

# NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MAY 14 TO WEDNESDAY, MAY 20, 2026.

SAVE 47%

\$4



**SCHNEIDERS WIENERS or MAPLE LEAF TOP DOGS**  
selected varieties  
375 g  
21093477\_EA



ONLY

11.88  
LB

**BONE IN STRIPLOIN STEAK**  
cut from USDA Select grade beef  
26.19/kg  
21185133\_KG

WHILE QUANTITIES LAST

SAVE 42%

6.99



**JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen  
700 g  
21191828\_EA



**SEAQUEST® FISH FILLETS**  
selected varieties, frozen  
400 g  
20153570\_EA/21314740\_EA

ONLY

6.50

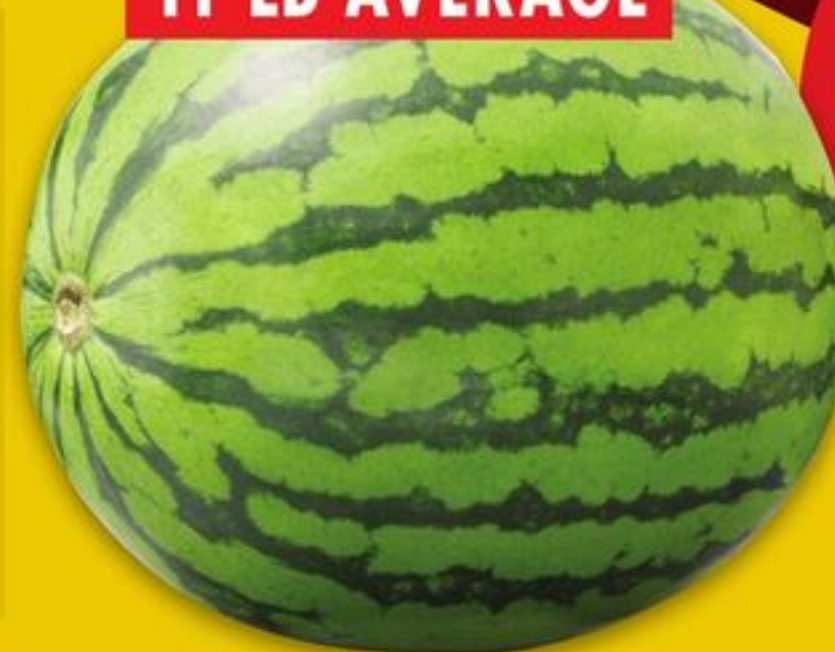
ONLY

.60



**SWEET CORN**  
product of U.S.A., no. 1 grade  
each  
20131170001\_EA

11 LB AVERAGE



ONLY

4.99

**WHOLE SEEDLESS WATERMELON**  
product of U.S.A.  
or Mexico  
20067326001\_EA

ONLY

4.99



**ARMSTRONG SHREDDED CHEESE 320 g or CHEESE BARS 400 g**  
selected varieties  
21286240\_EA/21346749\_EA

NEW ARRIVAL

\$4.99

Earn 1,500 pts

That's \$1.50 value



**NESTLÉ DRUMSTICK 4's CONFECTIONARY FROZEN DESSERT 1.5 L or NOVELTIES 4-10's, selected varieties, frozen**  
21739610\_EA

ONLY

3.50



**OIKOS YOGURT**  
selected varieties  
4x100 g  
20419715004\_EA/20625055\_EA

SAVE UP TO 43%

\$3



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

SAVE 22%

3.50



**MOTT'S CLAMATO**  
selected varieties, 1.89 L  
20318955002\_EA

PRICE DROP

\$1



**CLARK BEANS**  
selected varieties, 398 mL  
21308477\_EA

ONLY

\$3



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

SAVE UP TO 27%

12.99



**817 ELEPHANT BRAND BASMATI or EXTRA LONG BASMATI RICE**  
selected varieties, 4 kg  
20787524\_EA/21341987\_EA

ONLY

12.88



**DAN-D PAK CASHEWS**  
salted or unsalted, 908 g  
20314862002\_EA

ONLY

12.99



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

Shop the PC® Insiders Report™ today!



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

nofrills.ca

01 NW

# DELI DEALS

ONLY

3.50

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties  
175 g

21592461\_EA/21599921\_EA



ONLY

\$3

**THE LAUGHING COW CHEESE**  
selected varieties  
120/133 g

20319107\_EA



SAVE UP TO 40%

\$3

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

21302270\_EA/20962398\_EA



SAVE UP TO 25%

\$3

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

20584212\_EA/21092033\_EA



ONLY

2.25

**NO NAME® HAMBURGER or HOT DOG BUNS**  
selected varieties

12's

21509645\_EA

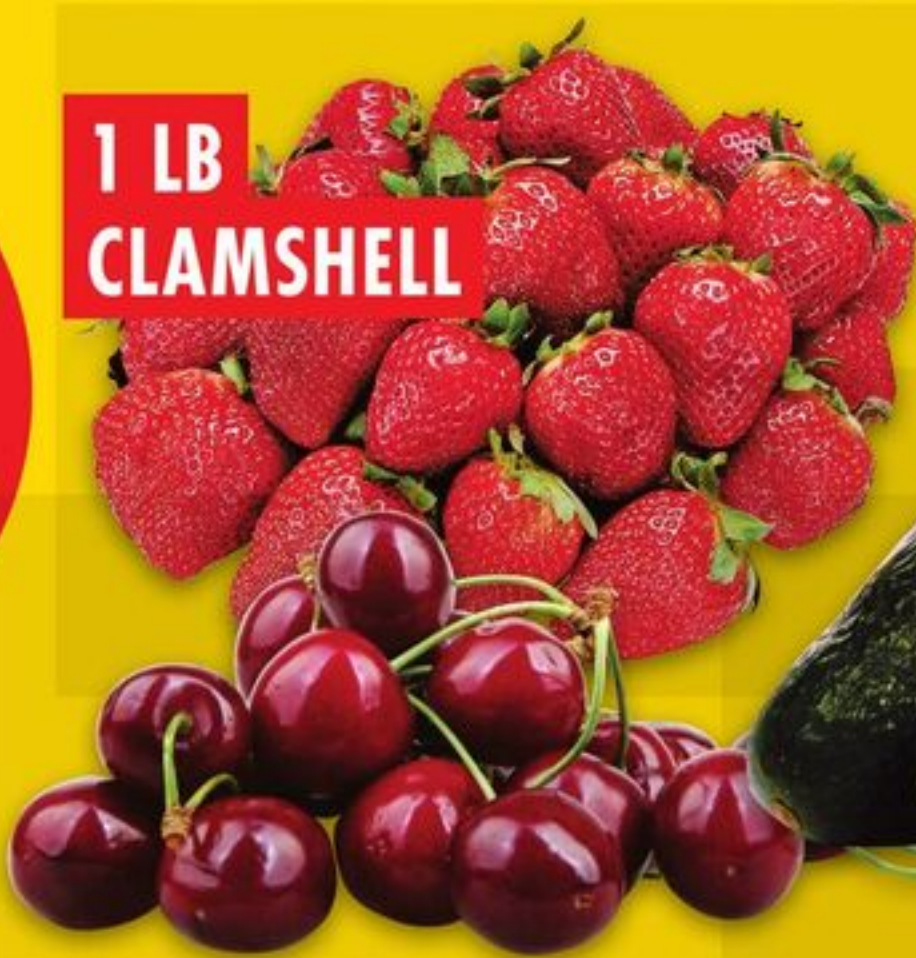
21509829\_EA



# FRESH AT LOW PRICES

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

**1 LB CLAMSHELL**



**STRAWBERRIES** each, product of Mexico or U.S.A., no. 1 grade or **CHERRIES** 11.00/kg, product of U.S.A., no. 1 grade  
20049778001\_EA/20159690001\_KG

**PKG OF 5 OR 6**

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



**AVOCADOS** product of Mexico  
21644936001\_EA

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



**RED SEEDLESS GRAPES** product of Chile, no. 1 grade  
8.80/kg  
20159199001\_KG

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



**BROCCOLI CROWNS** product of Mexico or U.S.A.  
6.59/kg  
20026161001\_EA



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

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

**10 LB BAG**

**RED, RUSSET or YELLOW POTATOES** product of Canada, Canada no. 1 grade  
20601013001\_EA/20601020001\_EA

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

**PKG OF 6**

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

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

**454 G**

**PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Western Provinces  
20761372\_EA/20738571\_EA

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

**680 G**

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

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

**KALE** product of Mexico or U.S.A.  
20138805001\_EA

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

**3 LB BAG**

**PC® MANDARINS** product of U.S.A., Morocco or Spain  
20864961001\_EA

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

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

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

**6 OZ CLAMSHELL**

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

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

**3 LB BAG**

**FARMER'S MARKET™ ORANGES** product of U.S.A. or **BLUEBERRIES** product of Mexico, Peru or U.S.A., no. 1 grade  
20162945001\_EA/20080137001\_EA

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

**5 LB BAG**

**FARMER'S MARKET™ AMBROSIA or HONEYCRISP APPLES** product of Western Provinces, Canada fancy grade  
20630646001\_EA/21162869001\_EA

**.69**

**LIMES** product of Mexico each  
20040489001\_EA

**\$5**

**946 ML**

**BOLTHOUSE SMOOTHIES** selected varieties, product of U.S.A.  
20280429\_EA/20325816\_EA

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

**907 G**

**567 G**

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

**NEW LOWER PRICES**

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

**GREEN ZUCCHINI** product of Mexico or U.S.A.  
5.49/kg  
20426596001\_KG

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

**EGGPLANT** product of Mexico or U.S.A.  
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.

# BABY ESSENTIALS AT LOW PRICES

27<sup>99</sup>



**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
N-7, 36-128's

21172500\_EA/21371019\_EA

34<sup>99</sup>

**HUGGIES ECONO PACK DIAPERS**  
selected varieties  
size N-8, 60-208's or  
**NIURISS MILK-BASED INFANT FORMULA**  
0-12 months, 700 g

21456748\_EA/21663768\_EA/21648061\_EA



**ONE DAY ONLY**  
**WEDNESDAY, MAY 20, 2026**



\$34<sup>99</sup>

Earn  
**5,000**  
pts

That's  
**\$5**  
value

**PAMPERS ECONO PACK DIAPERS**  
selected varieties  
size N-8, 58-200's

21551525\_EA/21692756\_EA

\$23<sup>99</sup>



Earn  
**3,000**  
pts

That's  
**\$3**  
value

**HUGGIES 16X BABY WIPES**  
selected varieties  
960-1152's

21541191\_EA

# GARDEN DEALS

\$10



**ANNUAL HANGING BASKETS**  
selected varieties  
10 inch  
20053146\_EA



\$3



**ANNUALS**  
selected varieties  
4 inch  
20010971\_EA



\$3



**HERBS or VEGETABLES**  
selected varieties  
4 inch  
21348166\_EA/21356436\_EA



# FRESH AT LOW PRICES

**\$9**



**PC® BLUE MENU®  
GROUND CHICKEN  
or MINCED TURKEY**  
454 g  
21100091\_EA

**\$8**



**EXTRA LEAN  
GROUND BEEF**  
450 g  
21675592\_EA

**5.50**  
LB



**ST. LOUIS PORK  
SIDE RIBS**  
single pack, fresh  
12.13/kg  
20022784\_KG



**LILYDALE TURKEY  
DINNER SAUSAGES**  
selected varieties  
500 g  
21064934\_EA

**\$10.99**

Optimum



**LOU'S BBQ PORK BACK RIBS**  
frozen  
680 g  
21530551\_EA

Earn  
**1,000**  
pts

That's  
**\$1**  
value

**6.99**

**\$10**

**MAPLE LEAF  
HAM**  
selected varieties  
600 g  
21094883\_EA



**\$6**

**ASIAN  
INSPIRATIONS  
ENTREES**  
selected varieties,  
frozen  
400 g  
21047353\_EA



**\$8**

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



**\$6**

**MASTRO  
SALAMETTI CHUBS**  
selected varieties  
300 g  
20046483\_EA/20303790\_EA



**6.50**

**PC® FREE FROM® SLICED DELI MEAT** 175 g  
or **PILLER'S KOLBASSA** 250-375 g or  
**PEPPERONI SLICED** 250 g  
selected varieties  
20308469\_EA/20682966\_EA



**\$9**

**SEAQUEST® WHOLE  
POMPANO 800 g or  
WHOLE TILAPIA 1.36 kg**  
frozen  
21591947\_EA/21592084\_EA



**\$6**

**CASTELLO HAVARTI**  
170/200 g, **CHEDDAR** 200 g  
or **ALEXIS DE PORTNEUF  
BRIE** or **CAMEMBERT  
CHEESE** 125 g  
selected varieties  
20315135\_EA/20573932\_EA



**\$5**

**SNACK FACTORY  
PRETZEL CRISPS**  
selected varieties  
200 g  
20948939\_EA/20682966\_EA



**\$4.50**

Earn  
**500**  
pts

That's  
**50¢**  
value

**SUMM SPRING  
ROLLS or  
DUMPLINGS**  
250-350 g  
21114397\_EA/21378594\_EA



**2.50**

**DELI WORLD  
LIGHT RYE BREAD**  
selected varieties  
500 g  
20097456\_EA



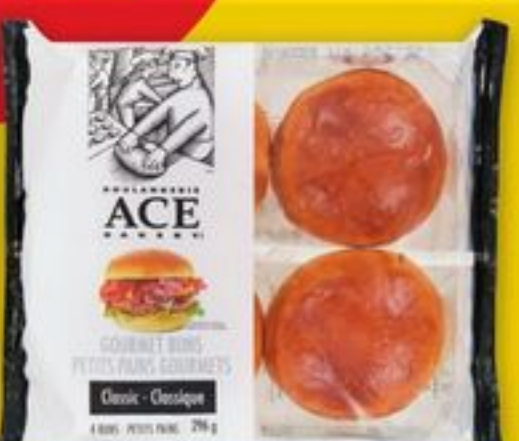
**\$3**

**D'ITALIANO BREAD** 620/675 g or  
**BUNS** 6/8's  
selected varieties and sizes  
20038335\_EA/20626949\_EA



**\$4**

**ACE GOURMET  
BURGER AND  
SAUSAGE BUNS**  
or **BISTRO'S**  
selected varieties  
296-640 g  
21596226\_EA



# LONG WEEKEND DEALS

ONLY

**.97**

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



ONLY

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

**CHICKEN BREASTS**  
boneless, skinless  
15.41/kg  
20028450\_KG

CLUB SIZE

ONLY

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

**BECHEL MARGARINE**  
selected varieties  
800 g  
21747692\_EA



SAVE 29%

**4<sup>77</sup>**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
21290705\_EA



SAVE 22%

**\$7**

**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
21437174\_EA/21595736\_EA



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

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



**\$4**

**HEALTHY CHOICE or SIMPLY DINNER ENTRÉES**  
selected varieties, frozen, 255-306 g  
21406269\_EA



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

**BAGEL BITES**  
selected varieties, frozen, 198 g  
20213483001\_EA



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

**LAY'S POTATO CHIPS**  
selected varieties  
177-235 g  
21241032\_EA/214663082\_EA



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

**BEATRICE or DAIRYLAND CHOCOLATE MILK**  
selected varieties, brand varies by region  
946 mL  
20799732\_EA/21699812\_EA



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

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



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

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



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

**PC® TORTILLA CHIPS**  
selected varieties  
320-350 g  
20148817\_EA



**\$5**

**MARCANGELO CHARCUTERIE**  
selected varieties, 85 g  
21706089\_EA



**6<sup>25</sup>**

**ALLEN'S DRINK BOXES 24x200 mL or GATORADE SPORT DRINKS 6x591 mL/8x355 mL**  
selected varieties  
20303218003\_C06/20340520\_EA



**\$3**

**MONSTER 444-473 mL or RED BULL 250 mL ENERGY DRINKS**  
selected varieties  
20702466\_EA/20938249\_EA



**\$1**

**NO NAME® TOMATO PASTE 156 mL or PIZZA SAUCE 213 mL**  
selected varieties  
20018020\_EA/20118094\_EA



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

**HEINZ KETCHUP**  
selected varieties  
750 mL/1 L  
20069080\_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



**\$3**

**POST CEREAL**  
selected varieties  
311-525 g  
20071915001\_EA/20299648\_EA/21427214\_EA



Optimum™

App exclusive offer

**\$7**

**PC® BACON**  
selected varieties  
375 g  
21738792\_EA

2,000 pts

That's **\$2** value

**\$26<sup>99</sup>**

Earn **2,000** pts

That's **\$2** value



**PAMPERS EASYUPS or NINJAMAS CP TRAINING PANTS**  
selected varieties and sizes  
34-74's  
21089365\_EA/21393033\_EA

**\$29<sup>99</sup>**

Earn **3,000** pts

That's **\$3** value



**SIMILAC GO & GROW**  
850 g  
21702816\_EA

App exclusive offer

Earn **6,000** pts

That's **\$6** value



Optimum™


**REESE'S BRANDED PRODUCTS**  
all sizes and varieties  
21702133\_EA/21104053\_EA  
21651701\_EA/20582012\_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.

**MAY**


**HIT  
OF THE  
MONTH**



 Made in Canada

**Kraft Miracle Whip**  
Selected varieties, 650/890 mL  
20298681001\_EA



 Made in Canada

**Marcangelo Souvlaki**  
Selected varieties, 2 Pack, 120 g  
20902208\_EA/21095022\_EA



**Takis Rolled Corn Chips**  
Selected varieties, 260 g  
21715466\_EA



**Head Men's & Women's Socks**  
3 pk  
21721517\_EA/ 21721507\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid May 1st - 31st, 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

**2.75**

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



**4.99**

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

**\$5**

**KELLOGG'S EGGO WAFFLES 16's or PROTEIN 8's**  
selected varieties  
20099730004\_EA/21639330\_EA



**\$4**

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

**\$6**

**PC® FREE RUN EGGS**  
12's  
20813628001\_EA

**6.50**

**SANPELLEGRINO NATURALI, LIGHT or CIAO SPARKLING FRUIT BEVERAGES**  
selected varieties  
6x330 mL  
21433205\_C06

**1.49**

**NO NAME® VEGETABLES**  
selected varieties  
398 mL  
20305513\_EA

**\$5**

**BONNE MAMAN JAM**  
selected varieties  
250 mL  
20307313001\_EA

**\$3**

**TOWN HOUSE 247-391 g or CHEEZ-IT SNAP'D CRACKERS 213 g**  
selected varieties  
21107403\_EA/21645793\_EA

**3.99**

**HEREFORD CORNED BEEF**  
340 g  
20050622\_EA

**2.69**

**TIM HORTONS SOUP**  
selected varieties  
540 mL  
21617608\_EA

**\$3**

**CATELLI GLUTEN-FREE PASTA**  
selected varieties  
300/340 g  
20704233\_EA

**3.99**

**FRANK'S RED HOT, THICK or SQUEEZE SAUCE**  
selected varieties  
354 mL  
20187632001\_EA/213352812\_EA

**4.99**

**PAM COOKING OIL SPRAY**  
selected varieties  
141/170 g  
20178204001\_EA

**17.99**

**COLAVITA EXTRA VIRGIN OLIVE OIL**  
1 L  
20617955\_EA

**3.79**

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

**\$3.25**

**KOOL-AID JAMMERS 10x180 mL or MIO, CRYSTAL LIQUID, or KOOL-AID LIQUID WATER ENHANCERS 48 mL/24-56 g**  
selected varieties  
20079976006\_EA/20663423\_EA

**\$4.50**

**RED BARON CLASSIC CRUST PIZZA**  
selected varieties, frozen  
584-665 g  
21736881\_EA

**\$1.00**

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

**Optimum™**

Earn **1,000 pts**  
For every \$5\* spent on  
That's **\$1** value

**CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING**  
all sizes and varieties  
20010752\_EA/20180764\_EA/20302816001\_EA

Earn **3,500 pts**  
For every \$15\* spent on  
That's **\$3.50** value

**BEN'S ORIGINAL RICE or STREET FOOD BOWLS or NOODLES**  
all sizes and varieties  
21404900\_EA/21405476\_EA/21535549\_EA

Earn **4,000 pts**  
For every \$15\* spent on  
That's **\$4** value

# BRANDS YOU LOVE AT LOW PRICES

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

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
340 g  
20866929002\_EA



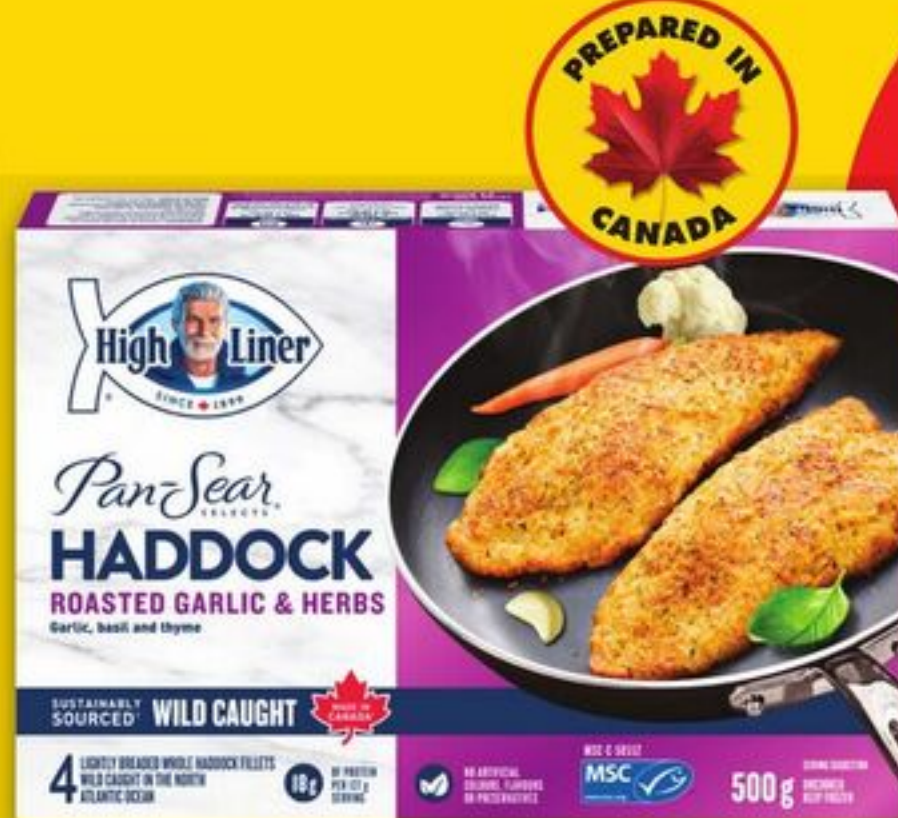
**5<sup>99</sup>**

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



**\$6**

**TRU FRU CHOCOLATE COVERED FRUIT or FRUIT RIOT! SOUR FROZEN FRUIT**  
selected varieties, frozen  
170 g  
21516003\_EA/21653869\_EA



**\$10**

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

**\$10**

**EL MONTEREY QUESADILLA or TAQUITOS**  
selected varieties, frozen  
567 g  
21725015\_EA



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

**LIBERTÉ MÉDITERRANÉE 500 g or YOPLAIT PROTEIN 650 g YOGURT**  
selected varieties  
21547564\_EA/21587047\_EA



**\$3**

**DOLE FRUIT BOWLS 4x107 mL or FRUIT N' GEL SNACKS 4x123 g**  
selected varieties  
20318455001\_EA  
20324241001\_EA



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

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
20612257\_EA/20612260\_EA



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

**LA GRILLE SEASONING or CLUB HOUSE BLENDS**  
selected varieties  
111-248 g  
20308006001\_EA/20321740001\_EA



**\$19**

**KICKING HORSE ORGANIC WHOLE BEAN COFFEE**  
selected varieties  
454 g  
20322468006\_EA



**\$4**

**PLANTERS CASHEWS**  
selected varieties  
200 g  
21021618\_EA



**\$6**

**NESTLÉ COFFEE-MATE 425/450 g, NESQUIK SYRUP 510/700 mL or POWDER 540 g**  
selected varieties  
20309221002\_EA/20320167002\_EA



**\$4**

**TWININGS TEA 20's or EAGLE BRAND CONDENSED MILK 300 mL**  
selected varieties  
20300740001\_EA/21012618\_EA



**\$10**

**TETLEY ORANGE PEKOE TEA**  
216's  
21611946\_EA



**\$3**

**QUAKER INSTANT OATMEAL**  
selected varieties  
232-344 g  
21190260\_EA/21190265\_EA



**\$5**

**NUTELLA HAZELNUT SPREAD**  
375 g  
20435988\_EA



**\$9**

**KIND BARS, MINIS or THINS**  
selected varieties  
200/210 g  
21125232\_EA/21554179\_EA



**\$4**

**CARNABY SWEET GUMMIES TUB**  
selected varieties  
500 g  
21363882\_EA



# TREAT YOURSELF TO LOW PRICES

**\$4**



**NO NAME® ICE MILK**  
selected varieties, frozen  
1.65 L  
21610199\_EA/21610238\_EA



**\$11**

**NO NAME® ICE CREAM SANDWICHES or BARS**  
selected varieties, Club Size,  
frozen  
24-30's  
20347400002\_EA/21013432\_EA

**\$5**



**PC® LOADS OF ICE CREAM NOVELTIES**  
selected varieties, frozen  
4x72 mL  
21575391\_EA/21707047\_EA

App exclusive offer

Optimum™

**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**PC® SCOOP SHOP ICE CREAM**  
selected varieties, frozen  
946 mL  
21706459\_EA/21706621\_EA

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



**BREYERS CLASSIC FROZEN DESSERT**  
selected varieties, 1.41 L  
21651570\_EA/21651628\_EA

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



**CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM**  
selected varieties  
frozen, 500 mL  
21511147\_EA/21589874\_EA

**\$5**



**BEN & JERRY'S ICE CREAM**  
selected varieties, frozen  
473 mL  
21428403\_EA/21720409\_EA

**\$5**



**CHAPMAN'S YUKON NOVELTIES**  
selected varieties, frozen  
5-8's  
21012283\_EA/21654672\_EA

**\$6**



**PC® SKYR or BLUE MENU® YOGURT BARS**  
selected varieties, frozen  
21074208\_EA/21718729\_EA

**\$5**



**MAGNUM BARS**  
selected varieties, frozen  
3/4's  
20342005003\_EA/20950739\_EA

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



**CHAPMAN'S FROZEN YOGURT**  
selected varieties, 2 L  
20314434001\_EA/20314434013\_EA

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



**HÄAGEN-DAZS ICE CREAM 414/450 mL or NOVELTIES 3/4's**  
selected varieties, frozen  
20302298003\_EA/21722352\_EA

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



**HALO TOP FROZEN DESSERT**  
selected varieties, 473 mL  
21086988\_EA/21585215\_EA

**\$2**



**NO NAME® CONES**  
selected varieties  
45-80 g  
21203830\_EA

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



**PC® WAFFLE CONES**  
135/205 g  
21203795\_EA/21203798\_EA

**4<sup>49</sup>**



**LOTTE MOCHI**  
selected varieties, frozen  
270 mL  
21247111\_EA

**\$6**



**PC® TOPPING**  
355 mL  
20095745\_EA/20179819\_EA

**\$6**



**PC® SQUEEZABLE SYRUP**  
selected varieties  
428 mL  
20339669\_EA/20657691\_EA

**4<sup>29</sup>**



**NO NAME® MARASCHINO CHERRIES**  
375 mL  
20050959\_EA

**3<sup>29</sup>**



**NO NAME® ALMONDS or WALNUTS**  
selected varieties  
100 g  
20127455001\_EA

# BRANDS YOU LOVE AT LOW PRICES

**5<sup>29</sup>**



**\$5**



**NO NAME® ALUMINUM FOIL**  
100 ft  
21119988\_EA

**TIDE PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's or CASCADE AUTO DISHWASHER TABS 10-15's selected varieties**  
20301481001\_EA/21658961\_EA

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



**DAWN DISHWASHING LIQUID 532 mL-1.12 L or POWERWASH REFILL 473 mL**  
selected varieties  
21430550\_EA/21430569\_EA

**\$7**



**PC® MAX PAPER TOWELS**  
3-6 rolls  
21540603\_EA

**\$2**



**GLADE AEROSOL AIR FRESHENER**  
selected varieties  
235 g  
21516923\_EA/21516959\_EA

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



**DAWN POWERWASH STARTER 473 mL, REFILL 635 mL or MR. CLEAN CLEAN FREAK 473 mL**  
selected varieties  
21166030\_EA/21218861\_EA

**\$5**

**CLOROX BLEACH**  
2.4 L  
21283179\_EA

**\$9**

**PC® LAUNDRY DETERGENT or TOILET STRIPS**  
selected varieties  
32/39's  
21614582\_EA

**\$22**

**TIDE LIQUID LAUNDRY DETERGENT**  
3.46/3.9 L, PODS or FLINGS 45-76's  
selected varieties  
21593670\_EA/21593679\_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  
20342475001\_EA/21495649\_EA

**\$11**

**GLAD WASTE BAGS**  
selected varieties  
20-40's  
21164510\_EA  
211645477\_EA

**\$10**

**BANANA BOAT SUNSCREEN**  
selected varieties  
170/226 g/150-315 mL  
21176211\_EA/21646594\_EA

**HOT FINDS**  
Snag these piping hot prices before it's too late.



**EVERYDAY ESSENTIALS™ FRIDGE PITCHER**  
20654809\_EA

**\$4**

# LOW PRICES IN STOCK

329



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

550



**GENERAL MILLS FAMILY SIZE CEREAL** selected varieties 455-778 g  
21103495\_EA/21103497\_EA

550



**ROBIN HOOD FLOUR** selected varieties 2/2.5 kg  
20039497001\_EA/20039497005\_EA



\$4



**KELLOGG'S CEREAL** selected varieties 250-355 g  
21450851\_EA/21652128\_EA

450

**KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K** or **MINI-WHEATS CEREAL** selected varieties, 306-525 g  
21607207\_EA/21653774\_EA

950

**KELLOGG'S JUMBO SIZE CEREAL** selected varieties 700 g-1.05 kg  
20072706\_EA/21651842\_EA

\$4

**QUAKER CEREAL** 350-500 g or **HARVEST CRUNCH** 400-510 g selected varieties  
21082500\_EA/21219824\_EA

229

**QUAKER DIPP'S** or **CHEWY GRANOLA BARS** selected varieties 120-156 g  
20847582\_EA/21359366\_EA

275

**QUAKER CRISPY MINIS** selected varieties 100-199 g  
20163708002\_EA/20303002001\_EA

450

**CHRISTIE PREMIUM CRACKERS** 328-454 g, **RITZ DRIZZLED MINIS** 226 g or **RITZ MINI SANDWICHES** or **CRACKERS** 280 g selected varieties  
21618621\_EA/21712595\_EA

250

**CHRISTIE CRACKERS** selected varieties 180-200 g  
21030647\_EA/21547034\_EA

450

**CHRISTIE FAMILY SIZE COOKIES** 303-488 g or **CAKESTERS** 285 g selected varieties  
21014087\_EA/21639135\_EA

\$4

**TOSTITOS TORTILLA CHIPS** selected varieties 215-295 g  
21050575\_EA

\$4

**RUFFLES POTATO CHIPS** selected varieties 180-200 g  
21241053\_EA

\$4

**MISS VICKIE'S POTATO CHIPS** selected varieties 190/200 g  
21240703\_EA

\$8

**CLIF BAR ENERGY BARS** selected varieties 340 g  
21664766\_EA/21664843\_EA

\$3

**PRINGLES POTATO CRISPS** selected varieties, 148/156 g  
21003823\_EA/21003833\_EA

\$2

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

250

**DARE CRACKERS** 135-225 g, **VEGGIE CRISPS** 100 g, **GRISSOL MELBA TOAST, CANAPE** or **BAGUETTES** 120-200 g selected varieties  
21033188\_EA/21520666\_EA

250

**DARE BEAR PAWS** 168-210 g, **VIVA PUFFS** 300 g or **WAGON WHEELS** 315/360 g **COOKIES** selected varieties  
20419986001\_EA/21713321\_EA

**LOW PRICES IN STOCK**

**\$3**



**LECLERC GO PURE or NUGABAR BARS**  
selected varieties  
140-175 g  
21507858\_EA/21536596\_EA

**LECLERC CÉLÉBRATION MINI COOKIES**  
selected varieties  
200 g  
21648530\_EA/21648944\_EA

**\$3**

**\$3**



**2.50**

**LECLERC CÉLÉBRATION COOKIES**  
selected varieties  
240 g  
21680074\_EA/21680155\_EA

**NESTLÉ CHOCOLATE BARS**  
selected varieties  
95-105 g  
20640580\_EA/21648521\_EA

**3.50**



**iÖGO NANO 6x93 mL or POUCHES 4x90 g YOGURT**  
selected varieties  
20609687001\_EA/21719786\_EA

**\$5**



**NESTLÉ CHOCOLATE BAG**  
selected varieties  
76-203 g  
21080077\_EA/21648229\_EA

**4.99**



**NESTLÉ CHOCOLATE MULTIPACK**  
selected varieties  
4's  
20176136\_EA/20322502\_EA

**5.97**



**YOPLAIT SOURCE YOGURT**  
selected varieties  
16x100 g  
20317317001\_EA

**\$4**

**CORE POWER HIGH PROTEIN MILKSHAKE**  
selected varieties  
414 mL  
21731564\_EA



**4.25**



**COCA-COLA SOFT DRINKS**  
selected varieties  
6x222 mL  
20354227001\_C06/20354288002\_C06

**\$8**



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

**6.50**

**BUBLY 12x355 mL or MONTELLIER 10x355 mL SPARKLING WATER**  
selected varieties  
21096722\_C10/21097177\_C12



**4.25**



**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
20310546002\_C06

**21.50**



**GATORADE SPORT DRINKS**  
selected varieties  
24x591 mL  
20298835002\_C24

**\$7**

**MAISON PERRIER SPARKLING WATER**  
selected varieties  
8x330 mL/6x500 mL  
21717999\_C08



**7.49**



**NESCAFÉ GOLD INSTANT COFFEE 90-100 g or ESPRESSO CONCENTRATES 500 mL**  
selected varieties  
21074565\_EA/21665027\_EA

**11.99**



**STARBUCKS ROAST AND GROUND COFFEE 340 g, PODS 10's or HOT CHOCOLATE 240/300 g**  
selected varieties  
20547343001\_EA/21651626\_EA

**LOW PRICES IN STOCK**

**\$4**



**CHRISTIE PREMIUM PLUS CRACKERS**  
selected varieties, 450-500 g  
21109001\_EA/21109004\_EA

**\$3**



**CHRISTIE COOKIES** 251-303 g or **PEEK FREANS** 290-350 g  
selected varieties  
20680381\_EA/21358407\_EA/21361508\_EA

**\$3**

**\$4**



**ORVILLE REDENBACHER MICROWAVE POPCORN** 385-492 g or **KERNEL JAR** 850 g  
selected varieties  
20629532003\_EA



**OCEAN'S WHITE TUNA**  
selected varieties  
170 g  
21005158\_EA/21005216\_EA

**\$3**



**CADBURY CHOCOLATE BARS**  
selected varieties  
80-105 g  
21648577\_EA/21648607\_EA

**2.25**



**MAYNARDS CANDY BAG**  
selected varieties  
135-154 g  
21636428\_EA/21694186\_EA

**2.50**



**TWIZZLERS CANDY PACK** 311-454 g or **JOLLY RANCHER ROPE** 283 g  
selected varieties  
20022328004\_EA/20022328008\_EA

**24.99**



**VAN HOUTTE or MCCAFÉ GROUND COFFEE PODS**  
selected varieties  
30's  
21240975\_EA

**17.99**



**TIMOTHY'S, DONUT HOUSE or KRISPY KREME HOUSE ROAST**  
selected varieties  
30's  
20899892\_EA/21007380\_EA

**2.49**



**HERSHEY'S CHOCOLATE BAR**  
90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g  
21510809\_EA/21452986\_EA

**4.79**



**HERSHEY'S CHOCOLATE BAR MULTIPACK** 4's or **POUCHES**  
selected varieties 156-232 g  
20303970004\_EA/20573405\_EA

**\$7.50**



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

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

**\$11**



**TIDE LIQUID** 1.62/1.86 L or **PODS** 18-31's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.66/2.63 L, **DOWNY or GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's, selected varieties  
21593782\_EA/21659584\_EA

**\$15**



**GAIN LIQUID LAUNDRY DETERGENT** 4.25 L or **FLINGS 42's, BEADS** 598/680 g or **DRYER SHEETS** 240's  
selected varieties  
20959627\_EA/21671139\_EA

**\$10**



**DAWN DISHWASHING LIQUID** 1.98 L, **SWIFFER WET REFILLS** 12-24's, **DRY REFILLS** 16-32's or **DUSTER REFILLS** 6-10's or **MR. CLEAN** 2.93 L  
selected varieties  
21629789\_EA/21737053\_EA

**5.50**



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

**\$14**



**FINISH AUTO DISHWASHER TABS** 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL  
selected varieties  
21218146\_EA/21565525\_EA

**\$7**



**LYSOL TOILET BOWL CLEANER** 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L  
selected varieties  
21238361\_EA/21487308\_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  
20083525001\_EA/21427042\_EA

**PRICE  
DROP**

**1000s OF  
LOWERED PRICES  
EVERYDAY!**

**3.50**



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

**\$4**



**GARNIER FRUCTIS HAIR CARE** selected varieties 334-370 mL  
21007181\_EA/21007198\_EA

**4.50**



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

**5.50**



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

**5.50**



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

**\$6**



**DEGREE DEODORANT** or **DRY SPRAYS** selected varieties 75-107 g  
21075870\_EA/21078327\_EA

**\$9**



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

**9.50**



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

**\$11**



**AVEENO LOTION** selected varieties 532 mL  
20102023001\_EA/20102023003\_EA

**\$12**



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

**ALWAYS  
\$5**



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

**\$15**



**CETAPHIL FACIAL CLEANSERS** or **MOISTURIZERS** selected varieties 120-473 mL  
21718816\_EA

**\$18**



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

# BABY ESSENTIALS AT LOW PRICES

**4.50**



**GERBER INFANT CEREAL**  
selected varieties  
227 g  
20358339006\_EA  
20574110001\_EA



**19.99**

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

**28.99**



**PAMPERS SWADDLERS,  
CRUISERS or  
BABY-DRY SUPER BIG  
PACK DIAPERS**  
selected varieties  
38-120's  
21370843\_EA/21370844\_EA



**26.99**

**HUGGIES PULL UPS or  
GOODNITES POTTY or  
NIGHTTIME  
TRAINING PANTS**  
selected varieties  
24-74's  
20963841\_EA/21371199\_EA

**47.99**



**ENFAMIL A+ NEUROPRO or  
GENTLELEASE POWDER**  
selected varieties  
553/587 g  
21589117\_EA/21589230\_EA

**54.99**



**GOOD START PLUS  
POWDER 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

**2.50**



**SIMPLY GOURMET TODDLER  
SNACKS**  
selected varieties  
32 g  
21597310\_EA/21597336\_EA

**\$9**



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

**4.99**



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

**\$9.99**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

**Optimum™**

**DOVE BABY SENSITIVE or  
RICH MOISTURIZED WASH or LOTION**  
selected varieties, 591 mL  
21017298\_EA

**Optimum™**

Earn  
**10,000**  
pts

For every \$50\*  
spent

That's  
**\$10**  
value

**DIAPERS, WIPES, FORMULA, FOOD, NEEDS or  
ACCESSORIES IN THE BABY DEPARTMENT**  
all varieties and sizes  
21172500\_EA/21540721\_EA/20322414002\_EA/21699547\_EA

# HEALTH AND WELLNESS DEALS

SAVE UP TO 30%

**NATURE'S BOUNTY VITAMINS or SUPPLEMENTS**  
selected varieties

21020231\_EA/21451161\_EA



\$12

**LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX**  
selected varieties

6's  
21592485\_EA/21592512\_EA



SAVE UP TO 20%

**U BY KOTEX PADS, LINERS, TAMPONS**  
selected varieties

10-120's  
21724867\_EA/21291897\_EA



\$23

**REACTINE 24-36's or CLARITIN 15-30's**  
selected varieties and sizes

20101290001\_EA  
20550172\_EA



\$13

**ADVIL TABLETS 40-100's, CAPLETS 45-100's, LIQUI-GELS 40-72's, LIQUID 230 mL, VOLTAREN 100-150 g or ROBAX CAPLETS 18's**  
selected varieties

20077169001\_EA/20503588\_EA



# BIG FLAVOURS, SMALL PRICES



 **Insiders Report™**



**\$3**

**PC® LEMONADE**  
selected varieties  
1.89 L  
2077387001\_EA/21425929\_EA



**575**

**PC® BLUE MENU®  
SPARKLING WATER**  
selected varieties,  
12x355 mL  
21703743\_C12



**650**

**PC® SAUSAGES**  
selected varieties  
375 g  
21731918\_EA



**250**

**PC® TORTILLA CHIPS**  
selected varieties  
320/340 g  
20305180\_EA



**350**

**PC® ORGANICS  
PLANT-BASED  
SOUR CREAM & ONION  
FLAVOUR BAKED  
CORN RING PUFFS or  
CHEDDAR BAKED CORN  
CRUNCHIES**  
selected varieties, 142 g  
21716046\_EA/21716109\_EA



**\$5**

**PC® SALSA SAUCE**  
selected varieties  
650 mL  
20309646003\_EA



**\$3**

**PC® NAAN  
ROUND BUNS**  
selected varieties  
480 g  
21649088\_EA/20737871\_EA



**350**

**PC® or PC® BLUE MENU®  
SALAD DRESSING**  
selected varieties  
475 mL  
20628488006\_EA



**\$5**

**PC® HUMMUS  
BOTTLE**  
selected varieties  
255 mL  
21732723\_EA



**\$5**

**PC® M'AQUA  
SPARKLING WATER**  
selected varieties  
6x355 mL  
21590669\_EA



**550**

**PC® ROASTED NUTS**  
selected varieties  
200/700 g  
20057990003\_EA



**\$6**

**PC® SHREDDED CHEESE**  
selected varieties  
250-320 g  
21060183\_EA



**\$7**

**PC® BACON**  
selected varieties  
375 g  
21738792\_EA



**\$12**


**PC® JERK CHICKEN  
BURGERS**  
frozen  
852 g  
21714192\_EA



**\$23**

**PC® THICK AND JUICY™  
PRIME RIB BURGER**  
frozen, 1.13 kg  
20941230\_EA

**App exclusive offer**

 **Optimum™**



**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

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



**\$5.99**

Earn  
**1,500**  
pts

That's  
**\$1.50**  
value

**PC® CHOP  
SALAD KITS**  
selected varieties  
product of U.S.A.  
285-369 g  
21378024\_ea/21547873\_ea



**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

**PC® SCOOP SHOP  
ICE CREAM**  
selected varieties,  
frozen  
946 mL  
21706459\_EA/21706621\_EA



Optimum™

# 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  
**\$35**  
in value

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



PC® LIGHT  
ROAST  
GROUND  
COFFEE  
930 g  
21668446\_EA

Save  
**\$5**  
with digital  
coupon

Optimum™



PC® BURGERS  
20941230\_EA

Earn  
**2,500**  
pts  
Until June - 10 - 2026

Optimum™



NO NAME®  
CHICKEN  
WIENERS  
Club Pack  
21414691\_EA

Earn  
**1,000**  
pts  
Until June - 10 - 2026

Optimum™



PC® HORS  
D'OEUVRE  
COLLECTION  
720 g  
20912735\_EA

Earn  
**2,500**  
pts  
Until June - 10 - 2026

Optimum™



PC® LIGHT  
ROAST  
WHOLE  
BEAN  
COFFEE  
907 g  
21668491\_EA

Save  
**\$5**  
with digital  
coupon

Optimum™



PC® BLACK LABEL  
ICE CREAM  
500 mL  
20604543003\_EA

Earn  
**750**  
pts  
Until June - 10 - 2026

Optimum™



PC® BRIOCHE  
MINI ROLLS  
21410779\_EA

Earn  
**1,000**  
pts  
Until June - 10 - 2026

Optimum™



PC® BLACK LABEL  
PIZZA  
21531410\_EA

Earn  
**1,500**  
pts  
Until June - 10 - 2026

Optimum™



NO NAME®  
CHOCOLATE  
100 g  
20580727\_EA

Earn  
**750**  
pts  
Until June - 10 - 2026

Optimum™



NO NAME®  
COOKIES  
20318678001\_EA

Earn  
**750**  
pts  
Until June - 10 - 2026

Optimum™



NO NAME®  
SALAD  
DRESSING  
475 mL  
20307707005\_EA

Earn  
**750**  
pts  
Until June - 10 - 2026

Optimum™



NO NAME®  
PASTA  
900 g  
20315613006\_EA

Earn  
**500**  
pts  
Until June - 10 - 2026

Optimum™



HÄAGEN-  
DAZS®  
21513347\_EA

Save  
**50¢**  
with digital  
coupon

Optimum™



HEINZ  
FLAVOURED  
MAYO  
21735038\_EA

Save  
**\$2**  
with digital  
coupon

Optimum™



İÖGO®  
FROZEN  
YOGURT  
21654322\_EA

Save  
**\$2**  
with digital  
coupon

Optimum™



DANONE  
DANINO  
6 x 93 mL  
21520245\_EA

Save  
**75¢**  
with digital  
coupon

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



Earn  
**750**  
pts

Until June - 10 - 2026

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

Optimum™



Earn  
**1,500**  
pts

Until June - 10 - 2026

**NO NAME® CANOLA OIL**  
3 L20028656\_EA

Optimum™



Earn  
**750**  
pts

Until June - 10 - 2026

**PC® ORGANIC BROTH**  
900 mL  
21195472\_EA

Optimum™



Earn  
**1,200**  
pts

Until June - 10 - 2026

**PC® SOFT DRINKS**  
12x355 mL  
20690671001\_EA

Optimum™



Earn  
**1,000**  
pts

Until June - 10 - 2026

**PC® MEMORIES SAUCES**  
20311313005\_EA

Optimum™



Save  
**\$5**

with digital coupon

**REACTINE**  
25ct & ABOVE  
20550171\_EA

Optimum™



Earn  
**2,500**  
pts

Until June - 10 - 2026

**PC® LAMB, BROWN RICE & PEA DOG FOOD RECIPE**  
14 kg  
21304669\_EA

Optimum™



Earn  
**2,500**  
pts

Until June - 10 - 2026

**PC® SUPER SOFT BATH TISSUE**  
30=100 rolls  
21450846\_EA

Optimum™



Earn  
**750**  
pts

Until June - 10 - 2026

**NO NAME® BLEACH**  
2.4 L  
21486532\_EAA

Optimum™



Earn  
**1,000**  
pts

Until June - 10 - 2026

**PC® BLACK EARTH ALL PURPOSE SOIL**  
21357792\_EA

Optimum™



Earn  
**1,000**  
pts

Until June - 10 - 2026

**NO NAME® BLACK CEDAR MULCH**  
21358573\_EA

Optimum™



Earn  
**500**  
pts

Until June - 10 - 2026

**NO NAME® TOP SOIL**  
21349120\_EA

Optimum™



Earn  
**1,000**  
pts

Until June - 10 - 2026

**NO NAME® COW MANURE**  
21349331\_EA

# EID MUBARAK!

عيد مبارك!

**1.99**  
LB



**LONG EGGPLANT**  
product of Mexico  
4.39/kg  
20159013001\_KG

**1.99**  
LB



**GINGER ROOT**  
product of China  
4.39/kg  
20179038001\_KG

**2.99**  
LB



**INDIAN EGGPLANT or KARELA**  
product of Mexico  
6.59/kg  
20055882001\_KG/20028046001\_KG

**3.99**  
LB

**OKRA**  
product of U.S.A.,  
Guatemala or Honduras  
8.80/kg  
20091263001\_KG

**\$5**



**SURAJ® NAAN**  
selected varieties  
10's  
20342261\_EA

**4.49**



**PUCK LABNEH 400 g or TRE STELLE PANEER 300 g**  
21624037\_EA/21664545\_EA

**2.99**



**QUALITY BULGUR or JARISH 907 g or ZINDA COUSCOUS 907 g**  
selected varieties  
20013708\_EA/21528526\_EA

**\$8**  
LB



**HALAL LEAN GROUND BEEF**  
17.64/kg  
20936905\_KG

**\$14**



**SUFRA® HALAL CHICKEN THIGHS**  
boneless, skinless  
up to 640 g  
21669347\_EA

**\$10**



**ZABIHA HALAL CHICKEN BURGERS, NUGGETS, STRIPS, FRIES, or POPCORN CHICKEN**  
selected varieties, frozen  
800/908 g  
21192447\_EA

**1.29**



**TAMAM CANNED BEANS**  
selected varieties  
796 mL  
21214487\_EA

**2.29**



**TAMAM FALAFEL MIX**  
200 g  
21239254\_EA

**\$4**



**ROOH AFZA BEVERAGE**  
800 mL  
21027924\_EA

**\$2**



**SHAN SPICE MIXES**  
selected varieties, 50-100 g  
20160022001\_EA

**7.99**



**AL SHIFA NATURAL HONEY**  
selected varieties, 500 g  
20862354\_EA

**1.50**



**ZUP NIMBOOZ LEMONADE**  
355 mL, **PUCK THICKENED CREAMY PRODUCT** 160 g or **HALDIRAM INDIAN SNACKS**  
90-150 g, selected varieties  
20309977\_EA/21449248\_EA/21682042\_EA

**\$3.99**

Earn **500** pts

That's **50¢** value



**KFI COOKING SAUCES**  
selected varieties, 375/395 mL  
20419490001\_EA/20419490003\_EA



Express™

# Get up to \$75 in pts

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

Use code  
**PCX75**  
at checkout.

[Shop now](#)



\*New PC Express customers only. All eligible orders must be completed by July 22, 2026. See site for details

# 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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONLINE PCX

no name™ mobile

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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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