



DEALS FOR DAYS EVENT

SAVE UP TO 50%

1.99

RASPBERRIES
product of Mexico or U.S.A.,
no. 1 grade or
CANTALOUPE
product of Guatemala, Honduras
or Brazil, no. 1 grade
framboises ou melon cantaloup
20128938001_EA/20167017001_EA



6 OZ CLAMSHELL

ONLY

1.88

**FARMER'S MARKET™
MINI CUCUMBERS**
product of Ontario,
Canada no. 1 grade
mini-concombres
20737570001_EA



PKG OF 6



ONLY

1.44

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



SAVE 43%

1.99

397 G



340 G

**PC® COLESLAW or
GARDEN SALAD**
product of U.S.A.
salade de chou ou
jardinière
21204248_EA/21204304_EA

NO FRILLS®

DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, APRIL 30 TO WEDNESDAY, MAY 6, 2026.

SAVE 22%
9.99



MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties, 1 kg
saucisses italiennes ou boulettes de viande
20607488_EA

App exclusive offer
4 DAYS ONLY
THURSDAY, APRIL 30 - SUNDAY, MAY 3

NO NAME® MEDIUM EGGS
30's
œufs
21685186001_EA
LIMIT: 2, AFTER LIMIT RETAIL: \$7.99

Member Price
\$6.99

Non-Members
\$7.99

Members Save \$1

ONLY
3.50



GROUND CHICKEN
454 g
poulet haché
21551582_EA

INCLUDES HALAL

BONELESS, SKINLESS CHICKEN BREAST
3 piece
poulet sans peau désossé
21747332_EA

WHILE QUANTITIES LAST

ONLY
\$8

AIR CHILLED

SAVE UP TO 54%
1.25

OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or **FRUITE BEVERAGES** 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons
2033672005_EA/20894117004_EA

App exclusive offer

\$2

Earn 500 pts
That's 50¢ value

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

Member Price
\$3.95

Non-Members
\$4.95

Members Save \$1

SCHNEIDERS or MAPLE LEAF BACON
selected varieties, 375 g
bacon
20772671_EA

ONLY
5.97

ACTIVIA 12x100 g or **YOPLAIT SOURCE** 16x100 g
YOGURT, selected varieties
yogourt
20317317001_EA/20640892_EA

SAVE 25%
\$3

PC® VEGETABLES
selected varieties, frozen
300-750 g
légumes
20318915_EA

ONLY
\$1

NEILSON CHOCOLATE MILK 750 mL
lait au chocolat
20766719_EA

ONLY
.88

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

WOW!
12.99

ROYALE BATHROOM TISSUE or TIGER TOWEL, selected varieties
papier hygiénique ou essuie-tout
21378233_EA/21484732_EA

SAVE UP TO 42%
7.99

TIDE SIMPLY LIQUID LAUNDRY DETERGENT 2.72 L, **GAIN LAUNDRY DETERGENT** 2.6 L, **DOWNY or GAIN FABRIC SOFTENER** 1.66/2.63 L, **DOWNY PURIFYING RINSE AID** 108/109 mL or **BOUNCE DRYER SHEETS** 120/200's, selected varieties
détergent à lessive ou assouplissant ou agent de rinçage ou feuilles pour sècheuse
21350428_EA/21671020_EA

SAVE 31%
12.99

TILDA PURE BASMATI RICE
4.54 kg
riz basmati
20153678_EA

SAVE 28%
1.44

NO NAME® VINEGAR
club size, 4 L
vinaigre
20102756_EA

your home of no name®
App exclusive offer

NO NAME® PASTA
selected varieties, 900 g
pâtes
20315613003_EA/20315613003_EA

\$2

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

NO NAME® CHEESE
selected varieties, 700 g
fromage
20315613002_EA/20315613003_EA

\$8

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

NO NAME® BEEF BURGERS
1.36 kg, frozen
burgers de bœuf
20114154_EA

\$20

Earn 5,000 pts
That's \$5 value

SURPRISE OFFER
4 days only!
Optimum™ Thursday, April 30 to Sunday May 3

You could get
30% or **20%** or **10%**
back in (pts)

Open the App to get your offer!
Available for new and existing PC Optimum™ members.

**NEW
LOWER
PRICES**

3⁷⁷

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



\$9

PC® BUTTERFLIED SHRIMP
frozen, 400 g
crevettes en papillon
20080117_EA



\$3

HARDBITE POTATO CHIPS
selected varieties
128/150 g
croustilles
20370855001_EA/21157616_EA



5⁵⁰

TRE STELLE TUB
selected varieties
200-475 g
contenant de fromage
21364404_EA



FRESH AT LOW PRICES

4⁹⁹

9 LB AVERAGE



WHOLE SEEDLESS WATERMELON
product of Mexico or U.S.A.
melon d'eau sans pépins
20067326001_EA

PKG OF 5



AVOCADOS
product of Mexico, Peru or Colombia
avocats
21644936001_EA

3⁹⁹

3⁹⁹

1 LB CLAMSHELL



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



3⁹⁹
LB

RED SEEDLESS GRAPES
product of Chile, no. 1 grade
raisins rouges sans pépins
8.80/kg
20159199001_KG



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

1²⁹

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



3⁹⁹

6 OZ CLAMSHELL



BLACKBERRIES
product of Mexico or U.S.A.
mûres
20051015001_EA

5⁹⁹

9.8 OZ CLAMSHELL



PC® BLUEBERRIES
product of Mexico, Peru or Morocco, no. 1 grade
bleuets
20573077_EA

4⁹⁹

4 LB BAG



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



3⁹⁹

10 LB BAG



RED, YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601020001_EA

2⁹⁹

3 LB BAG



FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade or
GRAPE TOMATOES product of Canada, Mexico or U.S.A.
tomates raisins ou carottes ou oignons jaunes
21367888001_EA/20811994001_EA

.49
LB

GROWN IN CANADA



GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
1.08/kg
20793034001_KG

4⁹⁹

681 G



PC® VARIETY TOMATOES
product of Canada, Mexico or U.S.A.
tomates
21720711001_EA

1⁹⁹
LB



BARTLETT PEARS product of Argentina, extra fancy grade or **BOSC PEARS** product of South Africa, extra fancy grade
poires
4.39/kg
20172240001_KG/20287815001_KG

4⁹⁹

3 LB BAG



FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162945001_EA

2⁴⁹



POMEGRANATES
product of Peru
grenades
20134767001_EA

6⁹⁹

4 LB BAG



FARMERS MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001_EA

2⁹⁹



RAPINI product of U.S.A. or **CELERY** product of U.S.A., no. 1 grade
rapini ou céleri
20163119001_EA/20048070001_EA

2⁴⁹

227 G



PC® WHOLE or SLICED, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons
20775805_EA/20776239_EA



NEW LOWER PRICES

2⁴⁹
LB

EGGPLANT
product of Mexico
aubergine
5.49/kg
20155709001_KG



1⁹⁹
LB

GREEN ZUCCHINI
product of Mexico or U.S.A.
courgette verte
4.39/kg
20426599001_KG



*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.

GARDEN DEALS

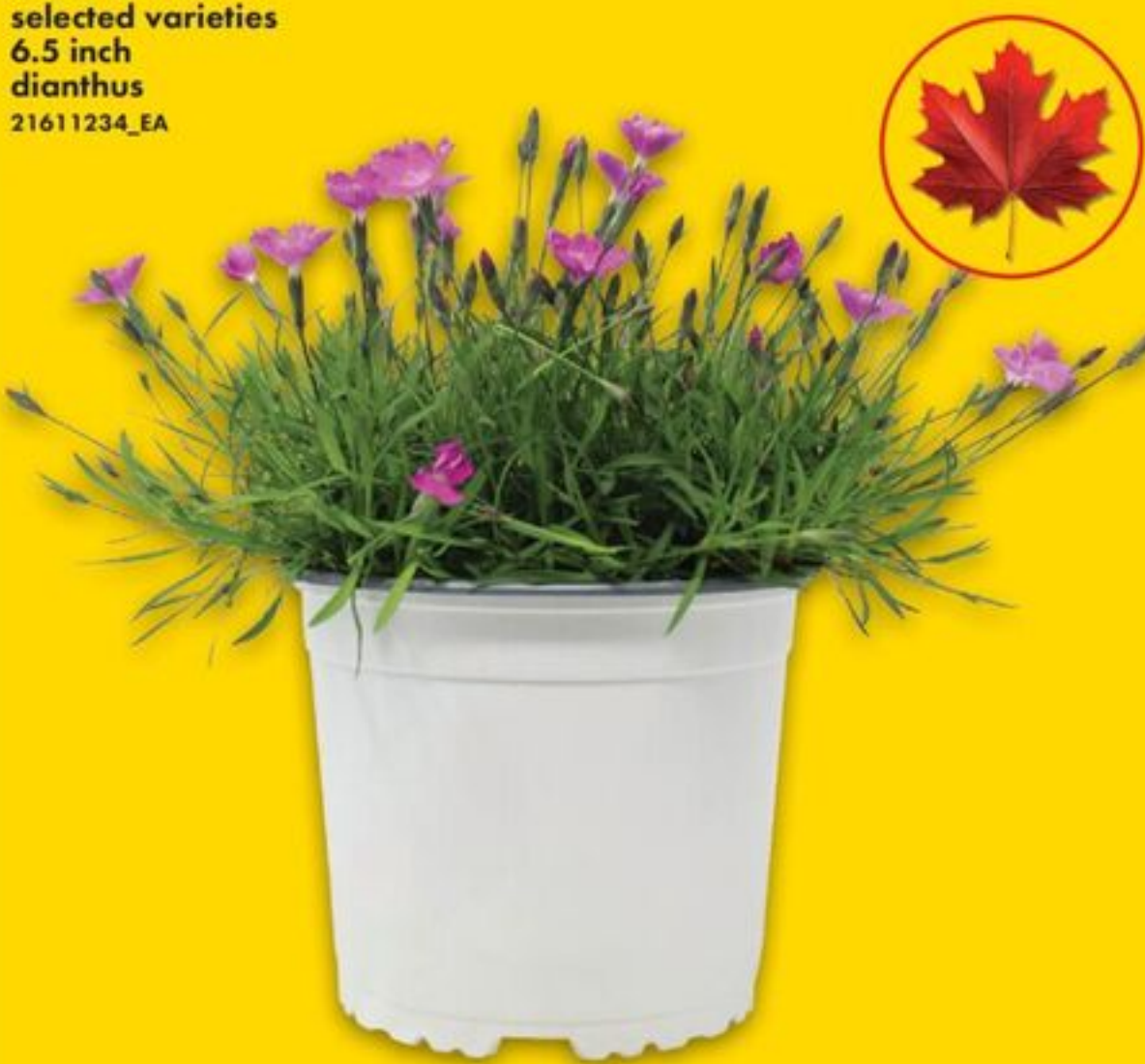
\$9

LAVENDER
selected varieties
6.5 inch
lavande
21613530_EA



\$9

DIANTHUS
selected varieties
6.5 inch
dianthus
21611234_EA



\$8

ANNUALS
selected varieties
8 inch
annuelles
21023616_EA



FRESH AT LOW PRICES



\$13

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



\$13 LB

INSIDE ROUND STIR FRY STRIPS AA
lanières à sauter d'intérieur de ronde
28.66/kg
21189996_KG

3.99 LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
8.80/kg
20683470_KG
WHILE QUANTITIES LAST



6.49

PC® SAUSAGE, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE
selected varieties
375/500 g
saucisses
21378310_EA/21584342_EA

\$5

NO NAME® PEPPERONI or SALAMI CHUB
selected varieties
500 g
saucisson de pepperoni ou salami
20015818_EA



11.99

JANES BONELESS CHICKEN BITES, CHICKEN BREAST FILLETS or RESTAURANT STYLE TENDERS
selected varieties, frozen, 710/720 g
bouchées de poulet ou filets ou lanières de poitrine de poulet
21440340_EA/21440360_EA



\$10.99

Earn **1,000** pts

That's **\$1** value

LOU'S BBQ BACK PORK
680 g
côtes de dos de porc
21530551_EA



\$4

PC® TOPPED HUMMUS 280 g or NAAN DIPPERS 200 g
selected varieties
hummus garni ou bouchées Naan
20811328_EA/21092033_EA



\$7

SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
filets de poisson
20153570_EA/21314740_EA



\$7

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



6.50

PC® SPLENDIDO® CHARCUTERIE 100 g or MASTRO SALAMI CHUB 300 g
selected varieties
charcuteries ou saucisson de salami
20049268_EA/21049131_EA



\$5

ZIGGY'S® SLICED CHEESE 160/180 g or MONSIEUR GUSTAV BRIE, CAMEMBERT 125 g or GOUDA 170 g CHEESE
selected varieties
fromage tranché ou fromage
21397420_EA/21610826_EA



\$8

SUMMER FRESH SALADS
selected varieties
750/800 g
salades
20094285_EA



\$3.50

Earn **500** pts

That's **50¢** value

SUNMAID CINNAMON RAISIN 450 g or STONEMILL BREAD 454-550 g
pain cannelle et raisins ou pain au levain
20165873_EA/20370646_EA



2.50

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



5.50

FARMER'S MARKET™ COOKIES 12's or MUFFINS 6's
selected varieties
biscuits ou muffins
20566295_EA/21283356_EA



DEALS FOR DAYS EVENT

ONLY

5²⁵

LACTANTIA PUR FILTRE or ULTRA PUR MILK
selected varieties
1.5/2 L
lait
21424991_EA



ONLY
6⁵⁰

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



SAVE 37%

ONLY

\$6

SIMPLY ORANGE JUICE
selected varieties,
refrigerated
1.36 L
jus d'orange
21735026_EA



\$5

TASTIEZ
selected varieties, frozen
311 g
triangles de macaroni au fromage
21691571_EA

2²⁵

KRAFT SALAD DRESSING
selected varieties, 425 mL
vinaigrette
21584850_EA



\$9

HIGH LINER FAMILY SIZE BATTERED FISH FILLETS
selected varieties, frozen
315-700 g
filets de poisson en pâte
2057229901_EA



5⁵⁰

POST FAMILY SIZE CEREAL
selected varieties, 525-635 g
céréales
20305607_EA/21575229_EA



5⁵⁰

PC FROZEN FRUIT
selected varieties, 300-600 g
fruits surgelés
20312227_EA/20612667_EA



\$2

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



\$4

RUFFLES POTATO CHIPS 180-220 g or SMARTFOOD POPCORN 150-220 g
selected varieties
croustilles ou maïs soufflé
20972859_EA/21241053_EA



3⁵⁰

SUNRYPE JUICE 1.36 L, OASIS, ARIZONA or DEL MONTE DRINK BOXES 8x200 mL
selected varieties
jus ou boisson en boîte
20648778003_EA/21649074_C08



\$1

NO NAME MUSHROOMS
selected varieties, 284 mL
champignons
20299211_EA



\$2

CATELLI GARDEN SELECT SAUCE
selected varieties, 600 mL
sauce
21618340_EA



Starbucks Ground Coffee
selected varieties
793 g
café moulu
21169344_EA

Member Price \$22⁹⁹
Non-Members \$26⁹⁹
Members Save \$4

Lactantia Butter Sticks
selected varieties
4x113.5 g/454 g
beurre
20036675_EA

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

Quaker Dippys or Chewy Granola Bars
selected varieties, 120-156 g
barres granola
20847582_EA/21359366_EA

2²⁹

Native Body Wash, Deodorant, Body Lotion or Hair Care
selected varieties and sizes
nettoyant pour le corps ou déodorant ou lotion pour le corps ou soins capillaires
21435082_EA/21505267_EA

Earn 4,000 pts
For every \$20* spent
That's \$4 value

Dove Hair, Body Wash or Deodorant
selected varieties and sizes
soins capillaires ou nettoyant pour le corps ou déodorant
21220717_EA/21644833_EA

Earn 4,500 pts
For every \$20* spent
That's \$4.50 value

Crest Pro-Health or Complete Toothpaste
selected varieties
100-130 mL
dentifrice
21041420_EA/21354024_EA

Earn 350 pts
That's 35¢ value

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

*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. Members must open their PC Optimum™ App by May 3, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between Thursday, April 30 to Sunday May 3, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App.

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



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

nofrills.ca



This product contains post consumer recycled paper



APRIL

**HIT
OF THE
MONTH**

\$7.88



Made in Canada

Leclerc Go Pure Bars

Selected varieties, 140 g - 175 g

Limit: 6, over limit retail \$3.00

21221434_EA/21507858_EA

\$3



Made in Canada

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

900 g

Limit: 6, over limit retail \$4.50

21307061_EA/21309103_EA

\$4



Prepared in Canada

Planters Deluxe Whole Cashews

Salted or Unsalted, 200 g

Limit: 6, over limit retail \$5.00

21021618_EA

**LOWEST PRICES
BEST DEALS**

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

BRANDS YOU LOVE AT LOW PRICES

3.50

IÖGO NANO 6's or SIGGI'S 4's YOGURT
selected varieties
yogourt

20609687001_EA/21590027_EA



\$4

MINUTE MAID ZERO SUGAR BEVERAGES
selected varieties,
refrigerated
1.54 L
boissons

21434019_EA/21434122_EA

5.50

NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties, frozen
friandises glacées ou
dessert glacé de confiserie

20322380001_EA/21196290_EA



4.99

NEILSON TRUTASTE LACTOSE FREE MILK
selected varieties
2 L
lait sans lactose

20188053001_EA

2.50

DARE BEAR PAWS 168-210 g, ULTIMATE COOKIES 290/300 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g
selected varieties
biscuits

20974346_EA/21080791_EA



\$4

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or KERNEL JAR 850 g
selected varieties
maïs à éclater ou en pot

20629532003_EA



\$4

QUE PASA CHIPS or SALSA
selected varieties
130-350 g/420 mL
croustilles de tortilla

21031316_EA



3.25

ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHER
selected varieties
1.89 L
cocktail de
canneberges ou
boisson

21518094_EA/21574983_EA



4.25

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses

20310546002_C06/20313741002_C06



\$16

PC ORGANICS 100% VIRGIN COCONUT OIL
860 mL
huile de noix
de coco vierge

20893349_EA



2.50

MINUTE RICE READY TO SERVE CUPS, TILDA READY TO HEAT RICE 250 g or MOLISANA STRAINED TOMATOES 680 mL
selected varieties
riz ou coulis de tomates

20110052003_EA/20695681_EA



.39

MR. NOODLES INSTANT NOODLES
selected varieties
85 g
nouilles instantanées

20322268001_EA



1.50

NO NAME® BROTH
selected varieties
900 mL
bouillon

21189610_EA



\$5

BELSOY PUDDING
selected varieties
4x125 g
pouding

20151398003_EA



2.79

NO NAME® CROUTONS
selected varieties
145 g
crouillons

21096223_EA



5.29

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à
cuisson

20178204001_EA



3.29

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
sauces à cuisson ou à
trempette

20308726001_EA/20984013_EA



Optimum

\$5.50

CLOVER LEAF SOCKEYE SALMON
213 g or
LIGHT TUNA
3x80 g
selected varieties
saumon sockeye
ou thon pâle

21314811_EA

Earn **1,000** pts

That's **\$1** value

BRANDS YOU LOVE AT LOW PRICES

2.50



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



4.79

**CRACKER BARREL
NATURAL CHEESE SLICES**
selected varieties
200-240 g
tranches de fromage
21290705_EA

4.99



HÄAGEN-DAZS ICE CREAM 450 mL
or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou friandises glacées
20302298001_EA/215133506_EA



\$4

PC® DINNER ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20312253001_EA

\$5



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

\$5



ASTRO YOGURT
selected varieties, 12's
yogourt
20300831_EA

\$4



**TROPICANA ORANGE JUICE,
DRINKS or
PURE LEAF TEA**
selected varieties,
refrigerated, 1.36/1.75 L
jus d'orange ou
boissons ou thé glacé
20755752002_EA/21622130_EA

2.50



PRINGLES POTATO CRISPS
selected varieties
148/156 g
croustilles
21003823_EA/21003833_EA

12.99



**ILLY GROUND
ESPRESSO**
selected varieties
250 g
espresso moulu
21507700_EA

6.99



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

2.50



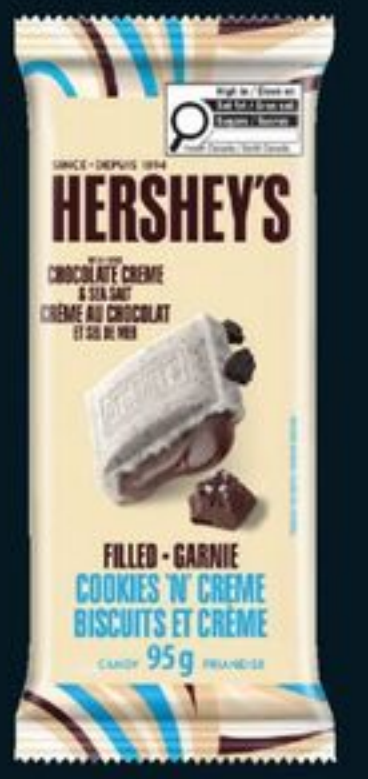
SWIZZELS SQUASHIES
selected varieties
160 g
friandises
21668536_EA

\$1



CARNABY SWEET CANDY BAG
selected varieties
125 g
sac de friandises
21219319_EA

2.50



HERSHEY'S CHOCOLATE BARS
selected varieties
90-108 g
barres de chocolat
21716510_EA

\$10



GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
céréales
20679390_EA/21347133_EA

\$3



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

2.50



**GRIESEL MELBA TOAST,
CANAPE or BAGUETTES**
selected varieties
120-200 g
biscottes
21033188_EA

2.50



WERTHER'S CANDY
selected varieties
116-135 g
friandises
20898717_EA

BRANDS YOU LOVE AT LOW PRICES

\$9



**PC® PLANET FIRST™
LAUNDRY DETERGENT
STRIPS or TOILET CLEANER**
selected varieties
32/39's
bandes de détergent à lessive
ou nettoyant pour cuvette
21614582_EA



\$20



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

\$13



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



\$15

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

2.50



PALMOLIVE DISHWASHING LIQUID
selected varieties
591 mL
détergent liquide à vaisselle
21004388_EA

4.50



**CLOROX or SCENTIVA CLEANING
SPRAY 709-946 mL or WIPES 75's**
selected varieties
nettoyant en vaporisateur ou lingettes
20348537002_EA/21657792_EA

\$10



**AIR WICK ESSENTIAL MIST STARTER KIT 20 mL, SCENTED OIL
REFILL 2x20 mL, VIBRANT STARTER KIT 23.9 mL or REFILL 2x23.9 mL**
selected varieties
trousse ou recharge d'huile parfumée
20342475001_EA/21495649_EA

\$16



**TIDE PODS 32/57's LAUNDRY DETERGENT, DOWNY or
GAIN FABRIC SOFTENER 4.16 L or SCENT BOOSTERS 680 g**
selected varieties
détergent à lessive ou assouplissant textile ou rehausseur de parfum
21454815_EA/21549939_EA

\$8



PC® 2 PLY NAPKINS
180's
serviettes
20084398_EA

\$11



**ENSURE or GLUCERNA
READY TO DRINK SHAKES**
selected varieties and sizes
boissons frappées prêtes à boire
20180283003_C06/20308731008_C06

\$18



**NO NAME®
GARBAGE BAGS**
selected varieties
50-100's
sacs à ordures
20081753_EA

\$34.99



Earn
2,000
pts

That's
\$2
value

**HUGGIES ECONO
PACK DIAPERS**
selected varieties
N-8, 60-208's
21456635_EA/21663768_EA

\$3.50

App exclusive offer



Earn
1,000
pts

That's
\$1
value

**PC®
YARD WASTE
PAPER BAGS**
5's
20429980_EA

\$9



Earn
1,000
pts

That's
\$1
value

**DAWN
DISHWASHING
LIQUID**
1.98 L
détergent liquide vaisselle
21737053_EA

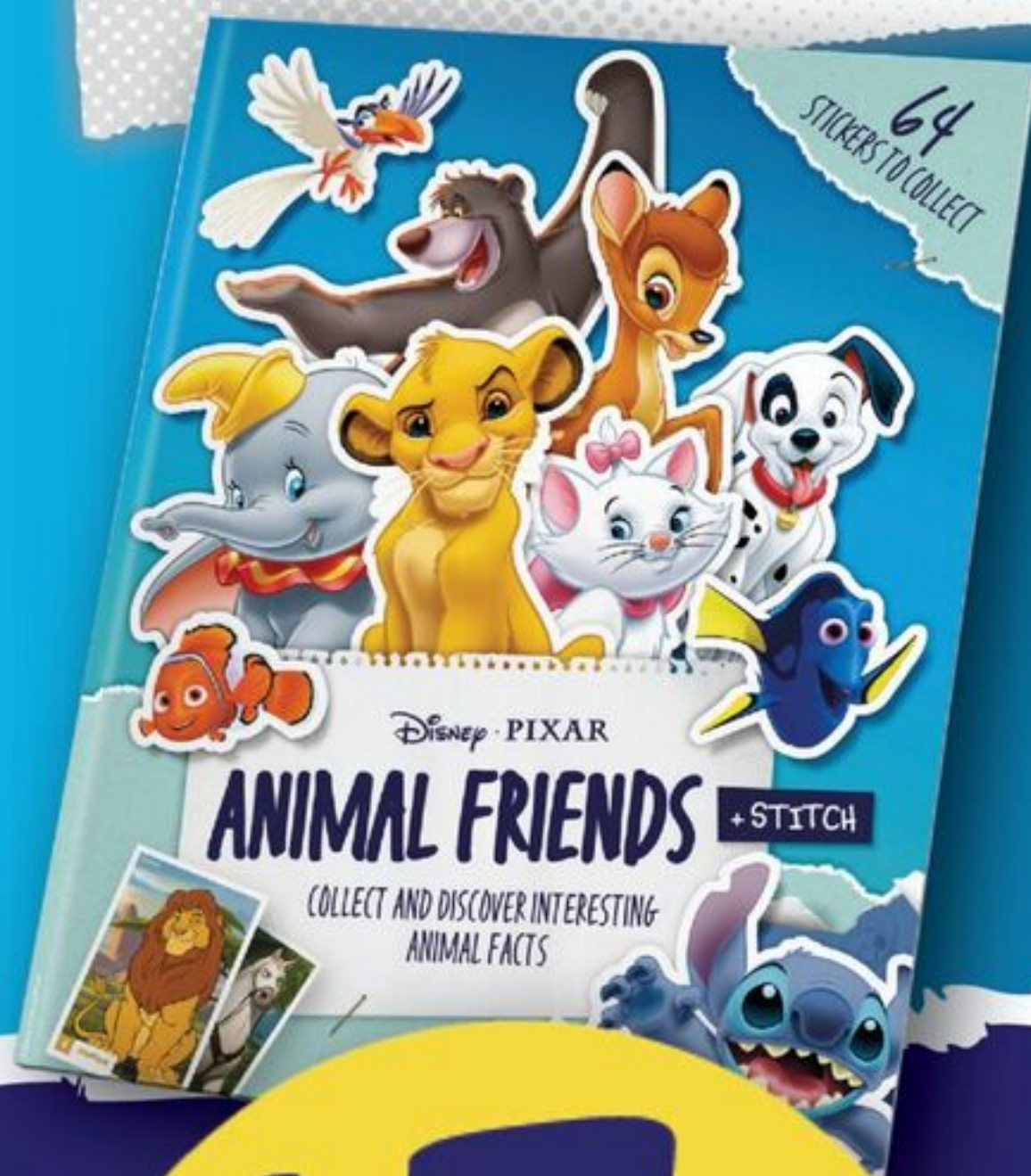
Optimum™



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.

ONL NFO FLAP DISNEY



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

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**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**

produits
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**

produits
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**

produits
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**

produits
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**

soupes ou bretzels ou craquelins
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**

crâquelins ou biscuits ou barres d'énergie
21547034_EA/21358407_EA/21664843_EA



SPEND \$10*
ON SELECT

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

café ou boissons
20873036_EA/20548682004_EA/21576465_C08



SPEND \$15*
ON SELECT

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

produits de papier
21187145_EA/21484732_EA/20702419_EA



SPEND \$9*
ON SELECT

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

lait ou bâtonnets protéinés
21065263_EA/21537885_EA/21694973_EA



SPEND \$10*
ON ANY

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

produits
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**

croustilles ou maïs soufflé ou bretzels
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

2.25

GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L selected varieties eau

20134181_EA/20333194006_EA



\$1

NESTLÉ SINGLE CHOCOLATE BAR selected varieties 41-60 g barres de chocolat

20066954_EA/20306258_EA



2.75

YOPLAIT TUBES 8's or MINIGO 6's YOGURT selected varieties yogourt

21547595_EA/21619388_EA



\$3

iÖGO 650 g or NANO BUBBLES 4x100 g YOGURT selected varieties yogourt

21659463_EA/21719739_EA

4.50

CRAVE DINNER ENTRÉES 200-340 g or KRAFT DELUXE MAC AND CHEESE 340 g selected varieties, frozen plats cuisinés ou macaroni au fromage

21085515_EA



4.50

KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K or MINI-WHEATS CEREAL selected varieties, 306-525 g céréales

21607207_EA/21652093_EA



\$4

TACO BELL DINNER KIT 260-420 g or CREAMY SAUCE 354 mL selected varieties trousse-repas ou sauce crémeuse

21661774_EA/21660337_EA



5.25

LACTANTIA ULTRAPUR MILK selected varieties 1.5 L lait

21694605_EA



\$8

CLIF ENERGY BAR selected varieties 5's, 340 g barres d'énergie

21664766_EA/21664843_EA



2.50

NO NAME® NACHO CHEESE FLAVOUR TORTILLA CHIPS selected varieties 200 g croustilles de tortilla

21654374_EA



\$3

CATELLI PROTEIN+ PASTA selected varieties 340 g pâtes

21661872_EA/21661874_EA



\$23

VAN HOUTTE or MCCAFFEE GROUND COFFEE PODS selected varieties 30's capsules de café moulu

20743469_EA/21240975_EA



\$7

DR. OETKER SUPREMA 487-520 g or GIUSEPPE STUFFED CRUST PIZZA 685-771 g selected varieties, frozen pizza

21649640_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.

DL 04 100



\$5

NESTLÉ CHOCOLATE MULTIPACK
selected varieties
4's
emballage multiple
de chocolat
20176136_EA/20322502_EA



\$1

\$5

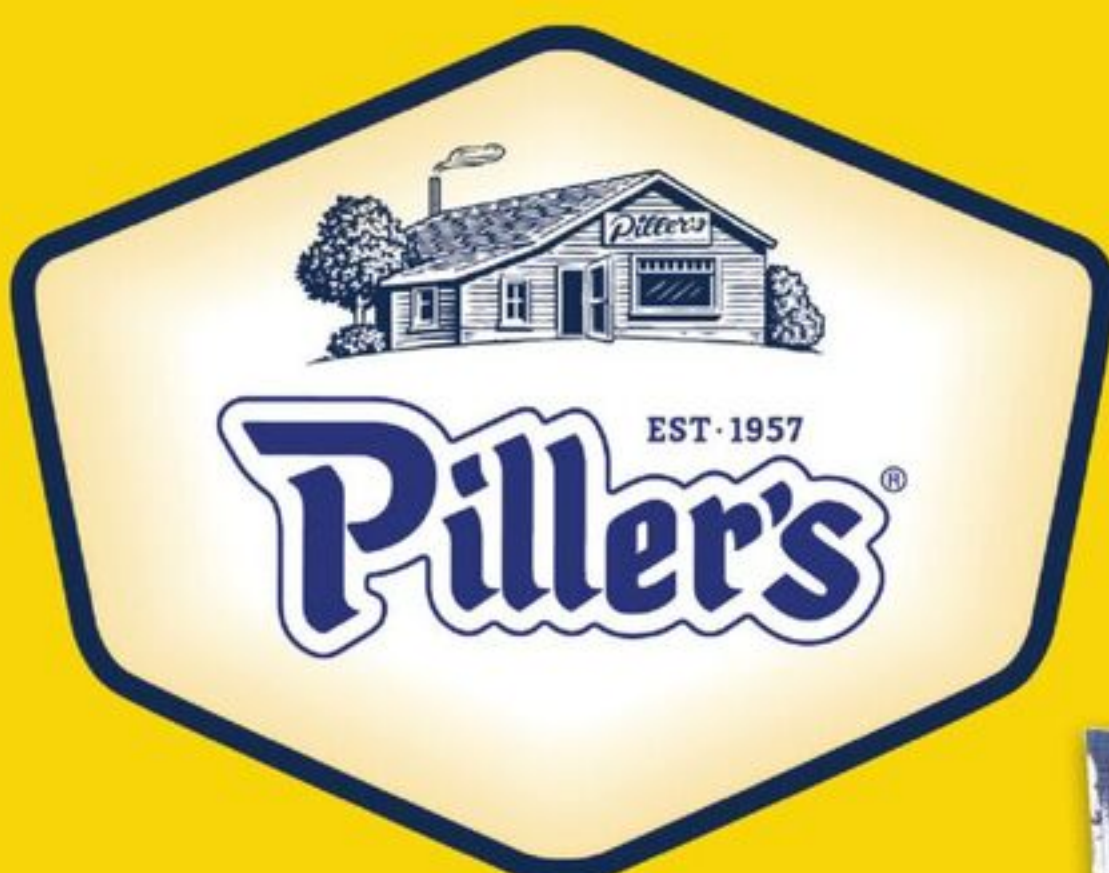
2.75



NESTLÉ CHOCOLATE SINGLES
selected varieties
41-60 g
chocolat
20066954_EA/20306258_EA

NESTLÉ CHOCOLATE BAG
selected varieties
76-203 g
sac de chocolat
21080077_EA

NESTLÉ CHOCOLATE BARS
selected varieties
95-105 g
barres de chocolat
20640580_EA/21648521_EA



7.50

PILLER'S SLICED DELI MEAT
300/350 g, **PEPPERETTES** or
TURKEY BITES 300-500 g
selected varieties
charcuteries tranchées ou
pepperettes ou bouchées de dinde
21099391_EA/21624509_EA



6.50

4.50



PILLERS KOLBASSA 250-375 g or
SLICED PEPPERONI 175/250 g
selected varieties
kolbassa ou pepperoni tranché
20042333_EA/20308469_EA

PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
charcuteries tranchées
21206382_EA/21206939_EA

BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$5

2.2 LB BAG



NO NAME® NATURALLY IMPERFECT AVOCADOS
product of Mexico
avocats
21699907001_EA

\$11



NO NAME® SMOKED SAUSAGE
selected varieties
900 g
saucisse fumée
20734142_EA

\$2



NO NAME® HOT DOG or HAMBURGER BUNS
8's
pains à hot dog
ou hamburger
21509434_EA/21509514_EA

179



NO NAME® YELLOW MUSTARD
550 mL
moutarde jaune
21457728_EA

350



NO NAME® PICKLES
selected varieties
1 L
cornichons
20300473_EA

350



NO NAME® KETCHUP
1 L
ketchup
20102426_EA

125



NO NAME® BBQ LIGHTER
each
briquet pour barbecue
21379301_EA

\$2



NO NAME® CUTLERY
selected varieties
30's
coutellerie
21707052_EA/21707053_EA

\$6



NO NAME® PAPER TOWELS
6=12 rolls
essuie-tout
21636318_EA

App exclusive offers

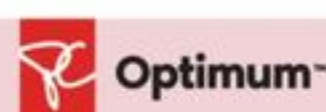
More offers More points

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!

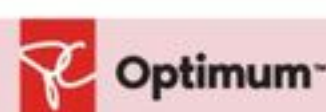
Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



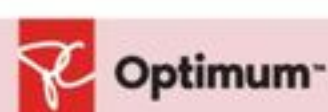
**NESTLÉ
SNACK PACK**
any variety
collations
21719355_EA

Save
\$1
with digital
coupon



**PC® TORTILLA
CHIPS**
320-350 g
croustilles de tortilla
20148817_EA

Earn
500
pts
Until May - 13 - 2026



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
800
pts
Until May - 13 - 2026



PC® FROZEN FRUIT
600 g
fruits surgelés
21377841_EA

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
750
pts
Until May - 13 - 2026



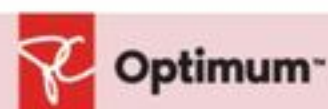
PC® DIPS
454 g
trempettes
20584098_EA

Earn
1,000
pts
Until May - 13 - 2026



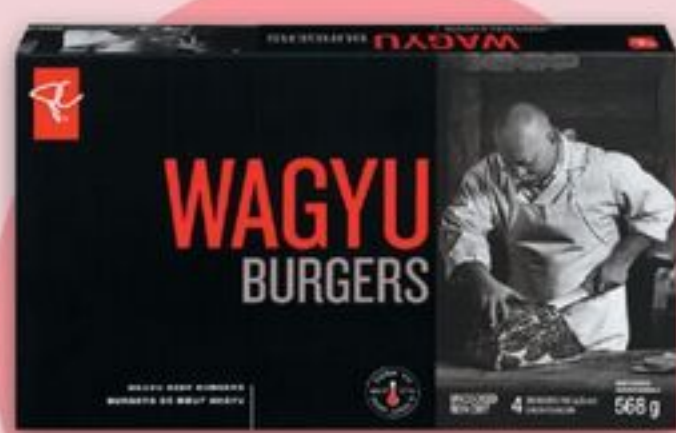
**FARMER'S
MARKET™
CROISSANTS**
260-336 g
croissants
20975943_EA

Earn
1,000
pts
Until May - 13 - 2026



**PC® BRIOCHE
BUNS**
300 g
petits pains brioches
21094319_EA

Earn
1,000
pts
Until May - 13 - 2026



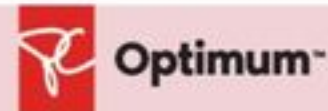
**PC® BLACK LABEL
WAGYU BEEF
BURGERS**
568 g
burgers de bœuf
20766235_EA

Earn
3,000
pts
Until May - 13 - 2026



**NO NAME®
BREADED
CHICKEN
BURGERS
FULLY COOKED**
908 g
burgers de
poulet panés
21178461_EA

Earn
1,200
pts
Until May - 13 - 2026



**PC® SMOKED WILD
SOCKEYE
SALMON**
150 g
saumon sockeye
sauvage fumé
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
café instantané
21499826_EA

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

**NO NAME®
HOT CHOCOLATE MIX**
1.8 kg
mélange à chocolat chaud
20005589_EA

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

**PC® CHOCOLATE COVERED
NUTS**
340-400 g
noix enrobées de chocolat
20000356_EA

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

**PC® MEMORIES OF
SZECHWAN
PEANUT SATAY SAUCE**
350 mL
sauce satay aux arachides
20311313001_EA

Optimum™



Earn
750
pts
Until May - 13 - 2026

**PC® MAYO SANDWICH
SPREAD**
300 mL
tartinaie à sandwich
20861237_EA

Optimum™



Earn
500
pts
Until May - 13 - 2026

**PC® NUTRITION FIRST
WET CAT FOOD**
85 g
nourriture humide pour chats
21618582_EA

Optimum™



Earn
600
pts
Until May - 13 - 2026

**PC® NON-STICK
HEAVY DUTY
ALUMINUM FOIL**
25 ft
papier d'aluminium robuste
anti-adhérent
21122007_EA

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

**EID
MUBARAK!**

عيد مبارك!



12⁹⁹



**SHER
DURUM
ATTA**
9.07 kg
farine durum atta
20657367_EA

2²⁹



**HANS
DAIRY DAHI**
selected varieties
750 g
dahi
20092811_EA

\$13



SUFRA® HALAL CHICKEN LEGS
back attached
up to 1.28 kg
cuisses de poulet halal
21430676_EA

22⁹⁹



NANAK DESI GHEE
1.6 kg
ghee
20181744_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO FLAP ET



HAPPY CINCO DE MAYO



2⁴⁹



ICEBERG LETTUCE
product of Mexico or U.S.A., no. 1 grade
laitue iceberg
20135326001_EA



3⁹⁹

PINEAPPLE
product of Costa Rica
each
ananas
20160992001_EA

3⁹⁹
LB



JALAPENO PEPPERS
product of Mexico
8.80/kg
piments jalapeno
20088387001_KG



PKG OF 4

3⁹⁹

FARMER'S MARKET™ SWEET CORN
product of U.S.A., no. 1 grade
maïs sucré
20348977001_EA

.59



LIMES
product of Mexico
each
limes
20040489001_EA

.99



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

2⁷⁹



LA COSTEÑA CHIPOTLE PEPPERS 186 mL or
REFRIED BEANS 546 mL
selected varieties
piments chipotle ou haricots frits
20054076001_EA/20318080_EA

\$8



EXTRA LEAN GROUND BEEF
grass fed
450 g
bœuf haché
extra maigre
21675592_EA

6⁹⁹



BEYOND MEAT PLANT BASED GROUNDS
frozen
340 g
simili-viande hachée
à base de plantes
21220674_EA

1⁹⁹



VALENTINA HOT SAUCE
selected varieties, 370 mL
sauce piquante
20056649001_EA/20056649002_EA

2⁹⁹



CHARRAS CORN TOSTADAS 350 g or
LA COSTEÑA PICKLED JALAPENO NACHO SLICES 477 mL
selected varieties
tostadas de maïs ou rondelles de piments jalapeño
21117787_EA/21365904_EA

5⁵⁰



PC® SALSA
selected varieties
650 mL
salsa
20309646003_EA

Optimum™

\$12



Earn
1,000
pts

That's
\$1
value

CORONA CERO 0.0% ALCOHOL-FREE BEER
6x330 mL
bière sans alcool
21650191_C06

Optimum™

\$6⁵⁰



Earn
1,000
pts

That's
\$1
value

CHOLULA HOT SAUCE
selected varieties, 150 mL
sauce piquante
21649125_EA

3⁷⁹



LA COSTEÑA SAUCE
selected varieties, 455 mL
sauce
20318656001_EA/20318656002_EA

\$4



PC® CHUNKY GUACAMOLE 227 g
or **PICO DE GALLO SALSA** 300 g
guacamole ou salsa pico de gallo
21448092_EA/20959575_EA



HAPPY CINCO DE MAYO



1.25



JARRITOS DRINKS
selected varieties
370 mL
boissons

20147354007_EA/21040487_EA



11.99

EL MONTEREY TAQUITOS
selected varieties, frozen
595/684 g
taquitos

21022918_EA

3.49



EL YUCATECO HOT SAUCE
selected varieties
120/150 mL
sauce piquante

21309083_EA



3.99

LA COSTEÑA GUACAMOLE SALSA 456 mL or **RED MOLE** 255 g
selected varieties
salsa guacamole ou mole rouge

21364453_EA/21683293_EA

2.99



HERDEZ SALSA
453 g or
LA COSTEÑA ENCHILADA SAUCE 408 mL
selected varieties
salsa ou sauce enchilada

20315064004_EA/21563776_EA

3.29



MAIZTECA WHITE TORTILLA
794 g
tortillas

20811120_EA

3.49



PAN WHITE CORN MEAL
selected varieties
1 kg
farine de maïs blanche

20945705_EA

4.99



LA COSTEÑA WHOLE TOMATILLOS
794 g
tomatillos entières

20818652_EA

4.99



LA COSTEÑA ADOBO PASTE
234 g
pâte d'adobo

21563671_EA

1.49



LA COSTEÑA CHIPOTLE SAUCE
220 mL
sauce chipotle

20823424_EA

8.49



MASECA INSTANT CORN MASA FLOUR
1.8 kg
farine

21457445_EA

1.25



GRACE PLANTAIN CHIPS
selected varieties, 85 g
croustilles de plantain

20602609002_EA/20603025_EA

5.50



TAJIN CLASSIC SEASONING
142 g
assaisonnement

20019917_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 or use the **PC Express** app to see if delivery is available in your area.

OUR FLYER. YOUR INBOX.

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.

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**get 2GB of data
for \$19 a month
with auto top-up**

find us at the checkout lanes
exclusively at **NOFRILLS**



*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

MORE WAYS TO SAVE

**NEW
LOWER
PRICE**

Enjoy these price
drops for longer.

**RAIN
CHECK
+ pts**

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

**LOW
PRICE.
ALWAYS.**

Count on low
everyday prices.

**FRESH
GUARANTEE**

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

†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.

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