$15*
ON SELECT**

**COCA-COLA, CANADA DRY,
SPRITE, A&W, FANTA, FRESCA,
AHA, VITAMINWATER,
SMARTWATER, AHA, PEACE TEA,
FUZE, MONSTER ENERGY,
POWERADE or BODY ARMOR
AND GET ONE BONUS STICKER PACK**
20318694002_EA/20304419001_EA/20305840001_EA/20853723_EA/21166000_EA



**SPEND \$15*
ON SELECT**

**CRACKER BARREL,
BLACK DIAMOND,
iOGO, ASTRO or
LACTANTIA PRODUCTS
AND GET ONE BONUS STICKER PACK**
21290384_EA/20763661_EA/20986474_EA/21719739_EA/20165226001_EA/21694605_EA



**SPEND \$12*
ON SELECT**

**CAMPBELL'S READY TO SERVE SOUPS 515 mL,
HABITANT SOUP 796 mL,
SNYDERS PRETZELS 240 g,
CHUNKY 515 mL,
GOLDFISH CRACKERS or
SNACK FACTORY CRISPS 200 g
AND GET ONE BONUS STICKER PACK**
21479030_EA/20300320_EA/20316052001_EA/20948940_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

SPEND \$15*
ON SELECT

**CHRISTIE CRACKERS,
CHRISTIE COOKIES, CADBURY, HALLS or
CLIF ENERGY BARS
AND GET ONE BONUS STICKER PACK**

21547034_EA/21358407_EA/21664843_EA



SPEND \$10*
ON SELECT

**NESCAFE, STARBUCKS COFFEE
or MAISON PERRIER BEVERAGE PRODUCTS
AND GET ONE BONUS STICKER PACK**

20873036_EA/20548682004_EA/21576465_C08



SPEND \$15*
ON SELECT

**ROYALE PAPER PRODUCTS
AND GET ONE BONUS
STICKER PACK**

21187145_EA/21484732_EA/20702419_EA



SPEND \$9*
ON SELECT

**MILK 2 GO,
ARMSTRONG PROTEIN STICKS
AND GET A BONUS STICKER PACK**

21065263_EA/21537885_EA/21694973_EA



SPEND \$10*
ON ANY

**PC® BLUE MENU PRODUCTS
AND GET ONE BONUS STICKER PACK**

20668034002_EA/20057669001_EA/20307025002_EA/
20538593001_EA/20631288004_EA/20941224_EA



SPEND \$10*
ON SELECT

**PC® or NO NAME® CHIPS,
POPCORN or PRETZELS
AND GET ONE BONUS
STICKER PACK**

21654374_EA/21686985_EA/21712080_EA/21712032_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

loblawuniverse.ca

3.50

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



2.50

CATELLI SMART or HEALTHY HARVEST PASTA
selected varieties
340/375 g
20299819008_EA/20527263_EA



2.50

YOPLAIT TUBES 8's or MINIGO 6's YOGURT
selected varieties
21547595_EA/21619318_EA



2.50

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

Member Price
\$2.50

Non-Members
\$3

Member Save
50¢

CADBURY CHOCOLATE BARS
selected varieties
90-100 g
21648577_EA



\$4

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20641267_EA/20866924010_EA



\$4

DR. OETKER RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
20296100001_EA/20296424004_EA



4.75

MILK2GO MILK
selected varieties, 6x200 mL
21537885_EA



\$4

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



5.47

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
21103495_EA/21213661_EA



6.49

NESSCAFÉ or TASTER'S CHOICE INSTANT COFFEE 100-170 g or NESCAFÉ SWEET & CREAMY SACHETS 16/18's
selected varieties
20661811001_EA/20873036_EA



\$8

COCA-COLA SOFT DRINKS
selected varieties
12x355 mL
20307569004_C12/20318694002_C12



8.99

ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
21572800_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO AVAILABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

EVERYDAY ESSENTIALS AT LOW PRICES

6.50

ACTIVIA YOGURT
selected varieties
12x100 g
20303412001_EA/20608924_EA



4.50

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
21651628_EA

1.79

CLARK BAKED BEANS
selected varieties
398 mL
21308477_EA



\$2

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

\$10

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



\$10

SUFRA® CHICKEN STRIPS, NUGGETS, BURGERS or MOZZARELLA STUFFED CHICKEN
selected varieties, frozen
568-840 g
21179707_EA



\$3

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



2.50

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



\$5

TIDE PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's, CASCADE DISHWASHER TABS 10-15's or RINSE AID 473 mL
selected varieties
20046274_EA/21095604_EA



4.29

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



.90

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



App exclusive offers

More offers
More points

**LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS**

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

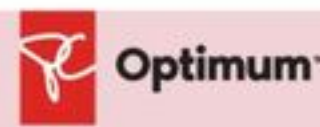
Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



**NESTLÉ
SNACK PACK**
any variety
21719355_EA

Save
\$1
with digital
coupon



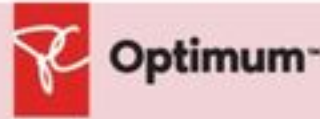
**PC® TORTILLA
CHIPS**
320-350 g
20148817_EA

Earn
500
pts
Until May - 13 - 2026



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
800
pts
Until May - 13 - 2026



PC® FROZEN FRUIT
600 g
21377841_EA

Earn
1,000
pts
Until May - 13 - 2026



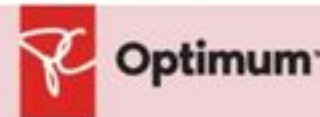
**PC® GREEK
YOGURT**
4 x 100 g
21348028_EA

Earn
750
pts
Until May - 13 - 2026



PC® DIPS
454 g
20584098_EA

Earn
1,000
pts
Until May - 13 - 2026



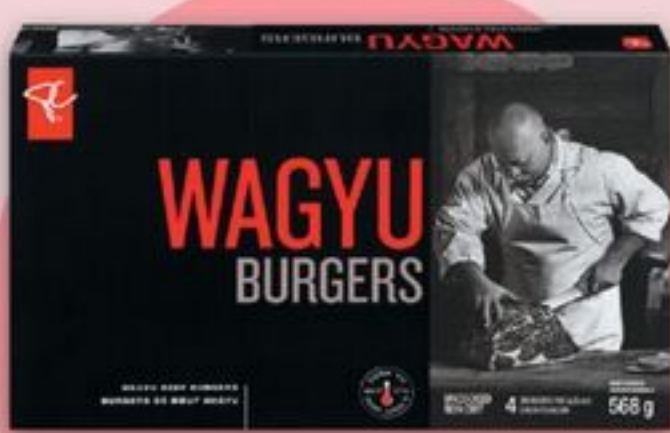
**FARMER'S
MARKET™
CROISSANTS**
260-336 g
20975943_EA

Earn
1,000
pts
Until May - 13 - 2026



**PC® BRIOCHE
BUNS**
300 g
21094319_EA

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
3,000
pts
Until May - 13 - 2026



**NO NAME®
BREADED
CHICKEN
BURGERS
FULLY COOKED**
908 g
21178461_EA

Earn
1,200
pts
Until May - 13 - 2026



**PC® SMOKED WILD
SOCKEYE
SALMON**
150 g
20088009_EA

Earn
2,500
pts
Until May - 13 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
1,200
pts
Until May - 13 - 2026

PC® INSTANT COFFEE
80/100 g
21499826_EA

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

**NO NAME®
HOT CHOCOLATE MIX**
1.8 kg
20005589_EA

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

**PC® CHOCOLATE COVERED
NUTS**
340-400 g
20000356_EA

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

**PC® MEMORIES OF
SZECHWAN
PEANUT SATAY SAUCE**
350 mL
20311313001_EA

Optimum™



Earn
750
pts
Until May - 13 - 2026

**PC® MAYO SANDWICH
SPREAD**
300 mL
20861237_EA

Optimum™



Earn
500
pts
Until May - 13 - 2026

**PC® NUTRITION FIRST
WET CAT FOOD**
85 g
21618582_EA

Optimum™



Earn
600
pts
Until May - 13 - 2026

**PC® NON-STICK
HEAVY DUTY
ALUMINUM FOIL**
25 ft
21122007_EA

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

**PC® 3-PLY FACIAL
TISSUE 6 BOXES**
20181283_EA

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

**PC® SUPER SOFT
BATHROOM TISSUE or
PC® MAX TOILET PAPER**
12=24 rolls
21300716_EA/21450718_EA

NATURAL FOODS AT LOW PRICES

\$6



PC® ORGANICS KEFIR
selected varieties
1 L
20944278_EA/21105766_EA



\$4

EARTH'S OWN OAT BEVERAGE
selected varieties
1.75 L
21037796_EA/21517729_EA

\$7



PC® ORGANICS FLOUR 2.5 kg or CHOCOLATE CHIPS 205 g
selected varieties
20069335_EA



\$6

RW GARCIA CRACKERS
selected varieties
180 g
20898753002_EA

4⁵⁰



PC® ORGANICS ANIMAL COOKIES
selected varieties
250 g
20181028_EA/20304981_EA

\$6



PC® ORGANICS TOMATO KETCHUP
575 mL
20021787_EA

3⁵⁰



VITA COCO COCONUT WATER
selected varieties
1 L
20332922_EA

\$4



SMART SWEETS CANDY
selected varieties
50 g
21154474_EA/21199935_EA

2⁵⁰



CLIF BAR
selected varieties
68 g
20130914003_EA/20707304002_EA

\$7



ANNIE'S ORGANIC GRAHAM SANDWICHES or BUNNY FRUIT SNACK PACK
selected varieties
198/226 g
21547830_EA/21547875_EA

4⁵⁰



POPCORNERS
selected varieties
142 g
21370205_EA

4⁵⁰



PC® ORGANICS PASTA SAUCE
selected varieties
700 mL
20085773001_EA

3⁵⁰



PC® ORGANICS APPLE SAUCE CUPS 6x100 g, SQUEEZABLE FRUIT SNACKS 360 g or JUMBO RAISIN SNACK PACK 196 g
selected varieties
20320493001_EA/21170526_EA

4⁴⁹



PC® ORGANICS FRUIT SPREAD
selected varieties
365 mL
21591713_EA

3⁵⁰



PC® ORGANICS DURUM WHEAT SEMOLINA PASTA
selected varieties
454 g
20669803003_EA

\$3



HARDBITE POTATO CHIPS
selected varieties
128/150 g
21157616_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFL HW



Express™

Online grocery pickup & delivery

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



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

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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ONL NFW MKT