



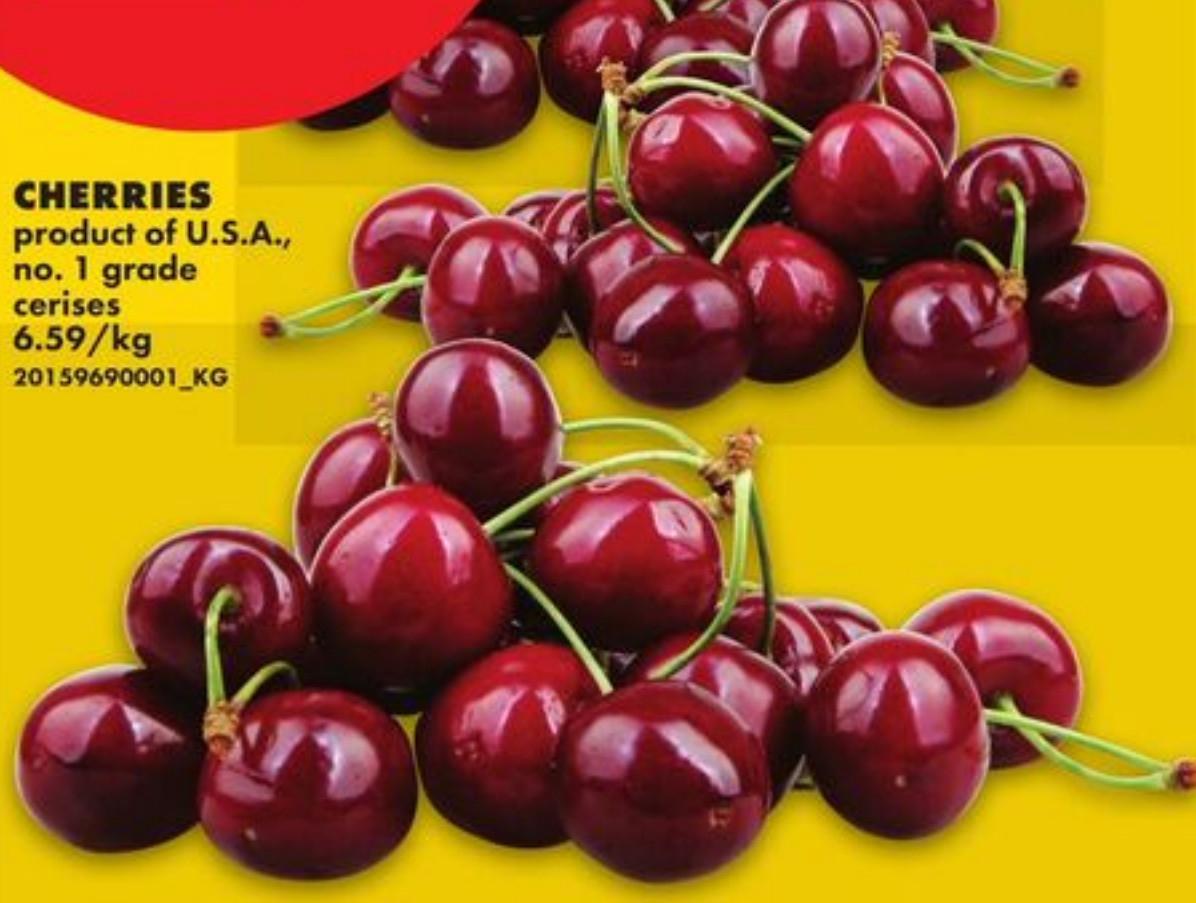
**WE ARE OPEN VICTORIA DAY!\***  
**8AM-6PM**

**ONLY**

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



**CHERRIES**  
product of U.S.A.,  
no. 1 grade  
cerises  
6.59/kg  
20159690001\_KG



**ONLY**

**.44**

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



**SAVE 50%**

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

**RUSSET POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre  
20601020001\_EA



**10 LB BAG**



**SAVE 42%**

**1<sup>44</sup>**

**PC® WHOLE WHITE MUSHROOMS**  
product of Ontario  
champignons  
blancs entiers  
20776239\_EA



**227 G**



# NOFRILLS®

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

**WE ARE OPEN VICTORIA DAY! \*  
8AM-6PM**

**ONLY**

**SAVE 45%**

**3.25**



**MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS**  
selected varieties, 375 g  
saucisses fumées  
20602429\_EA

**BONE-IN RIB STEAK**  
cut from ungraded beef  
bifteck d'loyau  
22.02kg  
21531583\_KG

**WHILE QUANTITIES LAST**



**CLUB SIZE**

**9.99**  
LB

**SAVE UP TO 27%**

**5.50**



**SEAQUEST® RAW or COOKED WHITE SHRIMP**  
selected varieties, frozen  
36/55 per lb, 300 g  
crevettes blanches crues ou cuites  
21636326\_EA/21636352\_EA

**SAVE 50%**

**5.99**



**JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen, 700 g  
lanières ou pépites ou burgers ou bouchées de poulet  
21191828\_EA

**SAVE 24%**

**5.17**



**NEILSON TRUTASTE MILK**  
selected varieties, 4 L  
lait  
20148677\_EA

**ONLY**

**3.50**

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

20419715004\_EA/20625055\_EA

**ONLY**

**4.99**

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

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  
friandises glacées  
21739610\_EA

**SAVE UP TO 33%**

**\$3**

**MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL**  
selected varieties  
1.89 L  
cocktail de jus de palourdes ou canneberge  
20300060008\_EA/20318955002\_EA

20300060008\_EA/20318955002\_EA

**SAVE UP TO 42%**

**2.77**

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

20324328002\_EA/21022302\_EA

**SAVE 23%**

**2.99**

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

21241032\_EA/21663082\_EA

**PRICE DROP**

**\$1**

**CLARK BAKED BEANS**  
selected varieties  
398 mL  
fèves  
21308477\_EA

21308477\_EA

**SAVE UP TO 33%**

**11.99**

**817 ELEPHANT BRAND BASMATI or EXTRA LONG BASMATI RICE**  
4 kg  
riz basmati  
20787524\_EA/21341987\_EA

20787524\_EA/21341987\_EA

**ONLY**

**12.88**

**DAN-D PAK CASHEWS**  
salted or unsalted  
908 g  
noix de cajou  
20314862002\_EA

20314862002\_EA

**ONLY**

**2.88**

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

20154975\_C24

**ONLY**

**12.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
24x355 mL or FUZE ICED TEA 20x341 mL  
selected varieties  
boissons gazeuses ou thé glacé  
20306687002\_C24/20308197001\_C24

20306687002\_C24/20308197001\_C24

**Shop the PC® Insiders Report™ today!**



\* Ontario stores only will be open 8am-6pm on May 18th, 2026

[nofrills.ca](https://www.nofrills.ca)

AVAILABLE AT: LUCIANO & SARAH'S - ACTON, ROB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGUS, MARK'S - ARNPRIOR, RYAN'S - AYLMER, TONY & JILL'S - BANCROFT, CHRIS' - BARRIE, NICK'S - BARRIE, RYAN'S - BEAMSVILLE, ANTHONY & NADÈGE'S - BELLEVILLE, JOE'S - BELLEVILLE, REALI'S - BRADFORD, RUSTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRIGHTON, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SALMA'S - CAMBRIDGE, FISHER'S - CAMPBELLFORD, DANIEL'S - CASSELMAN, ROB & KRISY'S - CHATHAM, DAVID'S - COBOURG, JAMES & JENN'S - CORNWALL, CHRIS' - CORUNNA, TYLER'S - DORCHESTER, NATHANIEL & MAGGIE'S - ELLIOT LAKE, JOSH'S - ESSEX, JESSE & KELLY'S - FORT ERIE, BALDREE'S - GANANOQUE, MIKE & GRACE'S - GLENCOE, DANI & MATT'S - GRAND BEND, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, RON'S - HAGERSVILLE, BRENT & HEAGAN'S - HAMILTON, CHRIS & JENNY'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INANISFIL, DYKEMAN'S - KING CARLINE, ANDREW & EMILY'S - KINGSTON, TANYA'S - KINGSTON, DEREK & LAURA'S - KITCHENER, MIKE & GRACE'S - KOMOKA, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ALLEN'S - MIDLAND, BRIAN & RICKY'S - MIDLAND, PETER'S - MOUNT FOREST, JAMIE & JACLYN'S - NAPANEE, CHRIS & SAMIA'S - NEPEAN, MACKAY'S - NEW HAMBURG, PALMIERI'S - NEWCASTLE, JOE & CASSY'S - NIAGARA FALLS, ALAN & MICHELLE'S - NORTH BAY, JEFF & TANI'S - NORTH BAY, JIM & LEE-ANNE'S - ORANGEVILLE, JASON'S - ORILLIA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACIE & TROY'S - PARRY SOUND, STEVEN & JULIE'S - PEMBROKE, GREG'S - PETERBOROUGH, TAYLOR'S - PETERBOROUGH, BRANDON & MEGAN'S - PICTON, BRANDON'S - PORT COBORNE, WALKER'S - PORT DOVER, CHRIS & TANYA'S - RENFREW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEF'S - SHELburne, BLAKE'S - ST CATHARINES, JIM'S - ST CATHARINES, JEFF & HOLLY'S - STITTSVILLE, CRAIG & JESS' - STRATFORD, BRANDON & ASHLEY'S - STURGEON FALLS, PAM & STEVE'S - SUDBURY, STEVE'S - SUTTON WEST, CAYLE'S - TILBURY, RYAN & CAITLIN'S - TIMMINS, MARK & SARAH'S - WALLACEBURG, DANIEL'S - WATERDOWN, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELLAND, SOUTH WINDSOR - WINDSOR, TARA'S - WINDSOR, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

01 NFO

# DELI DEALS

SAVE 41%

2.50

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

20319107\_EA



ONLY

3.50

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

21592461\_EA/21599921\_EA



ONLY

\$3

**PC® DIPS 200/227 g or PC® NAAN DIPPERS 200 g**  
selected varieties  
trempeuses ou pains Naan

20584097\_EA/21092033\_EA



ONLY

\$2

**NO NAME® HAMBURGER or HOT DOG BUNS**  
selected varieties  
8's

pains à hamburger ou hot-dog

21509434\_EA/21509514\_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 fraîches

21521168\_EA/20962398\_EA



# FRESH AT LOW PRICES

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



**CANTALOUPE**  
product of Guatemala, Honduras or Brazil, no. 1 grade cantaloup  
20167017001\_EA

**680 G**



**3 LB BAG**

**\$4**

**NO NAME® NATURALLY IMPERFECT™ LEMONS** product of South Africa or U.S.A. or **NO NAME® NATURALLY IMPERFECT™ LIMES** product of Mexico citrons ou limes  
21673921001\_EA/21124487001\_EA

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



**9 LB AVERAGE**

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

**6 OZ CLAMSHELL**



**PINT**

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

**BLUEBERRIES** product of U.S.A., Mexico or Peru, no. 1 grade, **RASPBERRIES** product of U.S.A. or Mexico, no. 1 grade or **BLACKBERRIES** product of U.S.A. or Mexico bleuets, framboises ou mûres  
20051015001\_EA/20080137001\_EA/20128938001\_EA



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

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

**PINEAPPLE** each, product of Costa Rica or **RED SEEDLESS GRAPES** 8.80/kg, product of Chile, no. 1 grade ananas ou raisins rouges sans pépins  
20160992001\_EA/20159199001\_KG

**3<sup>99</sup>** PKG OF 5

**AVOCADOS** product of Mexico, Peru or Colombia avocats  
21644936001\_EA

**1<sup>29</sup>**

**CILANTRO** product of Mexico or U.S.A. or **ENGLISH CUCUMBERS** product of Canada, Canada no. 1 grade coriandre ou concombres anglais  
20070132001\_EA/20091825001\_EA

**.49** LB

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

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

**ATAULFO** or **RED MANGOES** product of Mexico or **FUYU PERSIMMONS** product of Brazil mangue ou kakis  
20139417001\_EA/20059635001\_EA/20121509001\_EA

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

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

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

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

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

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

**2<sup>99</sup>** 283 G

**FARMER'S MARKET™ GRAPE TOMATOES** product of Canada or U.S.A. tomates raisins  
21367888001\_EA

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

**ASPARAGUS** product of Canada or Peru, no. 1 grade asperges  
8.80/kg  
20174581001\_KG

**\$4**

**BOLTHOUSE SMOOTHIES** selected varieties, product of U.S.A. 946 mL boissons fouettées  
20280429\_EA/20325816\_EA

**4<sup>99</sup>** 567 G

**PC® LITTLE BEAUTS VARIETY TOMATOES** product of Canada tomates  
21720711001\_EA

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

**FARMER'S MARKET™ ORANGES** product of Morocco, Spain or Egypt or **ZESPRI SUNGOLD KIWI** product of New Zealand oranges ou kiwi  
20162945001\_EA/20985015001\_EA

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

**FARMER'S MARKET™ AMBROSIA** or **MCINTOSH APPLES** product of Ontario, Canada fancy grade pommes  
21307212001\_EA/20051827\_EA

**6<sup>99</sup>** 4 LB BAG

**FARMER'S MARKET™ MANDARINS** product of Morocco or Spain mandarines  
20054025001\_EA

**NEW LOWER PRICES**

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

**EGGPLANT** product of Mexico or U.S.A. aubergine  
5.49/kg  
20155709001\_KG

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

**GREEN ZUCCHINI** product of Mexico or U.S.A. courgette verte  
4.39/kg  
20426596001\_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  
couches

21172500\_EA/21371074\_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  
couches or préparations  
à base de lait

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 sizes and varieties  
couches

21551525\_EA/21692756\_EA

**\$23<sup>99</sup>**

Earn  
**3,000**  
pts

That's  
**\$3**  
value



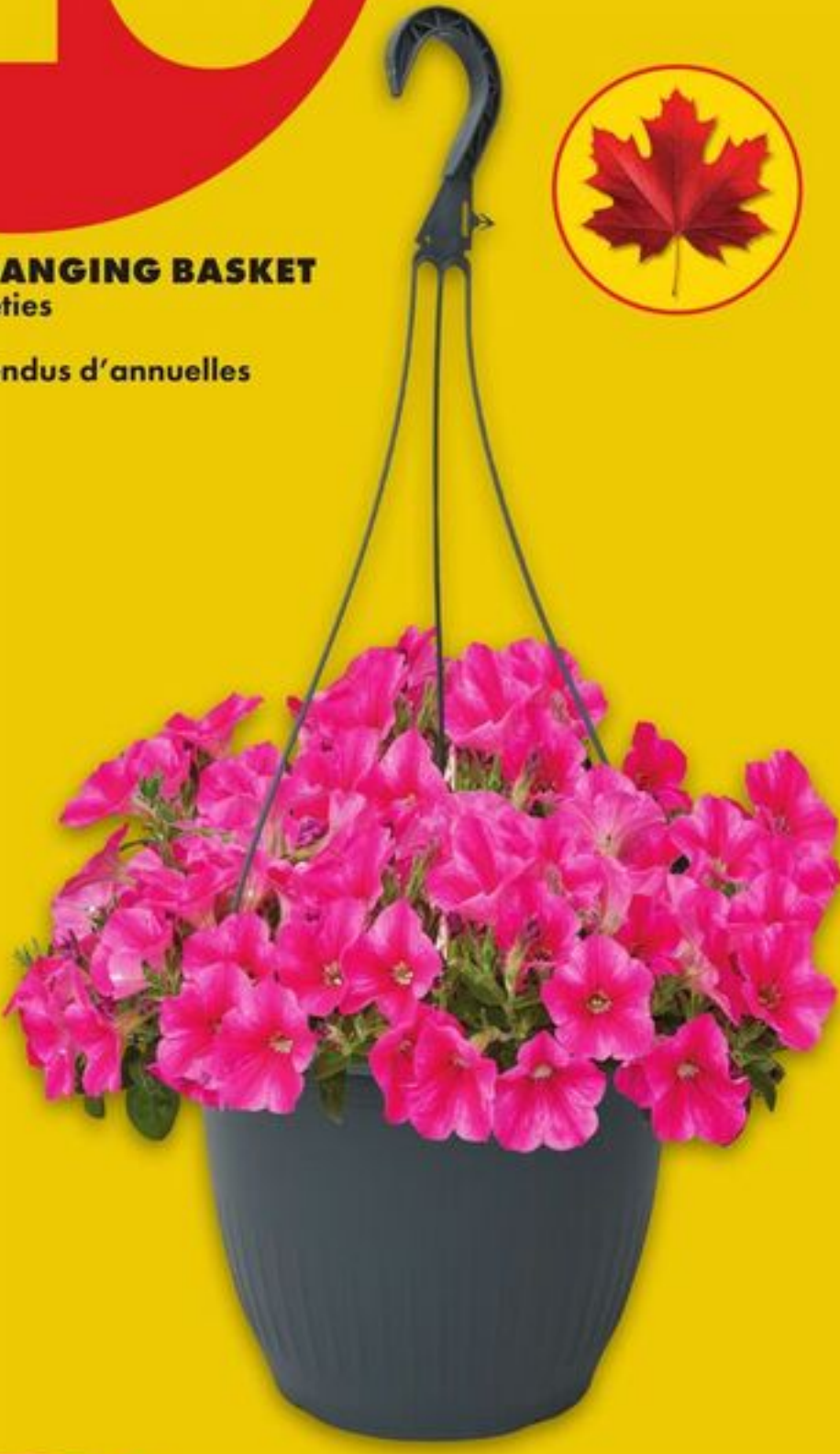
**HUGGIES 16X BABY WIPES**  
selected varieties  
960-1152's  
lingettes pour bébé

21541191\_EA

# GARDEN DEALS

\$10

**ANNUAL HANGING BASKET**  
selected varieties  
10 inch  
paniers suspendus d'annuelles  
20053146\_EA



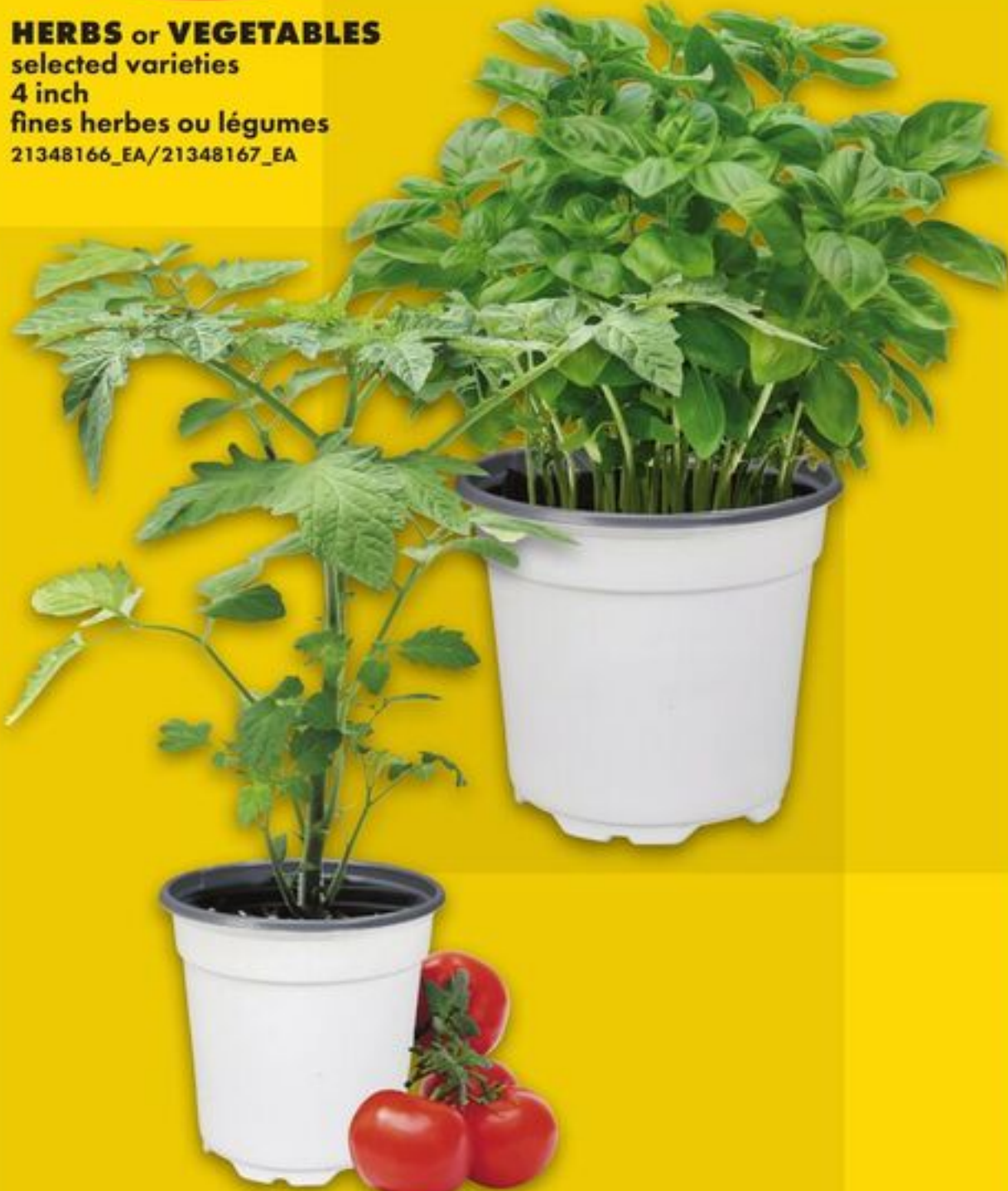
\$3

**ANNUALS**  
selected varieties  
4 inch  
annuelles  
21348168\_EA



\$3

**HERBS or VEGETABLES**  
selected varieties  
4 inch  
fines herbes ou légumes  
21348166\_EA/21348167\_EA



# FRESH AT LOW PRICES

**\$9**

**PC® BLUE MENU® GROUND CHICKEN or MINCED TURKEY**  
454 g  
poulet haché ou hachis de dinde  
21100092\_EA



**\$7**  
LB

**LEAN GROUND BEEF AND PORK**  
bœuf et porc hachés  
15.43/kg  
20861188\_KG

**4.99**

**WONG WING ENTRÉES**  
selected varieties, frozen, 400 g  
plats cuisinés  
20507138\_EA



**6.99**

**LILYDALE TURKEY DINNER SAUSAGES**  
selected varieties  
500 g  
saucisses de dinde à repas  
21064934\_EA

**\$10.99**

Earn **1,000** pts

That's **\$1** value

**LOU'S BBQ PORK BACK RIBS**  
frozen  
680 g  
côtes de dos de porc  
21530551\_EA



**\$10**

**MAPLE LEAF HAM**  
600 g  
jambon  
21094883\_EA



**4.99**

**ASIAN INSPIRATION ENTRÉES**  
selected varieties, frozen  
400 g  
plats cuisinés  
21047376\_EA



**\$4.50**

Earn **500** pts

That's **50¢** value

**SUMMI! SPRING ROLLS or DUMPLINGS**  
selected varieties  
250-350 g  
rouleaux de printemps ou dumplings  
21114397\_EA/21378594\_EA



**\$7**

**SEAQUEST® FISH FILLETS**  
selected varieties, frozen, 400 g  
filets de poisson  
20036614\_EA/21314740\_EA



**\$9**

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



**\$5**

**MARCANGELO SLICED DELI MEAT**  
85 g  
charcuteries tranchées  
21706089\_EA



**6.50**

**PC® FREE FROM® SLICED DELI MEAT 175 g, PILLER'S KOLBASSA 250-375 g or SLICED PEPPERONI 175-250 g**  
selected varieties  
charcuteries tranchées ou kolbassa ou pepperoni tranché  
20308469\_EA/20682966\_EA



**\$6**

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



**\$5**

**SNACK FACTORY PRETZEL CRISPS**  
selected varieties  
200 g  
craquelins  
20948939\_EA/20948940\_EA



**2.48**

**NO NAME® BREAD**  
selected varieties  
675 g  
pain  
21509822\_EA



**2.50**

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



**\$4**

**ACE GOURMET BURGER AND SAUSAGE BUNS or BISTRO'S**  
selected varieties  
296-640 g  
pains à burger ou hot-dog  
21596226\_EA



# LONG WEEKEND DEALS

ONLY

1<sup>25</sup>

**NEILSON CHOCOLATE MILK**  
750 mL  
lait au chocolat  
20766719\_EA



CLUB SIZE

ONLY

5<sup>99</sup>  
LB

**BONELESS, SKINLESS, CHICKEN BREASTS**  
poitrines de poulet  
13.21/kg  
20654124\_KG

ONLY

6<sup>50</sup>

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



ONLY

6<sup>99</sup>

**BECEL MARGARINE**  
selected varieties, 800 g  
margarine  
21747692\_EA



SAVE 20%

4<sup>77</sup>

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



.97

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



6<sup>99</sup>

**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
rehausseur pour café  
21358473\_EA



2<sup>50</sup>

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



Optimum App exclusive offer

\$6

Earn 2,000 pts

That's \$2 value

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

5<sup>50</sup>

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



\$4

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



2<sup>50</sup>

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



3<sup>50</sup>

**MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g**  
selected varieties  
capocollo ou prosciutto cotto ou jambon ou mortadelle  
20576743\_EA/20577341\_EA



2<sup>50</sup>

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



6<sup>25</sup>

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



\$3

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



\$1

**NO NAME® TOMATO PASTE 156 mL or PIZZA SAUCE 213 mL**  
selected varieties  
pâte de tomate ou sauce à pizza  
20018020\_EA/20118094\_EA



4<sup>99</sup>

**HEINZ KETCHUP**  
selected varieties  
750 mL/1 L  
ketchup  
20069080\_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/21393374\_EA



\$3

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



\$5

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



\$26<sup>99</sup>

Earn 2,000 pts

That's \$2 value



**PAMPERS EASYUPS or NINJAMAS TRAINING PANTS**  
selected varieties, 34-74's  
culottes d'entraînement  
21089365\_EA/21393033\_EA

\$29<sup>99</sup>

Earn 3,000 pts

That's \$3 value



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

App exclusive offer

Earn 6,000 pts when you spend \$15\* or more

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**



**\$3**

🇨🇦 Made in Canada

**Kraft Miracle Whip**

Selected varieties, 650/890 mL

Limit: 6, over limit retail \$4.00

20298681001\_EA



**\$1.88**

🇨🇦 Made in Canada

**Marangolo Souvlaki**

Selected varieties, 2 Pack, 120 g

Limit: 6, over limit retail \$2.50

20902208\_EA/21095022\_EA



**\$2.25**

**Takis Rolled Corn Chips**

Selected varieties, 260 g

Limit: 6, over limit retail \$3.00

21715466\_EA



**\$4**

**Head Men's & Women's Socks**

3 pk

Limit: 6, over limit retail \$5.99

21721517\_EA/ 21721507\_EA

**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. No rainchecks.

# BRANDS YOU LOVE AT LOW PRICES

**2.75**

**YOPLAIT TUBES** 8's, MINIGO 6's or SOURCE 630 g YOGURT selected varieties yogurt  
21547595\_EA/21619388\_EA



**4.99**

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

**\$5**

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



**\$5**

**LACTANTIA PUR FILTRE MILK** selected varieties 2 L lait  
21424991\_EA

**\$4**

**MINUTE MAID ZERO SUGAR BEVERAGES** selected varieties, refrigerated 1.54 L boissons zéro sucre  
21434019\_EA/21434119\_EA



**6.50**

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



**1.49**

**NO NAME® VEGETABLES** selected varieties 398 mL légumes  
20302135\_EA



**\$3**

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



**3.99**

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



**2.69**

**TIM HORTONS SOUP** selected varieties 540 mL soupe  
21203782\_EA



**2.79**

**CATELLI GLUTEN-FREE PASTA** selected varieties, 340 g pâtes sans gluten  
20704235\_EA/20704243\_EA



**3.99**

**FRANK'S RED HOT, THICK or SQUEEZE SAUCE** selected varieties, 354 mL sauce piquante  
20187632001\_EA/21352812\_EA



**17.99**

**COLAVITA EXTRA VIRGIN OLIVE OIL** 1 L huile d'olive  
20617955\_EA



**4.99**

**PAM COOKING SPRAY** selected varieties 141/170 g vaporisateur à cuisson  
20178204001\_EA



**3.79**

**PC® BLUE MENU® BEANS or LENTILS** selected varieties, 900 g haricots ou lentilles  
20629153\_EA/20629676\_EA



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

**\$4.50**

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



**MIO, CRYSTAL LIGHT or KOOL-AID LIQUID WATER ENHANCERS** 48 mL/24-56 g or KOOL-AID JAMMERS 10x180 mL selected varieties aromatisant liquides pour eau ou boisson  
20079976006\_EA/20663423\_EA

**\$3.25**

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



**OLD DUTCH POTATO 220 g or TORTILLA 275-290 g CHIPS or HUMPTY DUMPTY SNACKS** 250-290 g, selected varieties croustilles ou grignotines  
21445100\_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 épices ou assaisonnements ou extraits ou colorants alimentaires  
20061848\_EA/20180764\_EA/20302816001\_EA

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



**BEN'S ORIGINAL RICE, STREET FOOD BOWL or NOODLES** all sizes and varieties riz ou bols ou nouilles  
21397330\_EA/21405476\_EA/21535549\_EA/21719340\_EA

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

# BRANDS YOU LOVE AT LOW PRICES

**4.99**

**PHILADELPHIA CREAM CHEESE PRODUCT or DIPS** selected varieties 340 g produit de fromage à la crème ou trempettes 20866929002\_EA



**5.99**

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

**\$6**

**TRU FRU CHOCOLATE COVERED FRUIT or FRUIT RIOT! SOUR FROZEN FRUIT** selected varieties, frozen 170 g fruits enrobés de chocolat ou fruits acidulés surgelés 21516003\_EA/21653869\_EA



**\$10**

**HIGH LINER PAN SEAR or BATTERED FISH FILLETS** selected varieties, frozen 425-600 g filets de poisson 20296596002\_EA

**\$10**

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



**3.50**

**LIBERTÉ MÉDITERRANÉE 500 g or YOPLAIT PROTEIN 650 g YOGURT** selected varieties yogurt 21547567\_EA/21587047\_EA



**\$3**

**DOLE FRUIT BOWLS 4x107 mL or FRUIT N' GEL SNACKS 4x123 g** selected varieties bols de fruits ou collations en gelée 20318455001\_EA 20324241001\_EA



**4.50**

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



**4.50**

**LA GRILLE SEASONING or CLUB HOUSE BLENDS** selected varieties 111-248 g assaisonnements ou mélanges 2038006002\_EA/20321740001\_EA



**\$19**

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



**\$4**

**PLANTERS CASHEWS** selected varieties 200 g noix de cajou 21021618\_EA



**\$6**

**NESTLÉ COFFEE MATE 425/450 g, NESQUIK SYRUP 510/700 mL or POWDER 540 g**, selected varieties colorant à café ou sirop au chocolat ou poudre 20309221002\_EA/20320167002\_EA



**\$4**

**TWININGS TEA or HERBAL TEA** selected varieties 20's thé ou tisane 20300740001\_EA



**\$10**

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



**\$3**

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



**\$5**

**NUTELLA HAZELNUT SPREAD** 375 g tartina de noisettes 20435988\_EA



**\$9**

**KIND MINIS or THINS** selected varieties 200/210 g minis ou minces 21125232\_EA/21554179\_EA



**\$4**

**CARNABY SWEET GUMMIES** selected varieties 500 g friandises gélifiées 21363882\_EA



# TREAT YOURSELF TO LOW PRICES

**\$4**

**NO NAME® ICE MILK**  
selected varieties, frozen  
1.65 L  
lait glacé  
21610174\_EA/21610199\_EA



**\$11**

**NO NAME® ICE CREAM SANDWICHES or BARS**  
selected varieties, Club Size,  
frozen, 24-30's  
sandwiches à la crème glacée  
ou barres  
20347400002\_EA/21013432\_EA

**\$5**

**PC® LOADS OF ICE CREAM BARS**  
selected varieties frozen  
4x72 mL  
barres de crème glacée  
21575391\_EA/21707047\_EA



App exclusive offer



**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

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



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

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



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

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



**\$5**

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



**\$5**

**CHAPMAN'S YUKON NOVELTIES**  
selected varieties,  
frozen, 5-8's  
friandises glacées  
20950271\_EA/21012281\_EA



**\$6**

**PC® SKYR or BLUE MENU® YOGURT BARS**  
selected varieties, frozen, 4-10's  
barres de yogourt  
21074208\_EA/21718729\_EA



**\$5**

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



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

**CHAPMAN'S FROZEN YOGURT**  
selected varieties, frozen  
2 L  
yogourt glacé  
20314434001\_EA/20314434007\_EA



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

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



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

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



**\$2**

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



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

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



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

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



**\$6**

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



**\$6**

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



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

**NO NAME® MARASCHINO CHERRIES**  
375 mL  
noix de Grenoble  
ou amandes  
20050959\_EA



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

**NO NAME® ALMONDS or WALNUTS**  
selected varieties  
100 g  
cerises au marasquin  
20127455001\_EA/20599246\_EA



# BRANDS YOU LOVE AT LOW PRICES

\$5



**NO NAME® ALUMINUM FOIL**  
100 ft  
papier d'aluminium  
21119988\_EA



\$5

**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 DISHWASHER TABS 10-15's** selected varieties détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle  
21658961\_EA/20301481001\_EA

4.50



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

\$7



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

\$2



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

5.50



**DAWN POWERWASH STARTER 473 mL, REFILL 635 mL or MR. CLEAN CLEAN FREAK 473 mL** selected varieties savon à vaisselle ou recharge ou nettoyant  
21166030\_EA/21218861\_EA

\$5



**CLOROX BLEACH**  
2.4 L  
eau de Javel  
21283179\_EA

\$9



**PC® LAUNDRY DETERGENT or TOILET STRIPS**  
selected varieties  
32/39's  
bandelettes de détergent ou nettoyant  
21614582\_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

\$10



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

\$11



**GLAD GARBAGE BAGS**  
selected varieties, 20-40's  
sacs à ordures  
21165477\_EA

\$10



**BANANA BOAT SUNSCREEN**  
selected varieties  
141-226 g/75-315 mL  
écran solaire  
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 barres ou biscuits 20587504001\_EA/20686988001\_EA

# 550



**GENERAL MILLS FAMILY SIZE CEREAL** selected varieties 475-778 g céréales 21103495\_EA/21103497\_EA

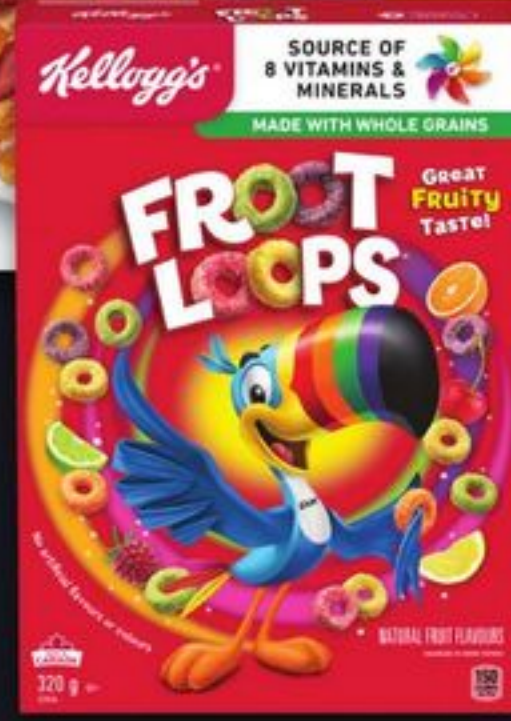
# 550



**ROBIN HOOD or FIVE ROSES FLOUR** selected varieties 2/2.5 kg farine 20039497001\_EA/20148914001\_EA



# \$4



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

# 450



**KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K or MINI-WHEATS CEREAL** selected varieties, 306-525 g céréales 21607207\_EA/21607294\_EA

# 950



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

# \$4



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

# 229



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

# 275



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

# 250



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

# 450



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

# 450



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

# \$4



**TOSTITOS TORTILLA CHIPS** selected varieties, 215-295 g croustilles de tortilla 21050575\_EA

# \$4



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

# \$4



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

# \$8



**CLIF BAR ENERGY BARS** selected varieties 340 g barres d'énergie 21664766\_EA/21664843\_EA

# 250



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

# \$2



**CHEEZ-IT CRACKERS** selected varieties, 191/200 g craquelins 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 craquelins 21033188\_EA/21520666\_EA

# 250



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

**LOW PRICES IN STOCK**

**\$3**



**LECLERC GO PURE or NUGABAR BARS**  
selected varieties  
140-175 g  
barres  
21507858\_EA/21536595\_EA

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

**\$3**

**\$3**



**2.75**

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

**NESTLÉ CHOCOLATE BARS**  
selected varieties  
95-105 g  
barres de chocolat  
20640580\_EA/21648436\_EA

**3.50**



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

**\$5**



**NESTLÉ CHOCOLATE BAG**  
selected varieties  
76-203 g  
sac de chocolat  
21506191\_EA/21648229\_EA

**4.99**



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

**5.97**



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

**\$4**



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

**4.25**



**COCA-COLA MINI CANS**  
selected varieties, 6x222 mL  
boissons gazeuses  
20354227001\_C06/20354288002\_C06

**\$8**



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

**6.50**



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

**4.25**



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

**21.50**



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

**\$7**



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

**7.49**



**NESCAFÉ GOLD INSTANT COFFEE 90-100 g or ESPRESSO CONCENTRATES 500 mL**, selected varieties  
café instantané ou concentré d'espresso  
21074565\_EA/21665027\_EA

**11.99**



**STARBUCKS ROAST AND GROUND COFFEE 340 g, PODS 10's or HOT CHOCOLATE 240/300 g**, selected varieties  
café torréfié et moulu ou capsules ou chocolat chaud  
20548682002\_EA/21541288\_EA

**LOW PRICES IN STOCK**

**\$4**



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

**\$3**



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



**2.50**

**\$4**



**ORVILLE REDENBACHER MICROWAVE POPCORN** 385-492 g or **KERNEL JAR** 850 g  
selected varieties  
maïs à éclater ou en pot  
20629532003\_EA



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

**\$3**



**CADBURY CHOCOLATE BARS**  
selected varieties, 80-105 g  
barres de chocolat  
21648607\_EA/21648647\_EA

**2.25**



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

**2.50**



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

**24.99**



**VAN HOUTTE COFFEE PODS**  
selected varieties  
30's  
capsules de café  
20743469\_EA

**17.99**



**TIMOTHY'S or KRISPY KREME COFFEE PODS**  
selected varieties, 30's  
capsules de café  
21007380\_EA/21433555\_EA

**2.49**



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

**4.79**



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

**\$6.99**

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

**CHARMIN BATHROOM TISSUE** 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls, selected varieties  
papier hygiénique ou essuie-tout  
21670159\_EA/21707477\_EA

**\$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  
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse  
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  
détergent ou perles ou feuilles d'assouplissant  
20959627\_EA/21671135\_EA

**\$10**

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

**5.50**

**LYSOL DISINFECTING WIPES** 75/84's, **SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL, selected varieties  
lingettes ou vaporisateur désinfectant ou nettoyant  
20314511001\_EA/21449826\_EA

**\$14**

**FINISH DISHWASHER TABS** 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL  
selected varieties  
capsules de détergent pour lave-vaisselle ou agent de rinçage  
21218146\_EA/21565525\_EA

**\$7**

**LYSOL TOILET BOWL CLEANER** 2x710 mL, **DISINFECTANT SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L  
selected varieties  
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive  
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  
détergent ou assouplissant  
20083525002\_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 dentifrice ou brosse à dents manuelle 20306410001\_EA/21166685\_EA

**\$4**



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

**4.50**



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

**5.50**



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

**5.50**



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

**\$6**



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

**\$9**



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

**9.50**



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

**\$11**



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

**\$12**



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

**ALWAYS  
\$5**



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

**\$15**



**CETAPHIL FACIAL CLEANSERS or MOISTURIZERS** selected varieties 120-473 mL nettoyants pour le visage ou hydratants 21718816\_EA

**\$18**



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

# BABY ESSENTIALS AT LOW PRICES

**4.50**



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



**19.99**

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

**26.99**



**HUGGIES PULL UPS or  
GOODNITES NIGHTTIME  
TRAINING PANTS**  
selected varieties and sizes  
24-74's  
culottes d'entraînement  
20963841\_EA/21371199\_EA



**28.99**



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

**47.99**



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

**54.99**



**GOOD START PLUS  
POWDER BABY FORMULA**  
selected varieties  
942 g-1.02 kg  
préparation pour nourrissons en poudre  
21599587\_EA/21599614\_EA

**UP TO  
20%  
OFF**



**EUCERIN AQUAPHOR BABY  
OINTMENT, CLEANSER or  
RASH CREAM**  
selected varieties  
85-500 g  
onguent ou nettoyant ou crème pour  
l'érythème fessier  
21482435\_EA

**2.50**



**SIMPLY GOURMET TODDLER  
SNACKS**  
selected varieties  
32 g  
collations pour tout-petits  
21597310\_EA/21597336\_EA

**\$9**



**PEDIASURE  
COMPLETE REDUCED  
SUGAR NUTRITIONAL  
SUPPLEMENT**  
selected varieties  
4x235 mL  
supplément nutritif  
20322414001\_EA/20322414002\_EA

**4.99**



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

**\$9.99**

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

**DOVE BABY SENSITIVE or  
RICH MOISTURIZED WASH or LOTION**  
selected varieties, 591 mL  
nettoyant ou lotion pour bébé  
21017298\_EA

Earn **10,000 pts** For every \$50\* spent. That's **\$10** value.

**DIAPERS, WIPES, FORMULA, FOOD, NEEDS or  
ACCESSORIES IN THE BABY DEPARTMENTS**  
all sizes and varieties  
couches ou lingettes ou préparation ou aliments ou  
produits ou accessoires pour bébé  
21172500\_EA/21540721\_EA/20322414002\_EA/21699547\_EA

# BIG FLAVOURS, SMALL PRICES



 **Insiders Report™**



**\$3**

**PC® LEMONADE**  
selected varieties  
1.89 L  
limonade  
20773870001\_EA/21425929\_EA



**575**

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



**650**

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



**250**

**PC® TORTILLA CHIPS**  
selected varieties  
320-350 g  
croustilles de tortilla  
20305180\_EA



**350**

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



**550**

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



**\$3**

**PC® NAAN  
ROUND BUNS**  
selected varieties  
480 g  
petits pains naan ronds  
21649088\_EA/20757871\_EA



**\$3**

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



**\$5**

**PC® HUMMUS  
BOTTLE**  
selected varieties  
255 mL  
bouteille d'humus  
21732723\_EA



**\$5**

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



**550**

**PC® ROASTED NUTS**  
selected varieties  
200/700 g  
noix grillées  
20037990003\_EA



**\$6**

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



**\$6**

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



**\$12**


**PC® JERK CHICKEN  
BURGERS**  
frozen  
852 g  
burgers de poulet à la jerk  
21714192\_EA



**\$23**

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

**App exclusive offer**

 **Optimum™**



**\$4.50**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

**PC® FLATBREAD**  
selected varieties  
frozen  
330-395 g  
pain plat  
21013452\_EA



**\$4.99**

Earn  
**1,500**  
pts

That's  
**\$1.50**  
value

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



**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value

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

# App exclusive offers

**More offers  
More points**

**LOAD YOUR DIGITAL COUPONS  
IN 6 EASY STEPS**

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

**Members  
get over**  
**\$35**  
**in value**

**CLICK FOR  
THESE COUPONS  
AND MORE**



**PC® LIGHT  
ROAST  
GROUND  
COFFEE**  
930 g  
café  
21668446\_EA

**Save  
\$5  
with digital  
coupon**



**PC®  
BURGERS**  
burgers  
20941230\_EA

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



**NO NAME®  
CHICKEN  
WIENERS**  
Club Pack  
saucisses fumées  
de poulet  
21414691\_EA

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



**PC® HORS  
D'OEUVRE  
COLLECTION**  
720 g  
hors-d'œuvre  
20912735\_EA

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



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

**Save  
\$5  
with digital  
coupon**



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

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



**PC®  
BRIOCHE  
MINI ROLLS**  
mini-petits pains  
21410779\_EA

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



**PC®  
BLACK LABEL  
PIZZA**  
pizza  
21531410\_EA

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



**NO NAME®  
CHOCOLATE**  
100 g  
chocolat  
20580727\_EA

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



**NO NAME®  
COOKIES**  
biscuits  
20318678001\_EA

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



**NO NAME®  
SALAD  
DRESSING**  
475 mL  
vinaigrette  
20307707005\_EA

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



**NO NAME®  
PASTA**  
900 g  
pâtes  
20315613006\_EA

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



**HÄAGEN-  
DAZS®**  
dessert glacé  
21513347\_EA

**Save  
50¢  
with digital  
coupon**



**HEINZ  
FLAVOURED  
MAYO**  
mayonnaise  
aromatisée  
21735038\_EA

**Save  
\$2  
with digital  
coupon**



**iöGO®  
FROZEN  
YOGURT**  
yogourt glacé  
21654322\_EA

**Save  
\$2  
with digital  
coupon**



**DANONE  
DANINO**  
6 x 93 mL  
yogourt  
21520245\_EA

**Save  
75¢  
with digital  
coupon**

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

Earn  
**750**  
pts

Until June - 10 - 2026

Optimum™



**NO NAME® CANOLA OIL**  
3 L  
huile de canola  
20028656\_EA

Earn  
**1,500**  
pts

Until June - 10 - 2026

Optimum™



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

Earn  
**750**  
pts

Until June - 10 - 2026

Optimum™



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

Earn  
**1,200**  
pts

Until June - 10 - 2026

Optimum™



**PC® MEMORIES SAUCES**  
sauces  
20311313005\_EA

Earn  
**1,000**  
pts

Until June - 10 - 2026

Optimum™



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

Save  
**\$5**  
with digital  
coupon

Optimum™



**PC® LAMB, BROWN RICE & PEA DOG FOOD RECIPE**  
14 kg  
formule à  
l'agneau, au riz  
brun et aux pois  
21304669\_EA

Earn  
**2,500**  
pts

Until June - 10 - 2026

Optimum™



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

Earn  
**2,500**  
pts

Until June - 10 - 2026

Optimum™



**NO NAME® BLEACH**  
2.4 L  
eau de Javel  
21486532\_EAA

Earn  
**750**  
pts

Until June - 10 - 2026

Optimum™



**PC® BLACK EARTH ALL PURPOSE SOIL**  
terreau tout usage  
21357792\_EA

Earn  
**1,000**  
pts

Until June - 10 - 2026

Optimum™



**NO NAME® BLACK CEDAR MULCH**  
paillis de cèdre  
21358573\_EA

Earn  
**1,000**  
pts

Until June - 10 - 2026

Optimum™



**NO NAME® TOP SOIL**  
terreau  
21349120\_EA

Earn  
**500**  
pts

Until June - 10 - 2026

Optimum™



**NO NAME® COW MANURE**  
fumier de vache  
21349331\_EA

Earn  
**1,000**  
pts

Until June - 10 - 2026

# EID MUBARAK!

عيد مبارك!

**1.99**  
LB



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

**1.99**  
LB



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

**.99**  
EA  
LB



**BUNCH MINT** each,  
product of Mexico or  
**DAIKON** 2.18/kg, product of China  
menthe en botte ou daikon  
20139326001\_EA/20082109001\_KG

**3.99**  
LB



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

**2.99**  
LB



**JUMBO WALNUTS** product of U.S.A., **INDIAN EGGPLANT**  
product of U.S.A. or Mexico or **INDIAN KARELA** product of Mexico  
6.59/kg  
noix de Grenoble ou aubergine ou karela  
20055882001\_KG/20028046001\_KG/20123893001\_KG

**7.50**



**FARMER'S MARKET<sup>SM</sup> WALNUT PIECES**  
325 g  
noix de grenoble  
21520013\_EA

**4.97**



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

**13.88**



**SUFRA<sup>SM</sup> HALAL BONELESS STEWING BEEF**  
454 g  
bœuf à ragoût désossé halal  
21395711\_EA

**\$16**



**SUFRA<sup>SM</sup> HALAL CHICKEN LEGS**  
back attached  
up to 1.6 kg  
cuisses de poulet halal  
21430677\_EA

**\$16**



**SUFRA<sup>SM</sup> HALAL WHOLE CHICKEN**  
up to 1.7 kg  
poulet entier halal  
21542436\_EA

**4.99**



**ZABIHA HALAL BREAKFAST CHICKEN STRIPS**  
375 g  
tranches de poulet halal à déjeuner  
20105121\_EA

**\$10**



**ZABIHA HALAL CHICKEN BURGERS, NUGGETS, STRIPS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen, 800/908 g  
burgers ou pépites ou lanières ou frites ou  
bouchées de poulet halal  
21192505\_EA

**\$1**



**CEDAR PITA**  
selected varieties  
330 g  
pita  
21509350\_EA

**\$7**



**PC<sup>SM</sup> HALLOOM CHEESE**  
selected varieties  
250 g  
fromage halloom  
20563213\_EA

# EID MUBARAK!

عيد مبارك!

1.29

**TAMAM CANNED BEANS**  
selected varieties  
796 mL  
légumineuses en conserve  
21214487\_EA



5.49

**ALFA PUFF PASTRY**  
selected varieties, frozen  
850 g  
pâte feuilletée  
21606988\_EA

4.49

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



6.99

**MOTHER'S MAGIC HIMALAYAN PINK SALT**  
2 kg  
sel rose de l'Himalaya  
21357761\_EA

2.99

**QUALITY BULGUR** or **JARISH 907 g** or  
**ZINDA COUSCOUS 600/907 g**  
selected varieties  
bulgur ou jarish ou couscous  
20013708\_EA/21528526\_EA



7.49

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



3.29

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



1.99

**TAMAM ROSE WATER**  
selected varieties  
300 mL  
eau de rose  
21217237\_EA



\$3

**QUALITY SPICES**  
selected varieties  
400 g  
épices  
20713005\_EA



\$2

**MDH SPICES**  
selected varieties  
100 g  
épices  
20687752\_EA



\$2

**SHAN SPICE MIXES**  
selected varieties  
50-100 g  
mélanges d'épices  
20160022001\_EA



5.99

**SURAJ® DRY BEANS** or **LENTILS**  
selected varieties  
1.8 kg  
lentilles ou haricots secs  
20558760\_EA/20558862\_EA



3.99

**SURAJ® GARLIC AND GINGER PASTE, 750 g**  
**VEEBA VEGINNAISE, CHUTNEY** or **SPREADS**  
300-500 g  
selected varieties  
pâte d'ail et gingembre ou  
veginnaise ou chutney ou tartinaes  
21088480\_EA/21632744\_EA



\$3.99

Earn  
**500**  
pts  
That's  
**50¢**  
value

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



2.79

**KHAAS HALAL YOGOURT**  
selected varieties  
750 g  
yogourt halal  
20343515\_EA



9.99

**QUALITY BROWN SUGAR**  
4.5 kg  
cassonade  
20718452\_EA



1.50

**7UP NIMBOOZ LEMONADE**  
355 mL, **PUCK THICKENED CREAMY PRODUCT** 160 g or  
**HALDIRAM INDIAN SNACKS** 150/160 g  
selected varieties  
limonade ou produit crémeux  
ou collations  
20314667007\_EA/21682042\_EA



# KITCHEN ESSENTIALS

\$3



**EVERYDAY ESSENTIALS™  
HANDHELD ZESTER**  
21351350\_EA



\$3

**EVERYDAY ESSENTIALS™  
LARGE SPICE SHAKER**  
21162852\_EA

\$4



**EVERYDAY ESSENTIALS™  
POTATO MASHER**  
21214379\_EA



\$4

**EVERYDAY ESSENTIALS™  
NESTLED TONGS**  
21162313\_EA

\$6



**PC® SILICONE STRAWS WITH BRUSH**  
21186435\_EA

\$6



**EVERYDAY ESSENTIALS™  
6-PIECE STEAK KNIFE SET**  
20113389\_EA

\$6



**PC® SQUARE CLIP JAR**  
2 L  
20774691\_EA

\$5



**PC CERAMIC BERRY PINT**  
blue  
21351929\_EA

\$20



**EVERYDAY ESSENTIALS™  
SANDWICH MAKER**  
1 ea  
20164267\_EA

\$18



**EVERYDAY ESSENTIALS™  
RICE COOKER**  
6 cup  
20053721\_EA

\$18



**EVERYDAY ESSENTIALS™  
FOOD CHOPPER**  
20121544\_EA

\$15



**PC® STAINLESS STEEL  
INSTANT READ  
DIGITAL PEN  
THERMOMETER**  
21218258\_EA

\$20



**EVERYDAY ESSENTIALS™  
2 SLICE TOASTER**  
20219347002\_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. 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.

**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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ONL NFO MKT