

# NOFRILLS®

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

## BIG EASTER DEALS!

SAVE 38%

**7<sup>99</sup>**  
LB



**SIRLOIN TIP ROAST**  
cut from Canada AA grade  
beef or higher  
17.61/kg  
20052657\_KG

WHILE QUANTITIES LAST

SAVE 27%

**10<sup>88</sup>**



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

ONLY

**2<sup>49</sup>**  
LB

SAVE 33%

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



**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
4.39/kg  
20026161001\_kg



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

SAVE 33%

**\$2**

**SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS**  
selected varieties  
75-120 g  
21310034\_EA



ONLY

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

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



SAVE 20%

**\$4**

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



SAVE UP TO 21%

**1<sup>97</sup>**

**BARILLA PASTA**  
selected varieties, 340/410 g  
21404923\_EA/21405047\_EA



App exclusive offer

Optimum™

**\$6**

Earn **2,000** pts  
That's \$2 value

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



SAVE 20%

**\$2**

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



ONLY

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

**SILK NON-DAIRY BEVERAGES**  
selected varieties, 1.75/1.89 L  
20308979\_EA/20328231002\_EA



**\$2<sup>29</sup>**

Earn **750** pts  
That's 75¢ value

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



SAVE UP TO 50%

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

**ROYALE BATHROOM TISSUE ROLLS or TIGER TOWEL ROLLS**  
selected varieties  
21484702\_EA/21572800\_EA



ONLY

**3<sup>25</sup>**

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



SAVE UP TO 41%

**1<sup>69</sup>**

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



PRICE DROP

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



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

**.95**



**CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP**  
284 mL  
20176214004\_EA/20176214001\_EA

Week 1

Spend & get

**10%**

back in pts

March 19 - 25

+

Week 2

Spend & get

**10%**

back in pts

March 26 - April 1

THIS WEEK

Week 3

Redeem & get

**20%**

back in pts

April 2 - 8

Bonus

**10,000** pts

when you complete all 3 offers\*

Optimum™

Open your PC Optimum™ App to start earning.

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


nofrills.ca

01 NW

**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**

**Planters 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.

# FRESH AT LOW PRICES

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

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



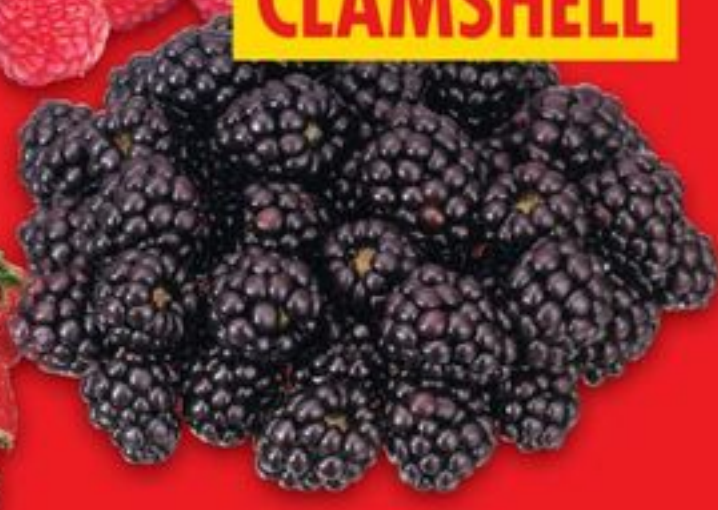
**PKG OF 5 OR 6**

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

**BLACKBERRIES**  
product of Mexico or U.S.A.,  
**RASPBERRIES** product of  
Mexico or U.S.A., no. 1 grade or  
**AVOCADOS** product of Mexico,  
Peru or Colombia  
20051015001\_EA/21644936001\_EA



**6 OZ CLAMSHELL**



**1 LB CLAMSHELL**



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

**BRUSSELS SPROUTS** or **GREEN BEANS**  
product of U.S.A. or Mexico  
6.59/kg  
20036155001\_KG/20142683001\_KG



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

**BROCCOLINI** each, product of U.S.A. or  
**TOMATOES ON THE VINE** 6.59/kg,  
product of Mexico or U.S.A.  
20154907\_EA



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

**3<sup>99</sup>**  
**PC<sup>®</sup> WHOLE WHITE** or **CREMINI MUSHROOMS**  
product of Western Provinces  
20738571\_EA/20761372\_EA

**454 G**

**5<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
20609991001\_EA

**10 LB BAG**

**5<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> GRAPE TOMATOES**  
or **PC<sup>®</sup> VARIETY TOMATOES**  
product of U.S.A. or Mexico  
20840038001\_EA / 21070679001\_EA

**907 G**  
**681 G**

**5<sup>99</sup>**  
**RED** or **RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
20601013001\_EA/20601020001\_EA

**10 LB BAG**

**4<sup>99</sup>**  
**CAULIFLOWER** or **FARMER'S MARKET<sup>™</sup> CARROTS**  
product of Mexico or U.S.A., no. 1 grade  
20135377001\_EA/20600928001\_EA

**5 LB BAG**

**5<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> ORANGES**  
product of U.S.A.  
20162945001\_EA

**3 LB BAG**

**1<sup>99</sup>**  
LB  
**SWEET POTATOES**  
product of U.S.A.  
4.39/kg  
20162945001\_EA

**6<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> AMBROSIA**  
or **PINK LADY APPLES**  
product of Western Provinces,  
Canada fancy grade  
21307212001\_EA/20767998001\_EA

**5 LB BAG**

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

**4<sup>99</sup>**  
**EAT SMART** or **TAYLOR FARMS SALAD KIT** selected varieties,  
product of U.S.A. or **GARLIC** product of China  
20674118\_EA/21648759\_EA

**1 KG**  
**292-383 G**

**1<sup>99</sup>**  
**RED MANGOES**  
product of Mexico  
20059635001\_EA

**7<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> MANDARINS**  
product of Morocco or Spain  
20054025001\_EA

**4 LB BAG**

**3<sup>99</sup>**  
**PC<sup>®</sup> LITTLE GEMS<sup>™</sup> RED, YELLOW**  
or **MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
21247301001\_EA/21247300001\_EA

**680 G**

**3<sup>99</sup>**  
**FARMER'S MARKET<sup>™</sup> ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20828461001\_EA

**PKG OF 3**

**\$10**  
**EASTER LILY**  
selected varieties  
6 inches  
20563699\_EA

**PRICE DROP**

**3<sup>99</sup>**  
**CELERY**  
product of U.S.A. or Mexico,  
no. 1 grade  
20163119001\_EA

**4<sup>99</sup>**  
**ROMAINE HEARTS**  
product of U.S.A.  
20067389001\_EA

**PKG OF 3**

**\$2**  
LB  
**PINK LADY APPLES**  
product of Western Provinces,  
Canada fancy grade  
4.41/kg  
20093376001\_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

**\$14**

**MAPLE LEAF PRIME CHICKEN LEGS**  
back attached  
up to 1.24 kg  
21683882\_EA



**16<sup>99</sup>** LB

**BONELESS INSIDE ROUND SANDWICH STEAK**  
37.46/kg  
20072900\_KG



**\$14**

**PC® WORLD OF FLAVOURS PORK ROAST**  
selected varieties  
730/900 g  
21603234\_EA



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

**HARVEST DINNER SAUSAGES, BREAKFAST SAUSAGES, ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
21724040\_EA/21724116\_EA

**10<sup>99</sup>**

**SCHNEIDERS SMOKED HAM**  
selected varieties  
700 g  
21094878\_EA



**8<sup>99</sup>**

**PC® SPRING ROLLS** 574 g  
or **CHEESE STICKS** 345/454 g  
selected varieties, frozen  
20698096\_EA/21116020\_EA



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

**PC® DIPS** 227 g or **NAAN DIPPERS** 200 g  
selected varieties  
20374522\_EA/21092033\_EA



**\$5**

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



**MASTRO CHARCUTERIE** 100-175 g or **SAN DANIELE PROSCIUTTO** 100 g  
selected varieties  
20581660\_EA/21061099\_EA

Optimum

**\$5**

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



**\$5**

**ZIGGY'S® TWIN PACK PASTA**  
selected varieties  
600 g  
21302595\_EA



**\$3**

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



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

**NO NAME® DINNER ROLLS**  
selected varieties, 12's  
21431243\_EA



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

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



**\$5**

**PC® MINI MUFFINS** 336 g or **FARMER'S MARKET™ BUTTER CROISSANTS** 260-336 g  
selected varieties  
20975943\_EA/21488839\_EA



**5<sup>50</sup>**

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



**\$5**

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



**\$4**

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



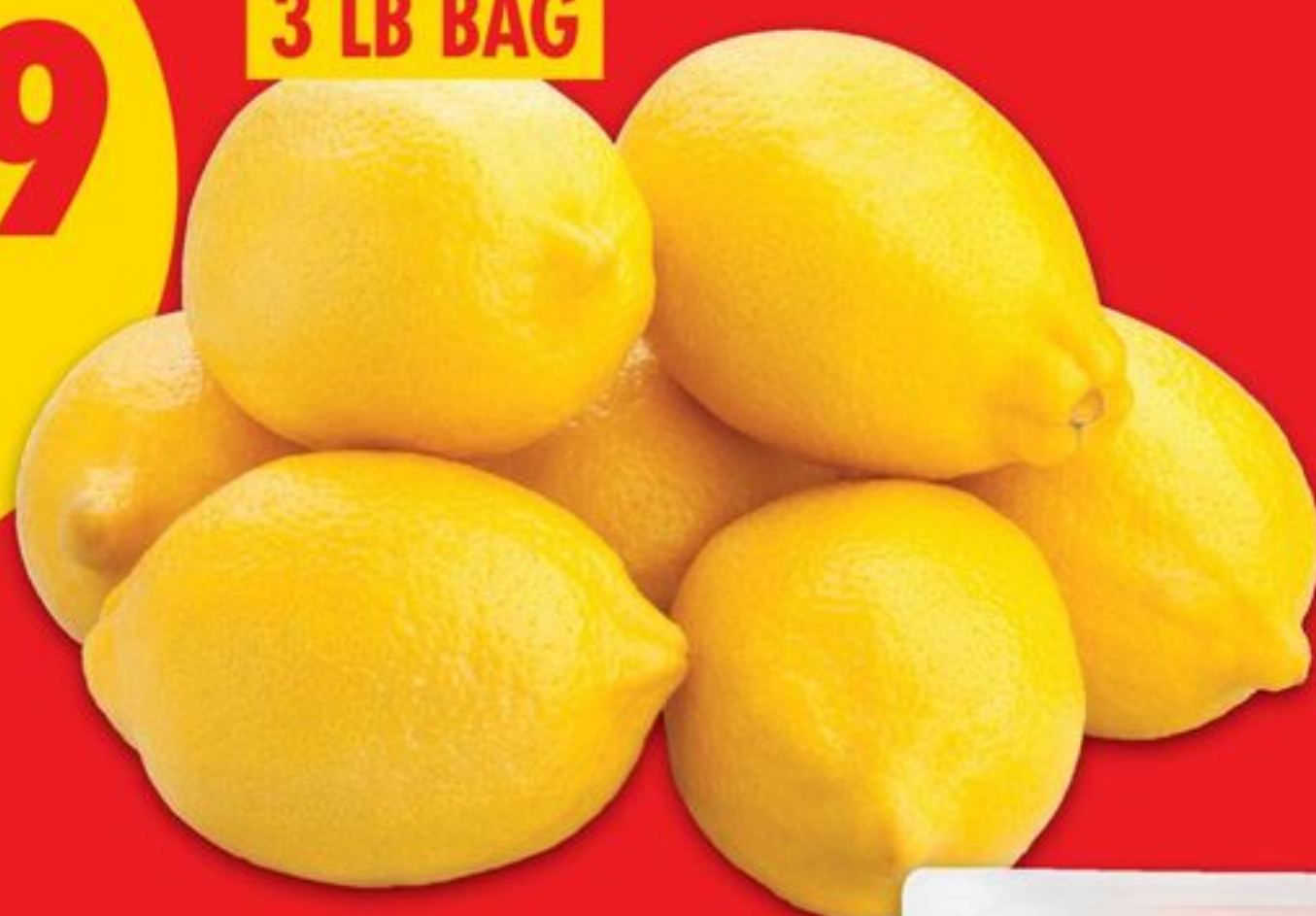
\*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you 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!



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

**3 LB BAG**



**\$5**

**FARMER'S MARKET™ LEMONS**  
product of U.S.A.  
20798811001\_EA

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



**\$9**

**\$16**

**SEAQUEST® WILD PINK SALMON FILLETS**  
frozen  
700 g  
21592064\_EA

**ATLANTIC SALMON FILLET**  
frozen  
405 g  
21634491\_EA

**\$5**

**BASA FILLETS**  
previously frozen  
300 g  
21634501\_EA

**\$9**

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

**\$6**

**SEAQUEST® SHRIMP RING**  
frozen  
227 g  
20080289\_EA

**\$4**

**AURORA ITALIAN STYLE BREAD CRUMBS**  
680 g / 24 oz.  
20184061\_EA

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

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

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

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

**\$2**

**PC® SEAFOOD SAUCE**  
selected varieties  
250 mL  
20023348002\_EA

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

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

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

**NO NAME® LIME JUICE** 445 mL or  
**LEMON JUICE** 946 mL  
20642581\_EA/20971992\_EA

**2<sup>49</sup>**

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

# BIG EASTER DEALS!



SAVE 47%

1.57

OCEAN SPRAY CRANBERRY SAUCE selected varieties, 348 mL  
20022893001\_EA

SAVE 43%

1.29



SAVE 29%

5.99

STOVE TOP STUFFING selected varieties, 120 g  
20310507001\_EA

SAVE UP TO 23%

3.50

ONLY

3.50



LACTANTIA or DAIRYLAND CREAM selected varieties, 473 mL-1 L  
20073927\_EA/20962887\_EA

LACTANTIA BUTTER selected varieties, 454 g  
20639926\_EA

DAIRYLAND SOUR CREAM selected varieties, 400/500 mL  
20275966001\_EA

**\$3**

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

**5.49**

iÖGO FROZEN YOGURT 946 mL, POP 8's or BARS 4's or YUKON NOVELTIES 5-8's selected varieties, frozen  
21654421\_EA/21650572\_EA

**3.33**

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g LACTANTIA CREAM CHEESE 227 g selected varieties  
21252564\_EA/21673558\_EA

**6.50**

SAPUTO MOZZARELLISSIMA selected varieties 500 g  
20759241002\_EA

**1.79**

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

**\$6**

SMUCKER'S JAM, MARMALADE or JELLY selected varieties, 310/500 mL  
20308043001\_EA/20308043004\_EA

**4.50**

PC® FLATBREAD selected varieties, frozen, 338-395 g  
21013452\_EA

**\$10**

HIGH LINER PAN SEAR or BATTERED FISH FILLETS selected varieties, frozen, 425-600 g  
20845016\_EA

**7.44**

PC® ORANGE JUICE selected varieties, refrigerated, 2.5 L  
21331644\_EA

**6.25**

GATORADE SPORT DRINKS 6x591 mL or POWDERS 560 g selected varieties  
20336724001\_EA/20303218003\_C06

**6.29**

BUBLY 12x355 mL or MONTELLIER 10x355 mL SPARKLING WATER selected varieties  
21096723\_C10/21097177\_C12

**8.50**

PC® DE-ALCOHOLIZED WINE 750 mL or ATYPIQUE NON-ALCOHOLIC COCKTAILS 4x355 mL selected varieties  
21403389\_EA/21515994\_C04

**2.50**

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

**\$1**

CLUB HOUSE DRY SAUCE MIX selected varieties, 20-47 g  
20302816001\_EA/20302816004\_EA

**\$3**

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

**4.79**

NO NAME® BACON BITS 85 g  
20159354\_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.

PC Optimum™ members must open the PC Optimum™ App on or before April 8, 2026 to reveal their personalized offers. Subject to the member meeting the applicable spend requirements specified in the member's personalized offer for each of the offer periods March 19-25, 2026 and March 26-April 1, 2026, the member will earn up to 10% back in PC Optimum™ points on each such participating offer. Subject to the member meeting the applicable PC Optimum™ points redemption requirement specified in the member's personalized offer for the offer period April 2-8, 2026, the member will earn up to 20% back in PC Optimum™ points on such participating offer. A member who completes all three participating offers on or before April 8, 2026 will receive a one-time bonus award of 10,000 PC Optimum™ points. The maximum number of bonus points available under this promotion is 10,000 points per member. Bonus points will be awarded only once, and only where all three participating offers are completed; partial completion of fewer than all three offers will not qualify. The promotion will be deemed completed only upon fulfillment of all three participating offers in accordance with the applicable offer terms. The PC Optimum™ Card or App must be presented at the time of each eligible transaction. Limit of one offer per member. Personalized offer terms, conditions, exclusions, and participating details apply and are available in the PC Optimum™ App.

# BRANDS YOU LOVE AT LOW PRICES

**3<sup>25</sup>**



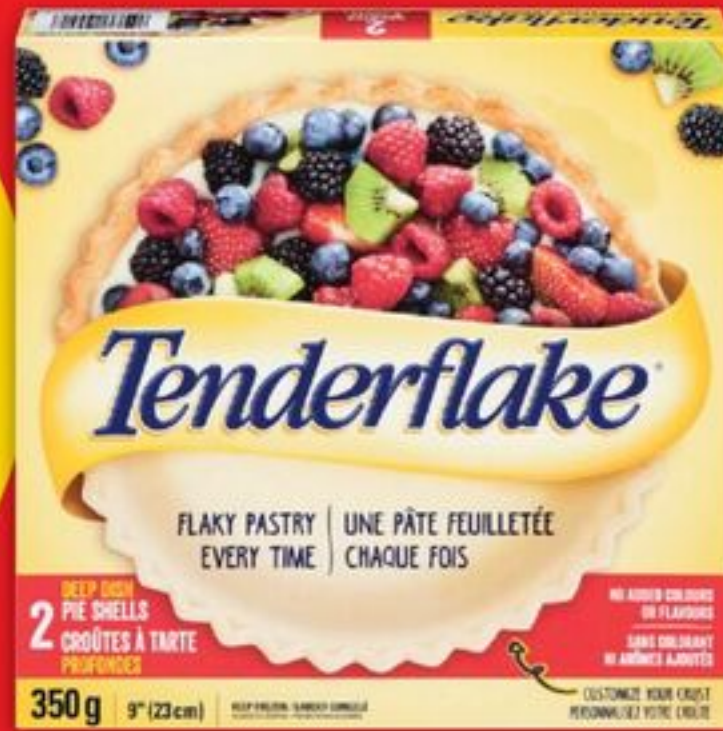
**LIBERTÉ MÉDITERRANÉE**  
500 g, **CRUNCH 2's** or **YOPLAIT**  
**PROTEINES** 650 g **YOGURT**  
selected varieties  
20788062001\_EA



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

**BECEL MARGARINE**  
selected varieties  
637/850 g  
20297818002\_EA

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



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



**\$6**

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

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



**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
21436915\_EA

**\$8**



**STOK or STARBUCKS ICED COFFEE**  
selected varieties  
1.42 L  
21203739\_EA/21215530\_EA

**1<sup>57</sup>**



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

**3<sup>27</sup>**



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

**\$2**



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

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



**SANPELLEGRINO SPARKLING FRUIT BEVERAGES**  
selected varieties  
6x330 mL  
21433206\_C06/21590983\_C06

**\$2**



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

**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  
20320493001\_EA/21170526\_EA

**2<sup>79</sup>**



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

**.76**



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

**1<sup>25</sup>**



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

**\$1**



**UNICO TOMATO PASTE**  
selected varieties  
156 mL  
20000527\_EA

**\$5**



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

**9<sup>99</sup>**



**UNICO VEGETABLE OIL**  
3 L  
20098102\_EA

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



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

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



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

**4<sup>50</sup>**



**LINDT MINI EGG** 100 g, **KINDER HOLLOW BUNNY** or **KINDER MINI FRIENDS** 75-122 g  
selected varieties  
20187234\_EA/21549623\_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  
20073462\_EA

**\$7**



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



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

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

OFFER VALID UNTIL APRIL 5TH, 2026

# BRANDS YOU LOVE AT LOW PRICES

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



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



**\$4**



**DAIRYLAND  
COTTAGE CHEESE**  
selected varieties  
500 g  
20749835\_EA

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



**SCHNEIDERS BREAKFAST  
SANDWICH or EGG BITES**  
selected varieties, frozen  
204-288 g  
21623187\_EA/21623288\_EA



**4<sup>50</sup>**

**HEALTHY CHOICE  
DINNER ENTREES**  
selected varieties, frozen  
255-298 g  
21406269\_EA

**5<sup>50</sup>**



**GIUSEPPE THIN CRUST or  
RISING CRUST PIZZA**  
selected varieties, frozen, 439-785 g  
21106361\_EA

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



**iöGO YOGURT**  
selected varieties, 16x100 g  
20606778001\_EA/20609583001\_EA

**\$4**



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

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



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

**9<sup>88</sup>**



**NO NAME® FLOUR**  
Club Size, selected varieties  
10 kg  
20022248\_EA/20306865\_EA

**\$10**



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

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



**EAGLE BRAND SWEETENED  
CONDENSED MILK**  
selected varieties  
300 mL  
21012618\_EA

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



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

**\$3**



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

**\$24**



**NABOB GROUND COFFEE** 930 g  
or **KICKING HORSE K-CUPS** 24's  
selected varieties  
20074173002\_EA/21654258\_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  
20015041\_EA/21607207\_EA

**4<sup>50</sup>**



**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
20296985001\_EA/20296985002\_EA

**\$8**



**NUTELLA HAZELNUT  
SPREAD** 725 g or **NUTELLA  
& GO HAZELNUT SPREAD  
WITH BREADSTICKS** 208 g  
20436105\_EA

**Optimum**

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

**Non-Members**  
**\$3**

**50¢**

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

# BRANDS YOU LOVE AT LOW PRICES

**\$5**



**IVORY BAR SOAP** 10x90 g or **BODY WASH** 621 mL selected varieties 20860346001\_EA/21716909\_EA



**\$5**

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

**\$9**



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



**\$13**

**BOOST READY TO DRINK SHAKES** selected varieties and sizes 20986361\_C06/20304429002\_C06

**\$5**



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

**SAVE UP TO 30%**



**NATURE'S BOUNTY VITAMINS or SUPPLEMENTS** selected varieties 21020231\_EA/21180320\_EA

**\$1**



**PC ORGANICS BABY FOOD POUCH** selected varieties 128 mL 20651248002\_EA/20666167008\_EA

**5.50**



**NO NAME NAPKINS** Club Size 500's 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 20083525001\_EA/21427042\_EA

**4.50**



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

# Kraft

## 3<sup>99</sup>



**KRAFT SINGLES** 410 g or  
**CHEEZ WHIZ** 450 g  
selected varieties  
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  
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  
20079976006\_EA/20663423\_EA

## \$3

**Optimum™**



Earn  
**500**  
pts

That's  
**50¢**  
value

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



## \$15

Earn  
**2,000**  
pts

That's  
**\$2**  
value

**Optimum™**



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

## \$7



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

## \$6



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

# Coca-Cola

## \$3

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



## 2<sup>50</sup>



**GLACEAU VITAMIN WATER**  
591 mL or **SMART WATER** 1 L  
selected varieties  
20154181\_EA/20333194006\_EA

## 7<sup>50</sup>

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



# Colgate

## \$1

**COLGATE TOOTHPASTE** 52-95 mL or  
**MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
20277681002\_EA/20975582\_EA



## \$6



**COLGATE TOOTHPASTE** 70-133 mL, 2x120/150 mL, 2's  
or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties and sizes  
20110327002\_EA/21166650\_EA

## 3<sup>50</sup>



**COLGATE PREMIUM TOOTHPASTE** 70-150 mL or  
**MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
20306410001\_EA/21166685\_EA



3.50



**GENERAL MILLS CEREAL**  
selected varieties  
300-437 g  
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  
20587504001\_EA/20686988001\_EA

3.77



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

2.49



**ANNIE'S GLUTEN-FREE or VEGAN MACARONI AND CHEESE**  
selected varieties, 170 g  
20420057\_EA

\$2



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



\$3

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



6.50



**ACTIVIA YOGURT**  
selected varieties, 12x100 g  
20303412001\_EA/20608924\_EA

3.50



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

3.50



**DANONE DANINO YOGURT**  
selected varieties, 6x93 mL  
21520253\_EA



5.50

**NESTLÉ DRUMSTICKS or NOVELTIES**  
selected varieties, frozen  
4-10's  
20322380003\_EA/20324757003\_EA



5.50



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

9.99



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

# SPRING CLEANING

**\$4**



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



**550**

**LYSOL WIPES 75/84's, DISINFECTANT SPRAY 350 g or MULTI-PURPOSE TRIGGER 950 mL**  
selected varieties  
20314511001\_EA/21449826\_EA

**349**



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



**699**

**HEFTY WASTE BAGS**  
selected varieties  
20-40's  
21492934\_EA

**\$7**



**LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 539 g or LAUNDRY DISINFECTANT 1.2 L**  
selected varieties  
21238361\_EA/21487308\_EA

**1999**



**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  
21594986\_EA/21593670\_EA/21516545\_EA

**\$20**



**FINISH AUTO DISHWASHER TABS**  
selected varieties  
60-105's  
21218875\_EA/21561337\_EA

**1149**



**GLAD GARBAGE BAGS**  
selected varieties  
20-40's  
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  
20959627\_EA/21671139\_EA

**\$17**



**AIR WICK SCENTED OIL REFILL or KITS**  
selected varieties  
5x20 mL  
21362106\_EA/21428270\_EA

**\$4**



**MR. CLEAN ALL PURPOSE CLEANER 1.21 L, FEBREZE AIR 250 g, BATHROOM AIR FRESHENER 7.5 mL, CAR 2 mL or MAGIC ERASER 2/3's**  
selected varieties  
21005017\_EA/21700198\_EA

**499**



**CLOROX BLEACH**  
2.4 L  
21283179\_EA

**\$11**



**TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or SCENT BOOSTERS 200 g**  
selected varieties  
21425514\_EA

**220**



**PC® LOTION FACIAL TISSUE**  
1 pack  
21668309\_EA

**350**



**NO NAME® BLEACH**  
selected varieties  
2.4 L  
21486532\_EA

**\$11**



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

**\$1049**



**ZIPLOC STORAGE BAGS**  
selected varieties  
60-270's  
21196100\_EA



**FINISH AUTO DISHWASHER TABS or RINSE AID**  
all varieties and sizes  
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  
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

**Save  
\$2**  
with digital coupon





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

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





**PC® LOADS OF ICE CREAM**  
1.5 L

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





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

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





**PC® TOPPED  
HUMMUS**  
280

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





**PC® SPRING  
ROLLS**  
574 g

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





**PC® KETTLE  
CHIPS**  
200 g

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





**PC® SPLENDIDO®  
EXTRA  
VIRGIN  
OLIVE OIL**  
1 L

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





**PC® PORTUGUESE  
CUSTARD  
TARTS**  
360 g

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





**PC® 3 PLY  
FACIAL TISSUES**

**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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

**NO NAME®  
PEANUT  
BUTTER**  
1 kg

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**NO NAME®  
CHOCOLATE  
BARS**  
100 g

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

**PC® SUPER  
SOFT  
BATHROOM  
TISSUE**

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**PC® LARGE HEAVY  
DUTY FREEZER BAGS**

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**PC® DISHWASHING  
LIQUID SOAP**  
740 mL

# HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

**1.99**  
LB

**GINGER ROOT** product of China or  
**LONG EGGPLANT** product of Mexico  
4.39/kg  
20179038001\_KG/20159013001\_KG

**2.99**  
LB/EA

**INDIAN KARELA** or  
**INDIAN EGGPLANT**  
6.59/kg, product of Mexico  
or U.S.A. or **RAPINI** each,  
product of U.S.A.  
20055882001\_KG/20028046001\_KG

**1.69**

**METHI LEAF**  
product of Mexico or U.S.A.  
20159689001\_EA

**1.49**  
EA/LB

**BUNCH MINT** each, product of Mexico or  
Colombia or **RED CARROTS** 3.28/kg,  
product of China  
20139326001\_EA/21618319001\_KG

**3.99**  
LB

**OKRA**  
product of U.S.A.  
8.80/kg  
20091263001\_KG

**3.49**

**CRISPY ROTI**  
selected varieties  
15's  
21195569\_EA



**2.99**

**CRISPY POUND CAKE**  
selected varieties  
368 g  
20814080\_EA



**2.29**

**SURAJ® DAHI YOGURT**  
selected varieties  
750 g  
20958145\_EA/20959052\_EA



**4.99**

**BRAR'S MALAI PANEER**  
375 g  
20283164\_EA



**.39**

**MAGGI MASALA NOODLES**  
70 g  
20802664\_EA



**5.99**

**SHER BESAN CHANA FLOUR**  
1.81 kg  
20869922\_EA



**5.99**

**SURAJ® KIDNEY BEANS, URAD DAL or TOOR DAL** 1.8 kg  
or **NANAK DESI GHEE** 400 g  
20157906\_EA/20558870\_EA



**1.50**

**HALDIRAM'S INDIAN SNACKS**  
selected varieties  
150/160 g  
20309977\_EA



**3.99**

**VEEBA VEGINAISE, CHUTNEY or SPREAD**  
selected varieties  
300-500 g  
21632689\_EA/21632744\_EA



**12.99**

**PRAN FROZEN SAMOSA or SPRING ROLL**  
selected varieties  
2 kg  
21615971\_EA



**7.99**

**BRAR'S MILK CAKE**  
400 g  
20609047\_EA



**6.99**

**NANAK GULAB JAMUN**  
908 g  
20426517\_EA





**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).

# 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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