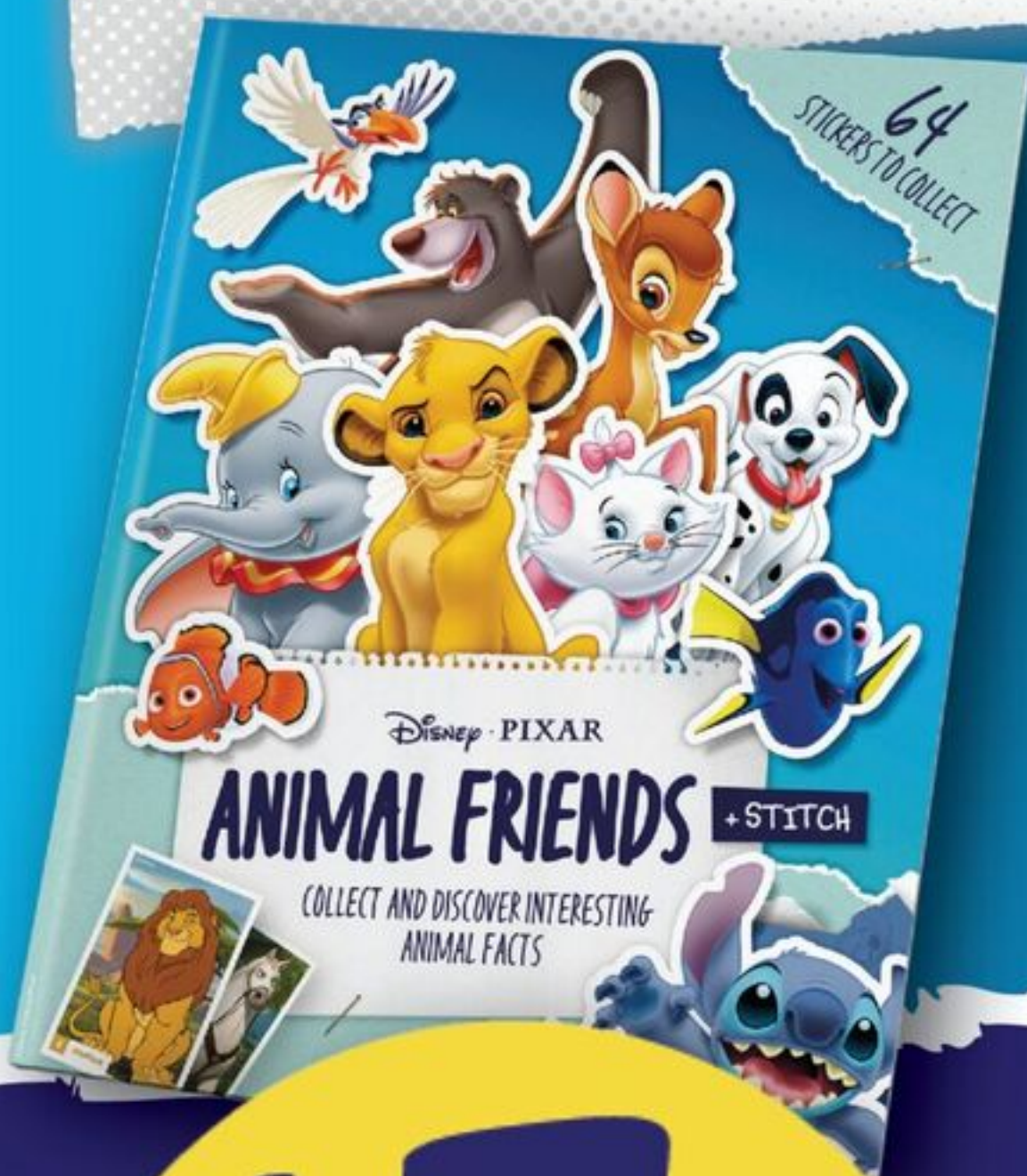




Disney · PIXAR

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 NFW FLAP DISNEY

\$7



NONGSHIM NOODLES
selected varieties
120 g
21504277_EA

\$7



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

\$7



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
20066954_EA/20695204_EA/20320832004_EA/21080320_EA

\$7



PC® ORGANICS BABY FOOD POUCH 128 mL
OR **LITTLE BELLIES BABY SNACKS** 8/12 g
selected varieties
20651248002_EA/20666167008_EA/21539324_EA/21539350_EA

\$7



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

\$7



PC® ALKALINE BATTERIES
AA or AAA
2/4's
20957427_EA/20957511_EA

Customer is responsible for the payment of any applicable deposit or product/packaging recycling fee that may apply.

NOFRILLS®

DEALS FOR DAYS EVENT

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

SAVE 31%

12⁹⁸

PC® OLD FASHIONED BACON
1 kg
20115704_EA



ONLY

10⁸⁸
LB

T-BONE STEAK
cut from ungraded beef
23.99/kg
21657869_KG

WHILE QUANTITIES LAST

SAVE 44%

2⁴⁹
LB

CHICKEN DRUMSTICKS
fresh
5.49/kg
20004494_KG



CLUB SIZE

SAVE 43%

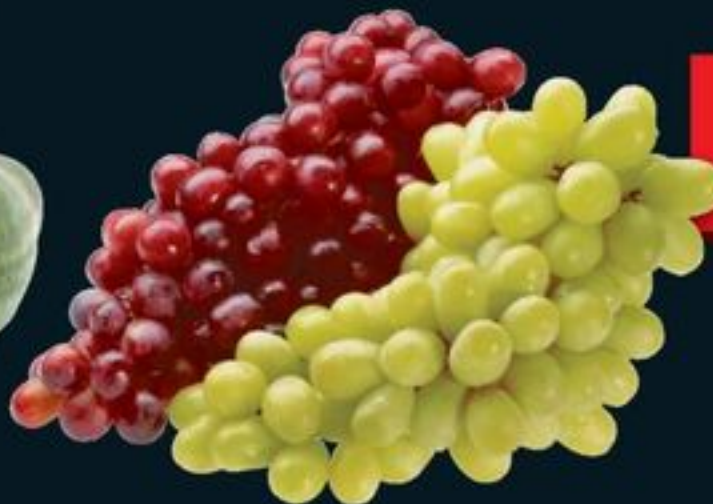
2⁸²

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



PKG OF 3

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba



GREEN SEEDLESS GRAPES product of India or Chile, no. 1 grade or RED SEEDLESS GRAPES product of Chile, no. 1 grade
5.49/kg
20425775001_KG/20159199001_KG

ONLY

2⁴⁹
LB

SAVE UP TO 43%

8⁹⁹

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



ONLY

8⁵⁰

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



ONLY

1⁵⁰

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



SAVE 39%

1³⁹

UNICO SOLID LIGHT TUNA
198 g
20113745_EA



ONLY

\$3

ASTRO, IÖGO 650/750 g, IÖGO NANO BUBBLES or LIBERTE 4x100 g YOGURT
selected varieties
20165226001_EA/20801752003_EA



SAVE 26%

1⁶⁹

ITALPASTA
selected varieties
750 g
20296241001_EA/20296241003_EA



ONLY

3²⁷

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



PRICE DROP

.95

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



your home of no name®

App exclusive offer



\$5⁷⁹

NO NAME® HONEY BEAR 375 g or HAZELNUT SPREAD 725 g
selected varieties
20001100_EA/20683943_EA

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



\$6

NO NAME® BUTTER
selected varieties
454 g
20325029_EA

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



Optimum™

\$2²⁵

Earn 500 pts
That's 50¢ value

NO NAME® BAGELS
selected varieties
6's
21217967_EA

FLYER PRICES EFFECTIVE AT: MILK'S - ABBOTSFORD, JUSTIN'S - BURNABY, STEVE'S - CASTLEGAR, DENNIS' - COQUITLAM, KEN'S - DAUPHIN, JAMES' - DRYDEN, CLIFTON'S - ESTEVAN, JINXY'S - GERALDTON, SIMRAN'S - GRAND FORKS, TERRY'S - HUMBOLDT, JOE'S - INVERMERE, SUKHMAR'S - KENORA, KYLE'S - KITIMAT, KEN'S - LANGLEY, MICHAEL'S - SHIPLEY, MAPLE RIDGE, GAGAN & SATVEER'S - MEADOW LAKE, PETER'S - MERRITT, MATT'S - NIPAWIN, IVAN & KAREN'S - NORTH BATTLEFORD, KEVIN'S - OUIVER, TYLER'S - PORT ALBERNI, SEWAK'S - PORT COQUITLAM, TOBI'S - QUESNEL, CRAWFORD'S - REGINA, BRAD'S - SALMON ARM, AURO'S - SASKATOON, GORD'S - SASKATOON, SHANE & TINA'S - SASKATOON, AARON'S - SELKIRK, JERRY'S - SMITHERS, DEEPU'S - SURREY, GLENN'S - SURREY, PRAKASH'S - SURREY, DYLAN & GALEN'S - SWAN RIVER, BRODY'S - THE PAS, DARCY'S - THUNDER BAY, SHAWN'S - THUNDER BAY, KURTIS' - TRAIL, ARKEE'S - VANCOUVER, BRANDON & JOANNY'S - VANCOUVER, DEAN'S - VANCOUVER, JOTI'S - VANCOUVER, JUSTIN'S - VANCOUVER, SIMON'S - VANCOUVER, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, LUIS & EMMA'S - WINNIPEG, MIKE'S - WINNIPEG, TOM'S - WINNIPEG, TREVOR & HATLEY'S - WINNIPEG

nofrills.ca

01 NW

DELI AND BAKERY DEALS

\$5



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

20000584_EA/20250947_EA

7.50



PILLER'S SLICED DELI MEAT
350 g, **PEPPERETTES** or
TURKEY BITES 300-500 g
selected varieties

21099386_EA/21624509_EA

\$3



PC® DIPS 200/227 g or
NAAN DIPPERS 200 g
selected varieties

20574522_EA/21092033_EA

2.85



WONDER BALLPARK BUNS
selected varieties
6/8's

21022027_EA/21022316_EA

\$3



ZIGGY'S® FRESH PASTA 350 g or
RESER'S SALADS
425-454 g
selected varieties

21521168_EA/20962386_EA

FRESH AT LOW PRICES

3⁹⁹



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

1 LB CLAMSHELL

6 OZ CLAMSHELL

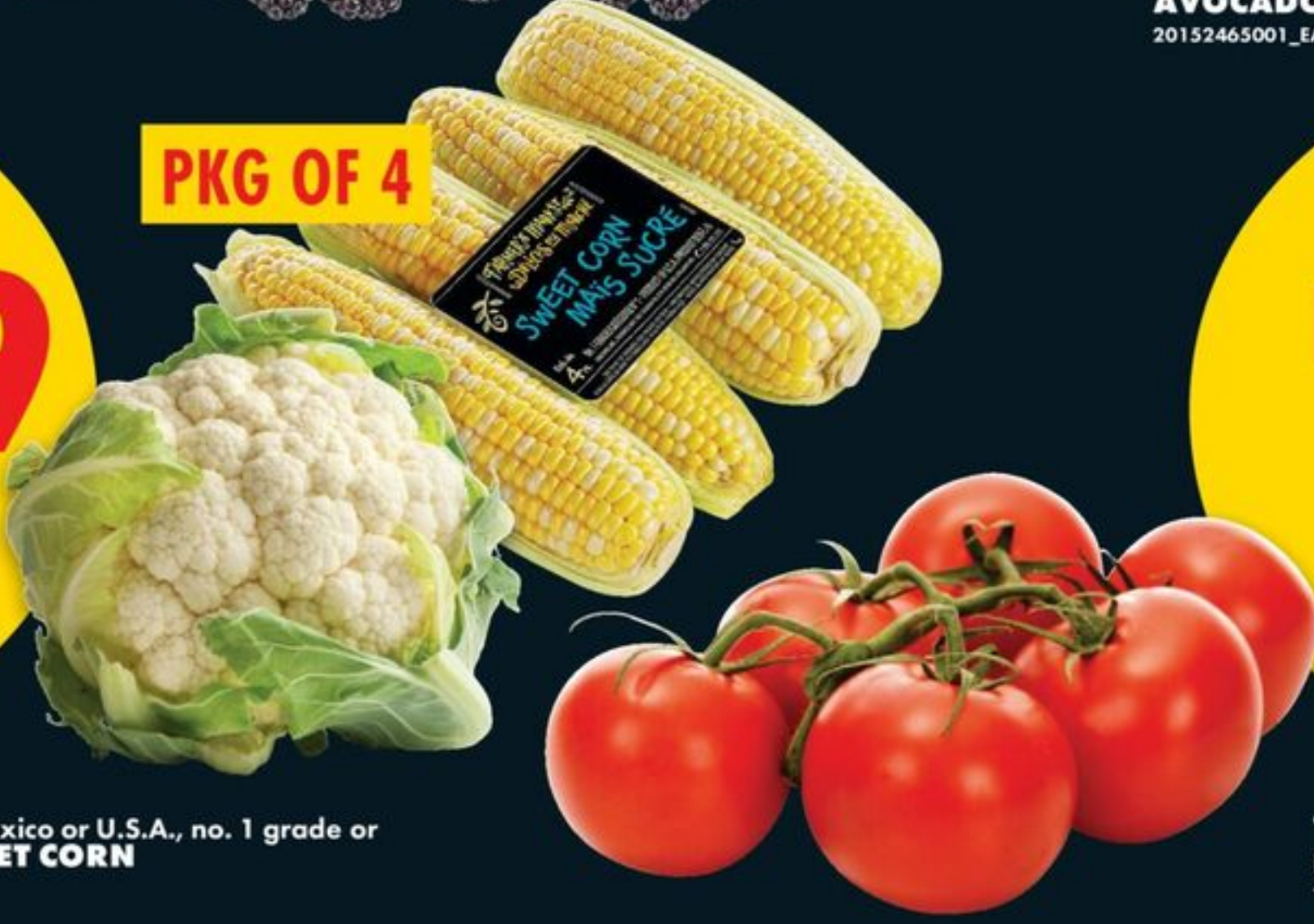
6 OZ CLAMSHELL

PKG OF 5 OR 6

4⁹⁹

BLUEBERRIES product of Mexico or Morocco, no. 1 grade, **STRAWBERRIES** product of Mexico or U.S.A., no. 1 grade or **AVOCADOS** product of Mexico
20152465001_EA/21644936001_EA

4⁹⁹



CAULIFLOWER product of Mexico or U.S.A., no. 1 grade or **FARMER'S MARKET™ SWEET CORN** product of U.S.A., no. 1 grade
20348977001_EA/20135377001_EA

PKG OF 4

1⁹²
LB

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



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

7⁴⁹ **PKG OF 6**

FARMER'S MARKET™ SWEET MIXED PEPPERS product of Canada or Mexico
2103097000_EA

9⁹⁹ **11 LB AVERAGE**

WHOLE SEEDLESS WATERMELON product of Guatemala, Honduras, Costa Rica, Mexico, Brazil or U.S.A.
20067326001_EA

5⁹⁹ **3 LB BAG**

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

4⁹⁹

PINEAPPLE product of Costa Rica each
20160992001_EA

4⁹⁹ **PKG OF 3**

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

3⁹⁹ **680 G**

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
21247301001_EA/21247299001_EA

6⁹⁹ **5 LB BAG**

FARMER'S MARKET™ AMBROSIA or PINK LADY APPLES product of Western Provinces, Canada fancy grade
20630646001_EA/20697766001_EA

2⁹⁹ **3 LB BAG** **2 LB BAG**

FARMER'S MARKET™ CARROTS or YELLOW ONIONS product of Canada, Canada no. 1 grade
20626628001_EA

4⁹⁹

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

1⁷⁹

ATAULFO or RED MANGO product of Mexico
20121509001_EA/20059635001_EA

6⁹⁹ **3 LB BAG**

PC® MANDARINS product of U.S.A. or Morocco
20864961001_EA

5⁹⁹ **907 G** **681 G** **PKG OF 11**

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

3⁹⁹ **454 G**

CELERY product of Mexico or U.S.A., no. 1 grade or **PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Canada
20761372_EA/20738571_EA

NEW LOWER PRICES

2⁴⁹

ICEBERG LETTUCE product of U.S.A., no. 1 grade
20135326001_EA

2⁴⁹ LB

GREEN ZUCCHINI product of Mexico
5.49/kg
20426596001_KG

2⁴⁹ LB

EGGPLANT product of Mexico
5.49/kg
20155709001_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.

FRESH AT LOW PRICES

\$15

PC® WHOLE CHICKEN
Air Chilled
up to 1.7 kg
21666198_EA



15⁹⁹
LB

BEEF STIR FRY STRIPS
35.25/kg
20127070_KG

4²⁹
LB

MEDIUM GROUND PORK
fresh
9.46/kg
20639981_KG



6⁴⁹

PC® SAUSAGES
selected varieties
375/500 g
21584342_EA

\$3

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



6⁹⁹

BEYOND MEAT BURGERS, GROUNDS, SAUSAGE, TENDERS or PLANT BASED STEAK
selected varieties, frozen
226-400 g
21220674_EA/21590909_EA



4⁵⁰

SUMMI! SPRING ROLLS or DUMPLINGS
selected varieties
250-350 g
21114397_EA



3⁵⁰

GO SHRIMP RAW 51-70 per lb or COOKED, 61-90 per lb, 160 g or SMOKED STEELHEAD SALMON, pre-sliced 50 g, SEAQUEST® FLAVOURED ALASKA POLLOCK, ready to eat, 227 g, or YELLOW FIN TUNA STEAK 92 g
selected varieties, frozen
20792840_EA/21208591_EA



\$8

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



\$5

MASTRO SALAMI 100-175 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
20581660_EA/21061099_EA



\$4

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



\$13

HYGAARD MINI SUBS
family pack, selected varieties
774/834 g
21737626_EA



\$3

COUNTRY HARVEST BREAD 600/650 g or BAGELS 6's
selected varieties
21178571_EA/21178642_EA



2⁵⁰

DELI WORLD LIGHT RYE BREAD
500 g
20097456_EA



\$6

CHARLOTTE'S CAKE POPPERS 280 g or 6 INCH CAKE 400-475 g
selected varieties
20970813_EA/21631786_EA



DEALS FOR DAYS EVENT

ONLY

6⁵⁰



ACTIVIA YOGURT
selected varieties
12x100 g
20303412001_EA

ONLY

\$8



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



ONLY

3⁵⁰



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
21252364_EA/21673558_EA

SAVE UP TO 33%

3⁹⁹



BECEL 427 / 454 g or **BECEL PLANT BASED BRICKS** 454 g or **I CAN'T BELIEVE IT'S NOT BUTTER** 850 g
selected varieties
20322707001_EA/21666474_EA

6⁹⁹



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436915_EA

\$4



PC® DINNER ENTRÉES
selected varieties, frozen
212-365 g
20219758_EA

5⁹⁹



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

\$6



PC® CHOCOLATE COVERED FRUIT 200 g or **FRUIT RIOT! SOUR FROZEN FRUIT** 170 g
selected varieties
21544055_EA/21653869_EA

2⁵⁰



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

\$3



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

3²⁵



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
20154975_C24

13⁹⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 24x355 mL
20306687003_C24/20308197001_C24

1⁶⁹



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

1⁷⁹



KRAFT DINNER PASTA 200 g
selected varieties
21549589_EA/21549590_EA

\$3



DIANA 500 mL or **BULL'S-EYE** 425 mL
BBQ SAUCE
selected varieties
20547834005_EA/21184617_EA

\$22



PC® ROAST AND GROUND COFFEE 800-930 g, **WHOLE BEAN** 820/907 g or **PODS** 30's
selected varieties
21038677_EA/21393374_EA

5⁷⁹



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

\$3



PC® GRANOLA BARS 120-172 g or **LECLERC NUGABAR** 175 g
selected varieties
20913606_EA/21536598_EA

PRICE DROP

\$5



ROYALE BATHROOM TISSUE 8-16 rolls or **ROYALE FACIAL TISSUE** 6x100 sheets
selected varieties
20702419_EA/21378574_EA

\$5



KRAFT DINNER
5x200 g
21740440_EA

2²⁵



KRAFT SALAD DRESSING
selected varieties
425 mL
21584830_EA

\$4⁹⁹



Earn 500 pts
That's 50¢ value

HEINZ KETCHUP
selected varieties
750 mL / 1 L
20069080_EA

App exclusive offer

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

That's 2⁵⁰ value



NO NAME® ICE MILK or NOVELTIES
all sizes and varieties, frozen
21610238_EA/20031065002_EA

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

That's \$10 value




HUGGIES IN THE BABY DEPARTMENT
selected sizes and varieties
20963841_EA/21086935_EA/21172501_EA/21401195_EA/21456748_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.

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.

BRANDS YOU LOVE AT LOW PRICES

\$2

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



2.99

TRE STELLE CREAM CHEESE
selected varieties
200 g
21002993_EA



2.75

5.99

LACTANTIA LACTOSE FREE MILK
selected varieties
2 L
20301822001_EA



CHEEMO PEROGIES
selected varieties, frozen
745-907 g
20527159_EA

4.50

PC® ORANGE JUICE
selected varieties, refrigerated
1.54 L
21430531_EA



\$4

TOSTITOS TORTILLA CHIPS
selected varieties
215-295 g
21050575_EA



\$5

PC® ORGANICS SALSA
selected varieties
437 mL
21453650_EA



\$2

PC® 100% JUICE 1 L or NO NAME® FRUIT BEVERAGE 2 L
selected varieties
20320439006_EA/21622812_EA



5.75

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



6.50

KIND GRANOLA
selected varieties
312 g
20837713004_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
20974346_EA/21080791_EA



1.25

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



1.79

NO NAME® TOMATOES
selected varieties
796 mL
20600787_EA



\$4

SMART SWEETS
selected varieties
50 g
21154474_EA/21572258_EA



3.99

HELLMANN'S REAL MAYO or DIPS
selected varieties
340/445 mL
20008233001_EA



9.19

NO NAME® CANOLA OIL
3 L
20028656_EA



3.50

NO NAME® PICKLES
selected varieties
1 L
20300473_EA



\$3

LIPTON or KNORR SOUP MIX
selected varieties
113-338 g
20315085002_EA/20315085003_EA



BRANDS YOU LOVE AT LOW PRICES

2.50



NO NAME® SOUR CREAM
selected varieties
500 mL
20299657_EA



4.50

NO NAME® NATURAL CHEESE SLICES
selected varieties
210/230 g
21614277_EA

\$5



CHAPMAN'S SUPER PREMIUM PLUS 500 mL or LOLLY NOVELTIES 28's
selected varieties, frozen
21161183_EA/21511147_EA



1.50

MICHELINA'S DINNER ENTREES 156-284 g or SWANSON POT PIE 200 g
selected varieties, frozen
20320525001_EA/21208614_EA

\$9



PATTY KING JAMAICAN STYLE BEEF PATTIES
selected varieties, frozen
1.17 kg
20313668002_EA

\$7



DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
21595736_EA/21595942_EA

\$4



RUFFLES POTATO CHIPS
selected varieties
180-200 g
21241053_EA

\$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
21680155_EA

3.75



EARTH'S OWN ALMOND or OAT BEVERAGES
selected varieties, refrigerated
1.75/1.89 L
20327647_EA/21517729_EA

\$3



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

5.99



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

Optimum

STARBUCKS VERTUO COFFEE CAPSULES
selected varieties
8/10's
21398289_EA

\$12.99

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

\$3



NERDS GUMMY CLUSTERS CANDY
selected varieties
142 g
21564627_EA

\$2



HARIBO GOLDBEARS CANDY
selected varieties
175 g
21519578_EA

\$2



DARE GUMMIES
selected varieties
180 g
21391610_EA

Optimum

PC® CHOCOLATE COVERED FRUITS, NUTS
250-400 g or CHOCOLATE BAR 300 g
selected varieties
20000356_EA/20307295_EA

Member Price **\$7.50**

Non-Members **\$8** Members Save **50¢**

5.50



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
21103492_EA/21103495_EA

7.79



NUTELLA HAZELNUT SPREAD 725 g or NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g
selected varieties
20436105_EA

2.29



QUAKER DIPS or CHEWY GRANOLA BARS
selected varieties
120-156 g
20847582_EA/21359366_EA

5.99



TAZO TEA CONCENTRATE 946 mL or LIPTON TEA BLACK or GREEN 200 g
selected varieties
21293930_EA/21593297_EA

BRANDS YOU LOVE AT LOW PRICES

\$4

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



\$15

CASCADE DISHWASHER TABS selected varieties 30-48's
21012357_EA/21507156_EA



\$15

GAIN LIQUID 4.25 L or **FLINGS** 42's **LAUNDRY DETERGENT, BEADS** 598/680 g or **DRYER SHEETS** 240's selected varieties
20959627_EA/21671135_EA



19.99

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



1.50

no name® sans nom®
aluminum foil
papier d'aluminium



NO NAME® ALUMINUM FOIL
25 ft
21119986_EA

Earn
4,000
pts

when you buy
Charmin and
Bounty

That's
\$4

value



CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls selected varieties
21670159_EA/21707477_EA





Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



64 STICKERS TO COLLECT
DISCOVER INTERESTING
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

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

**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

**SPEND \$10*
ON SELECT**

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

20866924010_EA/21085515_EA/21618217_EA/21594513_EA/20039581001_EA



**SPEND \$10*
ON SELECT**

**CHEERIOS, OATMEAL CRISP,
NATURE VALLEY,
OLD EL PASO, PILLSBURY or
ANNIE'S PRODUCTS AND
GET A BONUS STICKER PACK**

21104047_EA/21667577_EA/20316187001_EA/20306992001_EA



**SPEND \$15*
ON SELECT**

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

20318694002_EA/20304419001_EA/20305840001_EA/20853723_EA/21166000_EA



**SPEND \$15*
ON SELECT**

**CRACKER BARREL,
BLACK DIAMOND,
iOGO, ASTRO or
LACTANTIA PRODUCTS
AND GET ONE BONUS
STICKER PACK**

21290384_EA/20763661_EA/20986474_EA/
21719739_EA/20165226001_EA/21694605_EA



**SPEND \$12*
ON SELECT**

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

21479030_EA/20300320_EA/20316052001_EA/20948940_EA



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

**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

SPEND \$15*
ON SELECT

**CHRISTIE CRACKERS,
CHRISTIE COOKIES,
CADBURY, HALLS or
CLIF ENERGY BARS AND
GET ONE BONUS STICKER PACK**
21547034_EA/21358407_EA/21664843_EA



SPEND \$10*
ON SELECT

**NESCAFE, STARBUCKS COFFEE
or MAISON PERRIER BEVERAGE
PRODUCTS AND
GET ONE BONUS STICKER PACK**
20873036_EA/20548682004_EA/21576465_C08



SPEND \$15*
ON SELECT

**ROYALE PAPER PRODUCTS
AND GET ONE BONUS
STICKER PACK**
21187145_EA/21484732_EA/20702419_EA



SPEND \$9*
ON SELECT

**MILK 2 GO,
ARMSTRONG PROTEIN STICKS
AND GET A BONUS
STICKER PACK**
21065263_EA/21537885_EA/21694973_EA



SPEND \$10*
ON ANY

**PC® BLUE MENU PRODUCTS
AND GET ONE BONUS STICKER PACK**
20668034002_EA/20057669001_EA/20307025002_EA/
20538593001_EA/20631288004_EA/20941224_EA



SPEND \$10*
ON SELECT

**PC® or NO NAME® CHIPS,
POPCORN or PRETZELS
AND GET ONE BONUS
STICKER PACK**
21654374_EA/21686985_EA/21712080_EA/21712032_EA



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

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

loblawuniverse.ca

\$4



PC® BLUE MENU® GRANOLA OMEGA 3 400 g, GRANOLA 475 g or MUESLI CEREAL 450 g selected varieties 21315327_EA/21315336_EA



\$4

CASA MENDOSA 10 inch TORTILLA selected varieties 384/640 g 21566428_EA

\$3



D'ITALIANO BREAD selected varieties 620/675 g 20038333_EA



\$3

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

\$3



SNYDER'S PRETZELS selected varieties 240 g 20316052004_EA

\$5



ARMSTRONG CHEESE STICKS PROTEIN 210 g 21694973_EA

12.99



ROYALE TIGER TOWEL selected varieties 6=12 rolls 21484732_EA

\$5



LEGO MINI BUILD BAGS ARIEL & FLOUNDER'S BIRTHDAY MUSIC FUN 21724141_EA

4.50



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

3.29



VH COOKING or DIPPING SAUCE selected varieties 341-380 mL 20984013_EA

2.50



CAVENDISH FRIES selected varieties, frozen 800 g 21559837_EA

\$2



CAMPBELL'S READY TO SERVE SOUP selected varieties 515 mL 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 04 NFV

NATURAL FOODS AT LOW PRICES

6⁵⁰

EARTH'S OWN CREAMERS
selected varieties
946 mL
21576699_EA/21576791_EA



\$11

GARDEIN SUPREME PLANT-BASED MEAT
selected varieties, frozen
397-425 g
21558190_EA



4⁵⁰

SKINNY POP POPCORN
selected varieties
125 g
20785418001_EA



6⁹⁹

NATURE'S BAKERY BROWNIE or FIG BARS
selected varieties
270/340 g
21549605_EA



4⁵⁰

PC* ORGANICS QUICK ROLLED or STEEL CUT OATS
1 kg
20705773_EA

\$5

ZEVIA ZERO SUGAR SODA
selected varieties
6x355 mL
21106233_C06



\$11

RX BAR MINIS or 5-PACK
selected varieties
208-275 g
21541007_EA



3⁵⁰

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



\$3

SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
20377204001_EA



\$13

KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
20805126001_EA



4⁵⁰

KIND HEALTHY GRAINS BARS 175 g
or **BREAKFAST BARS** 200 g
selected varieties
20926433_EA



\$4

PC* ORGANICS TEA
selected varieties
20's
21411145_EA



\$2

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
20316187001_EA



3⁷⁹

PC* GLUTEN-FREE WAFFLES
selected varieties, frozen
320 g
21419163_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW HV

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**




 **Optimum™**



**NESTLÉ
SNACK PACK**
any variety
21719355_EA

**Save
\$1**
with digital
coupon

 **Optimum™**



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

**Earn
500**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
500**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
800**
pts
Until May - 13 - 2026

 **Optimum™**



PC® FROZEN FRUIT
600 g
21377841_EA

**Earn
1,000**
pts
Until May - 13 - 2026

 **Optimum™**



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


**Earn
750**
pts
Until May - 13 - 2026

 **Optimum™**



PC® DIPS
454 g
20584098_EA

**Earn
1,000**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
1,000**
pts
Until May - 13 - 2026

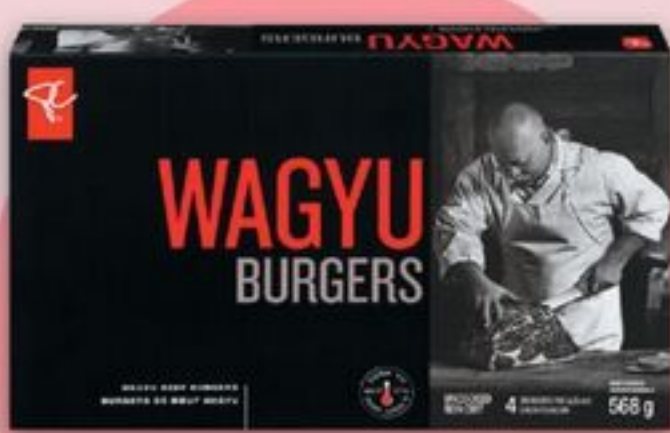
 **Optimum™**



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


**Earn
1,000**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
3,000**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
1,200**
pts
Until May - 13 - 2026

 **Optimum™**



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

**Earn
2,500**
pts
Until May - 13 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
1,200
pts
Until May - 13 - 2026

PC® INSTANT COFFEE
80/100 g
21499826_EA

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

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

Optimum™



Earn
750
pts
Until May - 13 - 2026

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

Optimum™



Earn
500
pts
Until May - 13 - 2026

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

Optimum™



Earn
600
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

BABY ESSENTIALS AT LOW PRICES

26⁹⁹



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

19⁹⁹



HUGGIES 10X BABY WIPES
336-704's
selected varieties
21401195_EA

47⁹⁹



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



54⁹⁹

GOOD START BABY FORMULA
selected varieties
942 g-1.02 kg
21599587_EA/21599614_EA

UP TO
20%
OFF



EUCERIN AQUAPHOR BABY OINTMENT, CLEANSER or RASH CREAM
selected varieties
85-500 g
21482435_EA

2⁵⁰



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

\$9



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

4⁹⁹



JOHNSON & JOHNSON BABY NEEDS
selected varieties
200-623 mL
20325065001_EA/21112321_EA/21308244_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL 05 NFV

1000s OF LOWERED PRICES EVERYDAY!

PRICE DROP

5⁵⁰



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

3⁵⁰



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

\$4



GARNIER FRUCTIS HAIR CARE
selected varieties and sizes
334-370 mL
21007181_EA/21007198_EA

5⁵⁰



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

4⁵⁰



IRISH SPRING BODY WASH 591 mL, or
BAR SOAP 6x104 g, or
SOFTSOAP BODY WASH 591 mL
selected varieties
21219375_EA/21436477_EA

\$6



DEGREE DEODORANT or
DRY SPRAYS
selected varieties
74/107 g
21075870_EA/21220217_EA

\$18



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

\$15



CETAPHIL FACIAL CLEANSER or
MOISTURIZER
selected varieties
120-473 mL
21718816_EA

\$11



AVEENO LOTION
selected varieties
532 mL
20102023001_EA/20102023003_EA

9⁵⁰



TYLENOL CHILDREN'S or
INFANTS' PAIN RELIEF PRODUCTS
selected varieties
16-20's or 24-100 mL
20329139001_EA

\$12



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

\$9



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

\$5

ALWAYS



LIFE BRAND LIQUID HAND SOAP REFILL
selected varieties
2 L
21357613003_EA/21357613004_EA

HEALTH AND WELLNESS AT LOW PRICES

UP TO **50% OFF**



JAMIESON VITAMINS AND SUPPLEMENTS
selected varieties and sizes
20299993_EA/20311899_EA

\$12



LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties
6's
21592485_EA/21592512_EA

\$15

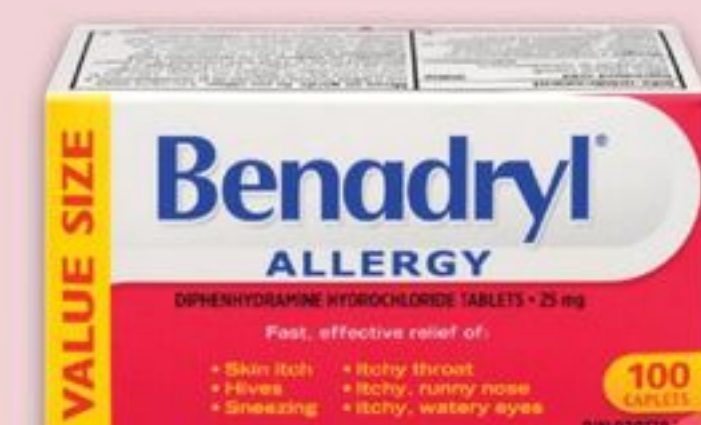
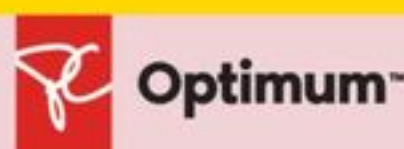


TENA INCONTINENCE UNDERWEAR
selected varieties
10-48's
20957423_EA/21033778_EA

\$11



SALONPAS CREAM or PATCH
selected varieties and sizes
20587294_EA



Earn **8,000 pts**

For every \$40* spent

That's **\$8** value

REACTINE or BENADRYL ALLERGY PRODUCTS
selected varieties and sizes
20339897_EA/20550171_EA



HAPPY CINCO DE MAYO



3⁹⁹



CARIBBEAN AVOCADOS
product of Dominican Republic or
FARMER'S MARKET™ RED ONIONS
product of Canada or U.S.A., no. 1 grade
20119760001_EA/20811362001_EA

3 LB BAG

3⁹⁹
LB

JALAPENO PEPPERS
product of Mexico
8.80/kg
20088387001_KG

.99



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



1²⁹
LB

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

\$9



MEDIUM GROUND BEEF
450 g
21615908_EA

11⁹⁹



EL MONTEREY TAQUITOS
selected varieties, frozen
595/684 g
21022918_EA

1²⁵



JARRITOS DRINKS
selected varieties
370 mL
20147354007_EA/21040487_EA

1⁷⁹



LA COSTEÑA CHIPOTLE SAUCE
220 mL
20823424_EA

2⁹⁹



HERDEZ SALSA 453 g
or **LA COSTEÑA ENCHILADA SAUCE**
408 mL
selected varieties
20315064004_EA/21563776_EA

3⁹⁹



LA COSTEÑA GUACAMOLE SALSA 456 mL or
RED MOLE 255 g
selected varieties
21364453_EA/21683293_EA

4⁹⁹



LA COSTEÑA CANNED TOMATILLOS
selected varieties
794 g
20818652_EA

4⁹⁹



LA COSTEÑA ADOBO PASTE
234 g
21563671_EA

3⁴⁹



PAN WHITE CORN MEAL
selected varieties
1 kg
20945705_EA

5⁵⁰



TAJIN CLASSIC SEASONING
142 g
20019917_EA

8⁴⁹



MASECA INSTANT CORN MASA FLOUR
1.8 kg
21457445_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.

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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ONL NFW MKT