



DEALS FOR DAYS EVENT

\$1



NONGSHIM NOODLES
selected varieties
120 g
nouilles
21504277_EA

\$1



TINA'S BURRITO
selected varieties
frozen
113 g
burrito
21639787_EA

\$1



NESTLÉ or MARS CHOCOLATE
SINGLES 41-60 g or
PC® BLUE MENU® SPARKLING WATER 1 L or **PEACE TEA ICED TEA** 695 mL
selected varieties
chocolat, eau pétillante ou thé glacé
20066954_EA/20695204_EA/
20320832004_EA/21080320_EA

\$1



PC® ORGANICS BABY FOOD POUCH 128 mL or **LITTLE BELLIES BABY SNACKS** 8/12 g
selected varieties
sachet d'aliments pour bébé ou collations pour bébé
20651248005_EA/21539350_EA

\$1



COLGATE or CREST TOOTHPASTE 50-100 mL or **MANUAL TOOTHBRUSH** 1's, selected varieties
dentifrice ou brosse à dents manuelle
20338731001_EA/20975582_EA

NOFRILLS®

DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, APRIL 23 TO WEDNESDAY, APRIL 29, 2026.

SAVE 33%

2.99 LB

WHOLE CHICKEN
fresh
poulet entier
6.59/kg
20729008_KG/20707744_KG



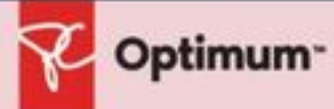
SAVE UP TO 43%

8.99

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



App exclusive offer



Member Price

\$14



Non-Members

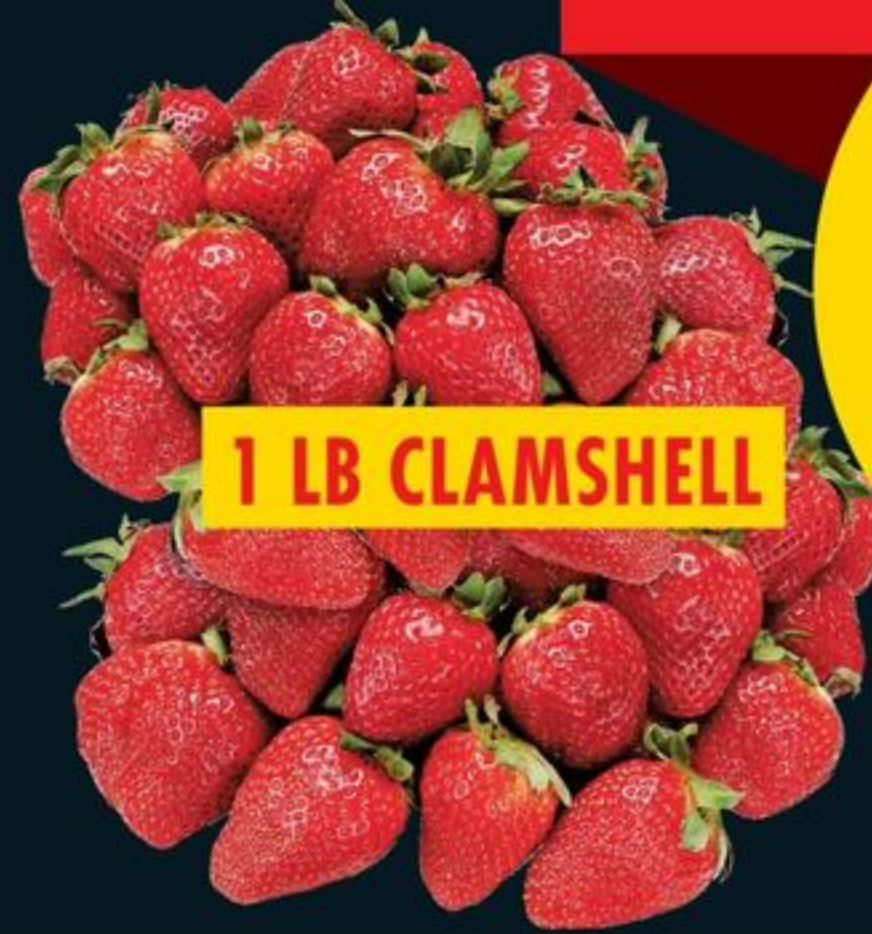
\$18

Members Save \$4

PC®, BLUE MENU®, THICK & JUICY™ or FREE FROM® BURGERS
selected varieties, frozen
1.02-1.36 kg
burgers
20941443_EA

ONLY

3.49



1 LB CLAMSHELL

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

ONLY

\$3



ASTRO 650/750 g, IOGO NANO BUBBLES or LIBERTE 4x100 g YOGURT
selected varieties
yogourt
20165226001_EA/20801732001_EA/21659463_EA

SAVE 56%

8.50



HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-540 g
filets de poisson
20296596002_EA

ONLY

1.69 LB



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

ONLY

\$3



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609003_EA/21618217_EA

SAVE 41%

1.33



ITALPASTA
selected varieties, 750 g
pâtes
20296241001_EA/20296241004_EA

ONLY

1.29



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

SAVE 41%

1.75



FRASER FARM GRAVY AND MEATBALLS 425 g or PURITAN STEW 410 g
selected varieties
ragoût de boulettes ou ragoût
20132278_EA

PRICE DROP

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP 284 mL
soupe
20176214001_EA

ONLY

4.49



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

your home of no name®

App exclusive offer



\$6

NO NAME® BUTTER
selected varieties
454 g
beurre
20325029_EA

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



\$2.50

NO NAME® BAGELS
selected varieties
6's
bagels
21217967_EA

Earn 500 pts
That's 50¢ value



\$1.33

NO NAME® EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040510_EA/21040543_EA

Earn 500 pts
That's 50¢ value



\$5.79

NO NAME® HONEY BEAR
375 g or HAZELNUT SPREAD 725 g
selected varieties
miel ou tartinade de noisettes
20001100_EA/20683943_EA

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

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFAH

DELI AND BAKERY DEALS

SAVE 26%

2.85



WONDER BALLPARK BUNS
selected varieties
6/8's
petits pains

21022027_EA/21022316_EA

SAVE 25%

\$3



PC® DIPS or
HUMMUS 200/227 g or
NAAN CRISPS 200 g
selected varieties
trempettes ou hummus ou
craquelins naan

20584212_EA/21092033_EA

SAVE UP TO 40%

\$3



ZIGGY'S FRESH PASTA 350/360 g,
or **RESER'S SALADS** 425-454 g
selected varieties
pâtes ou salades

21521168_EA/20962386_EA

ONLY

\$5



PC® BRIE or **CAMEMBERT**
165-200 g, **GOAT LOGS** 140 g,
CHEESE SLICES 140-170 g or
BLOCKS 250 g
selected varieties
fromage

20000584_EA/20250947_EA

ONLY

7.50



PILLER'S PEPPERETTES or
TURKEY BITES
selected varieties
300-500 g
bâtonnets ou bouchées de saucisson

21099386_EA/21099391_EA

FRESH AT LOW PRICES



4.99



6 OZ CLAMSHELL

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



10 LB BAG

5.99

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

3.99
LB



GREEN SEEDLESS GRAPES product of India or Chile, no. 1 grade or **RED SEEDLESS GRAPES** product of Chile, no. 1 grade
raisins sans pépins
8.80/kg
20425775001_KG/20159199001_KG



4 LB BAG

5.99

FARMER'S MARKET™ CORTLAND or MCINTOSH APPLES
product of Atlantic Provinces, Canada fancy grade
pommes
20630871001_EA/20713211001_EA



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

4.99



PKG OF 3

PKG OF 4

FARMER'S MARKET™ SWEET CORN
product of U.S.A. no. 1 grade or **FARMER'S MARKET™ SWEET PEPPERS** product of Mexico
maïs sucré ou poivrons
20348977001_EA/20117550001_EA

5.99



PINEAPPLE
product of Costa Rica
each
ananas
20119813001_EA

4.99



PKG OF 5

AVOCADOS
product of Mexico
avocats
21644936001_EA

2.49



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

4.99



3 LB BAG

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

5.49



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

4.99



3 LB BAG

FARMER'S MARKET™ RED ONIONS
product of Canada, Mexico, U.S.A. or Netherlands, no. 1 grade
oignons rouges
20811362001_EA

13.99



MARCANGELO SOUVLAKI KABOBS
selected varieties, 480/640 g
brochettes
21041735_EA

\$13



NO NAME® CHICKEN WINGS
selected varieties,
frozen
908 g
ailes de poulet
21045309_EA

\$13



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

\$4



THE LAUGHING COW 133 g or **MINI BABYBEL** 102/120 g **CHEESE**
selected varieties
fromage
20319107_EA/20574332_EA

3.50



COUNTRY HARVEST BREAD 600 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178571_EA/21178642_EA

3.50



FARMER'S MARKET™ TWO-BITE BROWNIES®
265 g
brownies
21450055_EA

\$7



SEAQUEST™ FISH FILLETS
selected varieties, frozen
400 g
filet de poisson
20153570_EA/21314740_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.

BRANDS YOU LOVE AT LOW PRICES

1.50



SCOTSBURN SOUR CREAM
selected varieties
250 mL
crème sure
21381008_EA



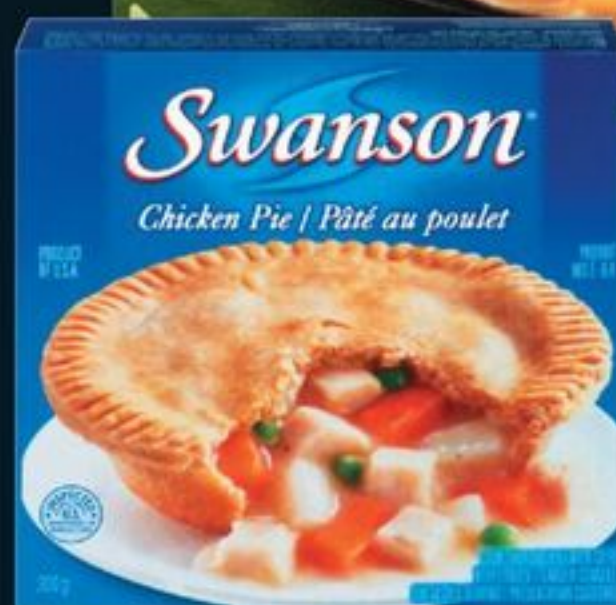
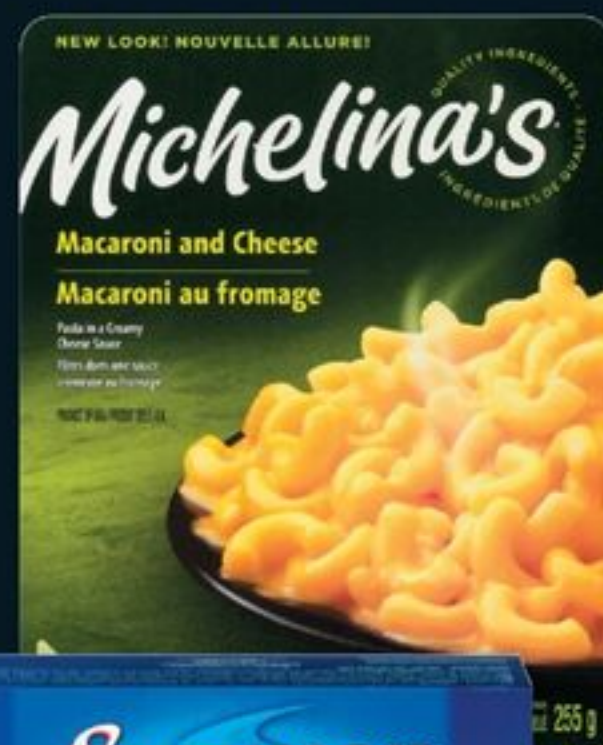
\$6

**PC® CHOCOLATE COVERED
FRUIT 200 g or FRUIT RIOT!
SOUR FROZEN FRUIT 170 g**
selected varieties
fruits enrobés de chocolat ou
fruits acidulés surgelés
21544055_EA/21653869_EA

\$8



**STOK or STARBUCKS
ICED COFFEE**
selected varieties, refrigerated
1.42 L
café glacé
21203739_EA/21215530_EA



1.50

**MICHELINA'S DINNER
ENTRÉES 156-284 g or
SWANSON POT PIE 200 g**
selected varieties, frozen
plats cuisinés ou pâtés
20320525001_EA/21208614_EA

2.50



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

\$4



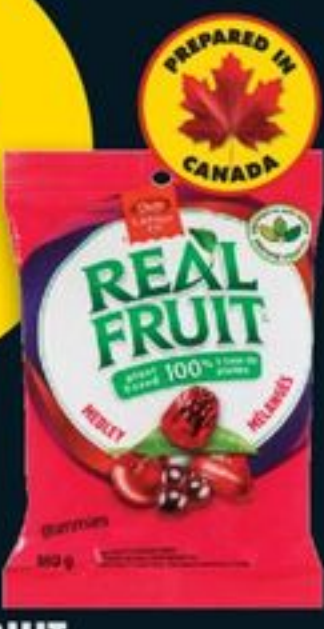
TOSTITOS TORTILLA
215-295 g or
**RUFFLES POTATO
CHIPS**
selected varieties
croustilles
21050575_EA/21241053_EA

1.25



NO NAME® CORN
selected varieties
341/398 mL
maïs
20296401_EA/20303822_EA

\$2



DARE REAL FRUIT
selected varieties
180 g
friandises gélifiées
21391610_EA

\$3



**NERDS GUMMY
CLUSTERS CANDY**
selected varieties
142 g
friandises
21564627_EA

\$2



HARIBO CANDY
selected varieties
175 g
friandises
21519578_EA

Optimum

**PC® CHOCOLATE
COVERED
FRUITS, NUTS
250-400 g or
CHOCOLATE
BAR 300 g**
selected varieties
fruits ou noix
enrobés de chocolat
ou barres de chocolat
20000356_EA/20307295_EA

Member Price
\$7.50

Non-Members
\$8

Members Save
50¢

1.79



**KRAFT DINNER 156/175 g or
SALAD PASTA 200 g**
selected varieties
macaroni au fromage ou salade de pâtes
21549589_EA/21549590_EA

\$2



**NO NAME®
PASTA SAUCE**
selected varieties
680 mL
sauce pour pâtes
20299886001_EA/20299886003_EA

\$4



**MR. CLEAN ALL PURPOSE
CLEANER 1.21 L, FEBREZE AIR
FRESHENER 250 g,
BATHROOM AIR FRESHENER
7.5 mL, CAR FRESHENER 2 mL or
MAGIC ERASER 2's**
selected varieties
nettoyant ou désodorisant ou pince pour
bouche d'aération ou effaceur magique
21003017_EA/21700198_EA

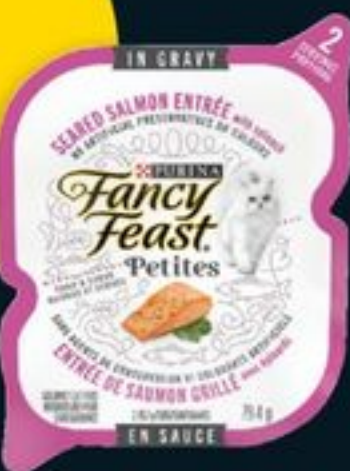
Optimum

CHARMIN
8-24 rolls or
**BOUNTY
PAPER TOWEL**
3-6 rolls
selected varieties
papier hygiénique
ou essuie-tout
21670159_EA/21707477_EA

Earn
4,000
pts
when you buy
Charmin and Bounty

That's
\$4
value

\$1



**FANCY FEAST PETITES
WET CAT FOOD**
selected varieties
79.4 g
nourriture humide pour chats
215497340_EA

\$1



**PURINA BENEFUL
INCREDI BITES WET DOG FOOD**
selected varieties
85 g
nourriture humide pour chiens
21621851_EA

\$2



PURINA ONE WET DOG FOOD
selected varieties
368 g
nourriture humide pour chiens
21303479_EA

\$22



**TIDE LIQUID LAUNDRY
DETERGENT 3.46/3.9 L,
PODS or FLINGS 45/76's**
selected varieties
détergent à lessive
21593670_EA/21593706_EA

DEALS FOR DAYS EVENT



ONLY

6⁵⁰

ACTIVIA YOGURT
selected varieties
12x100 g
yogourt
20303412001_EA



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties, 410 g
produit de fromage fondu
21252564_EA

ONLY

3⁵⁰

ONLY

\$5

SCOTSBURN or BAXTER CHOCOLATE MILK
selected varieties, brand varies by region, 2L
lait au chocolat
20110277001_EA/20146518_EA



CHEEMO PEROGIES
selected varieties, frozen, 745/907 g
perogies
20527159_EA

ONLY

2⁷⁵

\$7

PC® ORANGE JUICE
selected varieties, refrigerated, 2.5 L
jus d'orange
21531644_EA



\$3

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA



2²⁹

QUAKER DIPPS or CHEWY GRANOLA BARS
selected varieties, 120-156 g
barres granola
20847582_EA/21359366_EA



\$3

MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties, 128-226 g
collations aux fruits
20318474001_EA/20686716002_EA



5⁵⁰

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties, 475-778 g
céréales
21103492_EA/21103495_EA



2⁵⁰

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



3⁷⁹

NO NAME® PICKLES
selected varieties, 1 L
cornichons
20300473_EA



1⁶⁹

CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA



1⁷⁹

NO NAME® TOMATOES
selected varieties
796 mL
tomates
20600787_EA



3⁹⁹

HELLMANN'S REAL MAYO or DIPS
selected varieties, 340/445 mL
mayonnaise ou trempette style mayo
20008233001_EA



1²⁵

PC® FREE AND CLEAR SPARKLING WATER
selected varieties, 1 L
eau pétillante
20162061002_EA



5⁷⁵

PC® or PC® BLUE MENU® SPARKLING WATER
selected varieties, 12x355 mL
eau pétillante
20668034002_C01



5⁹⁹

LAVAZZA CREMA E GUSTO or QUALITA ROSSA GROUND COFFEE
selected varieties, 250 g
café moulu
21553695_EA/21553714_EA



\$22

PC® ROAST AND GROUND COFFEE 800-930 g, WHOLE BEAN 820/907 g or PODS 30's, selected varieties café torréfié et moulu ou en grains ou capsules
21038677_EA/21393573_EA



PRICE DROP

\$5

ROYALE BATHROOM TISSUE 8-16 rolls or ROYALE FACIAL TISSUE 6x100 sheets
selected varieties
papier hygiénique ou mouchoirs
20702419_EA/21378574_EA



\$5

KRAFT DINNER original 5x200 g macaroni au fromage
21740440_EA



2²⁵

KRAFT SALAD DRESSING selected varieties 425 mL vinaigrette
21584850_EA



\$4⁹⁹

Earn 500 pts That's 50¢ value



HEINZ KETCHUP
selected varieties
750 mL/1 L
ketchup
20069080_EA

App exclusive offer

Earn 2,500 pts For every \$10* spent on



NO NAME® ICE MILK or NOVELTIES
all sizes and varieties, frozen
lait glacé ou friandises glacées
21013432_EA/21610238_EA

Earn 10,000 pts For every \$50* spent on



That's \$10 value

HUGGIES IN THE BABY DEPARTMENT
selected varieties and sizes
dans le rayon pour bébé
20963841_EA/21456748_EA/21526003_EA/21541191_EA

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.

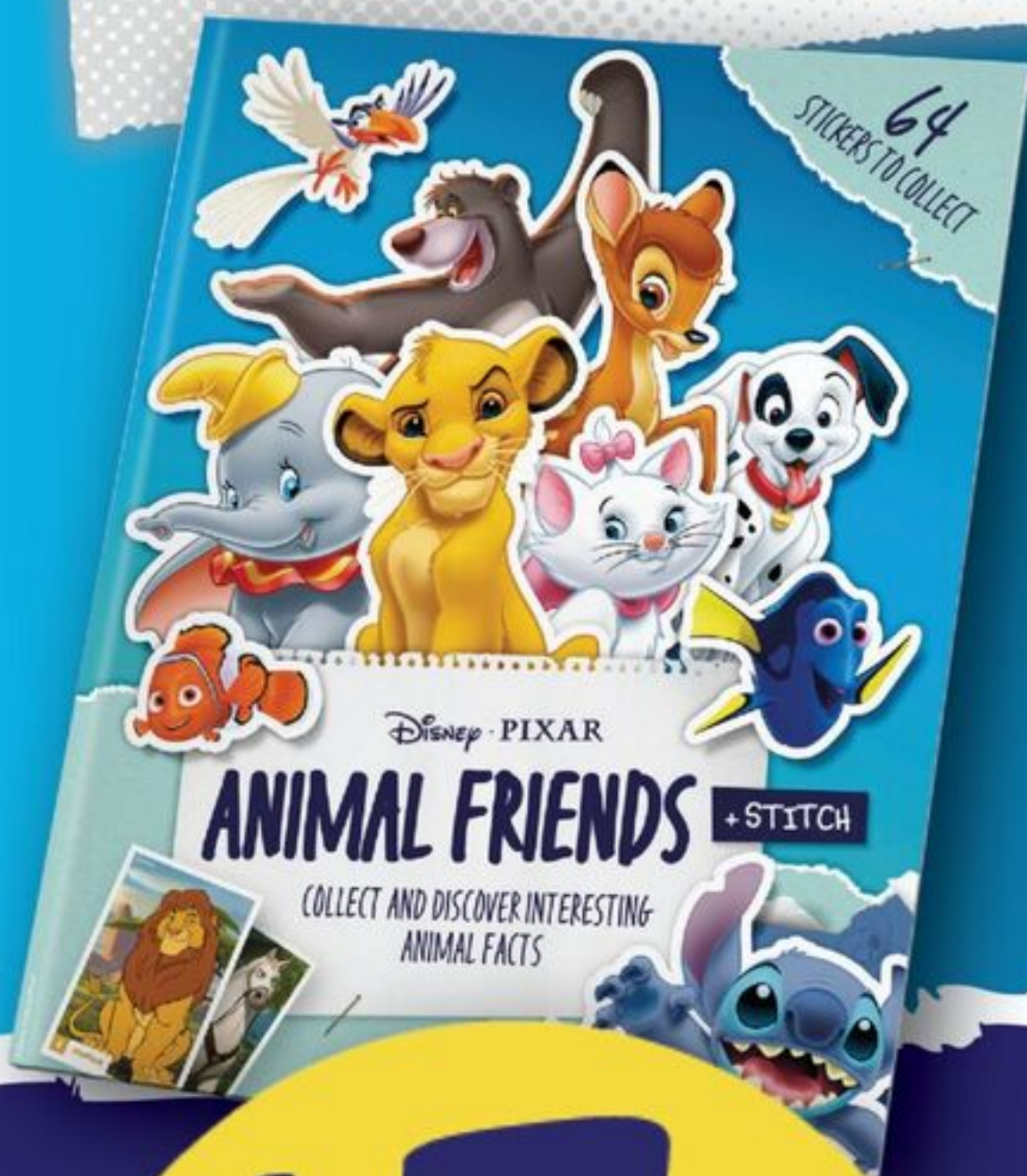




Disney · PIXAR

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 NFA FLAP DISNEY

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.



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

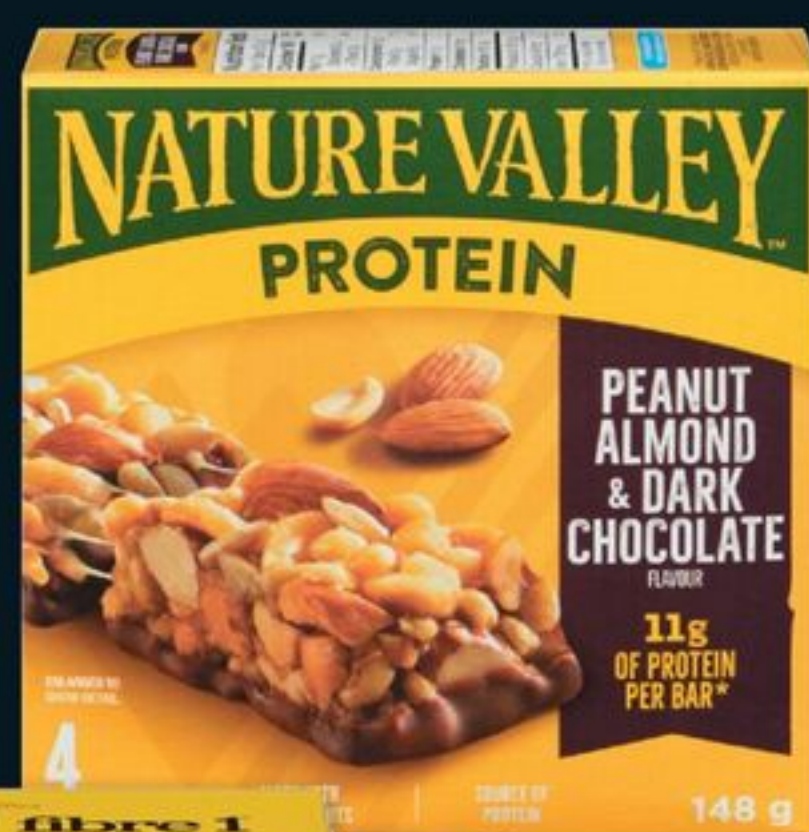
\$4

PC® BLUE MENU® GRANOLA OMEGA 3 400 g, GRANOLA 475 g or MUESLI CEREAL 450 g selected varieties granola ou muesli 21315336_EA



4.50

CASA MENDOSA 10 inch TORTILLAS selected varieties 640 g tortillas 20318788_EA



3.25

D'ITALIANO BREAD selected varieties 620/675 g pain 20038335_EA



\$3

FIBRE 1 BARS 125 g or NATURE VALLEY GRANOLA BARS, PROTEIN BARS or BISCUITS 148-210 g selected varieties bars 20587504001_EA/20686988001_EA

2.50

SNYDER'S PRETZELS selected varieties 240 g bretzels 20316052004_EA



\$5

ARMSTRONG CHEESE STICKS 210 g bâtonnets au fromage 21694973_EA



12.99

ROYALE TIGER TOWEL selected varieties 6=12 rolls serviette 21484732_EA



\$5

LEGO MINI BUILD BAGS ARIEL & FLOUNDER'S BIRTHDAY MUSIC FUN sacs de briques de construction 21724141_EA



4.50

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



3.29

VH COOKING or DIPPING SAUCE selected varieties 341-380 mL sauces à cuisson ou à trempette 20984013_EA



2.50

CAVENDISH FRIES selected varieties, frozen, 800 g frites 21602936_EA



\$2

CAMPBELL'S READY TO SERVE SOUP selected varieties 515 mL soupe 21480539_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.

ONL 01 NFA

GLOBAL FOODS AT LOW PRICES

1²⁹

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



4⁹⁹
LB

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

1⁴⁹

ATAULFO or RED MANGOES
product of Mexico
mangues
20121509001_EA/20059635001_EA



1²⁹
LB

PLANTAIN
product of Costa Rica, Colombia,
Honduras or Guatemala
2.84/kg
plantain
20111926001_KG

\$12

**SUFRA® HALAL
SPLIT CHICKEN
WINGS**
up to 720 g
ailes de poulet
halal séparées
21669813_EA



4⁸⁸
LB

**PORK BELLY
PORTION**
fresh
10.76/kg
portion de poitrine de porc
21614914_KG



5⁵⁰

**SEAQUEST®
SEAFOOD MEDLEY**
frozen
340 g
mélange de produits de
la mer
21592029_EA



\$2

SANTOSH NAAN
selected varieties
5's
naan
21671462_EA



2²⁹

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA



4⁹⁷

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



3⁴⁹

INDOMIE INSTANT NOODLES
selected varieties, 400-425 g
nouilles instantanées
20686719_EA



4⁴⁹

**HEIWA
SANUKI-STYLE
UDON
NOODLES**
1.25 kg
nouilles udon
20570578_EA



8⁹⁹

**PRANA
PARATHA**
frozen
2.4 kg
paratha
21172364_EA



3⁷⁹

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



2⁷⁹

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



1⁹⁹

SURATI SNACKS
selected varieties
250/341 g
collations
20322576003_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL E01 NFA

App exclusive offers

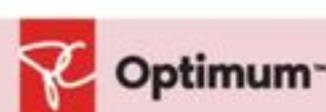
**More offers
More points**

**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!

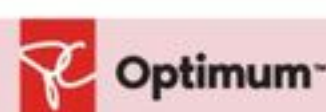
**Members
get over**
\$25
in value

**CLICK FOR
THESE COUPONS
AND MORE**



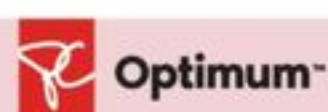
**NESTLÉ
SNACK PACK**
any variety
collations
21719355_EA

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



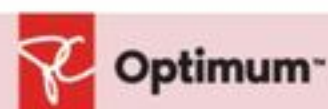
PC® DIPS
454 g
trempettes
20584098_EA

Earn
1,000
pts
Until May - 13 - 2026



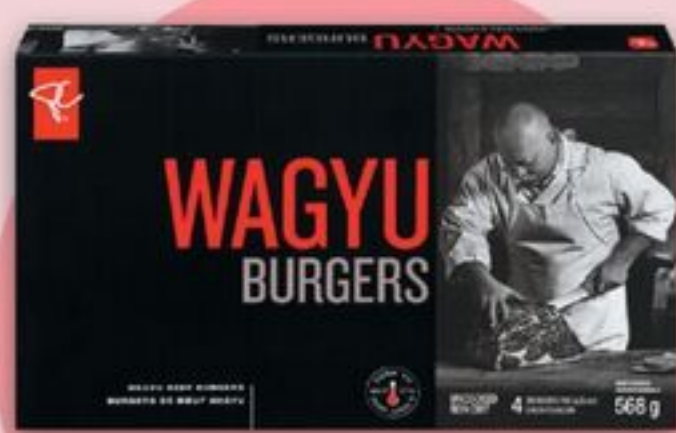
**FARMER'S
MARKET™
CROISSANTS**
260-336 g
croissants
20975943_EA

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



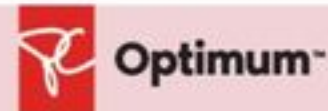
**PC® BLACK LABEL
WAGYU BEEF
BURGERS**
568 g
burgers de bœuf
20766235_EA

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
tartina de 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

1000s OF LOWERED PRICES EVERYDAY!

PRICE DROP

5.50



LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rinse-bouche
21091218_EA/21091222_EA

3.50



COLGATE PREMIUM TOOTHPASTE
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20432339010_EA/21166685_EA

\$4



GARNIER FRUCTIS HAIR CARE
selected varieties
334-370 mL
soins capillaires
21007245_EA/21007302_EA

4.50



IRISH SPRING BAR SOAP 6x104 g,
BODY WASH 591 mL or
SOFTSOAP BODY WASH 591 mL
selected varieties
pain de savon ou nettoyant pour le corps
21219375_EA/21436477_EA

5.50



OLAY BAR SOAP 4x90 g,
OLD SPICE or **OLAY BODY WASH** 364-532 mL
selected varieties
nettoyant pour le corps
20605927003_EA/21237505_EA

\$6



DEGREE DEODORANT 74 g
or **DRY SPRAY** 107 g
selected varieties
déodorant ou atomiseur sec
21075870_EA/21078327_EA

\$18



POISE PADS or
DEPENDS UNDERWEAR 12 -66's
selected varieties and sizes
serviettes ou sous-vêtements
21023579_EA/21302119_EA

\$15



CETAPHIL FACIAL CLEANSER or **MOISTURIZER**
selected varieties
120-473 mL
nettoyant pour le visage ou hydratant
21718816_EA

\$11



AVEENO LOTION
selected varieties
532 mL
lotion
20102023001_EA/20102023003_EA

47.99



ENFAMIL A+ NEUROPRO or
GENTLEASE POWDER
selected varieties
553/587 g
préparation en poudre
21589117_EA/21589230_EA

2.50



SIMPLY GOURMET SNACKS
selected varieties
32 g
collations
21597310_EA/21597336_EA

\$9



PEDIASURE COMPLETE
REDUCED SUGAR
NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
supplément nutritif
20322414001_EA/21371922_EA

26.99



HUGGIES PULL UPS or
GOODNITES POTTY or
CLUB PACK TRAINING PANTS 24-74's
selected varieties and sizes
culottes d'entraînement
20963841_EA/21371199_EA

\$10



TYLENOL CHILDREN'S or
INFANTS' PAIN RELIEF
selected varieties
16-20's or 24-100 mL
Analgésique pour tout-petit
20329139001_EA

\$12



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

\$9



AUSSIE HAIR CARE
selected varieties
778 mL
soins capillaires
21167371_EA/21167373_EA

\$5



LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties, 2 L
recharge de savon liquide pour les mains
21357613003_EA/21357613004_EA

ALWAYS



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.

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.

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