



ONLY

3<sup>99</sup>

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

9 LB AVERAGE



ONLY

2<sup>99</sup>

**BLUEBERRIES**  
product of U.S.A., Mexico  
or Peru, no. 1 grade  
bleuets  
20080137001\_EA

PINT



SAVE 50%

1<sup>97</sup>  
LB

**RED, YELLOW or ORANGE SWEET PEPPERS**  
product of Ontario  
poivrons  
4.34/kg  
20166880001\_KG  
20007335001\_KG

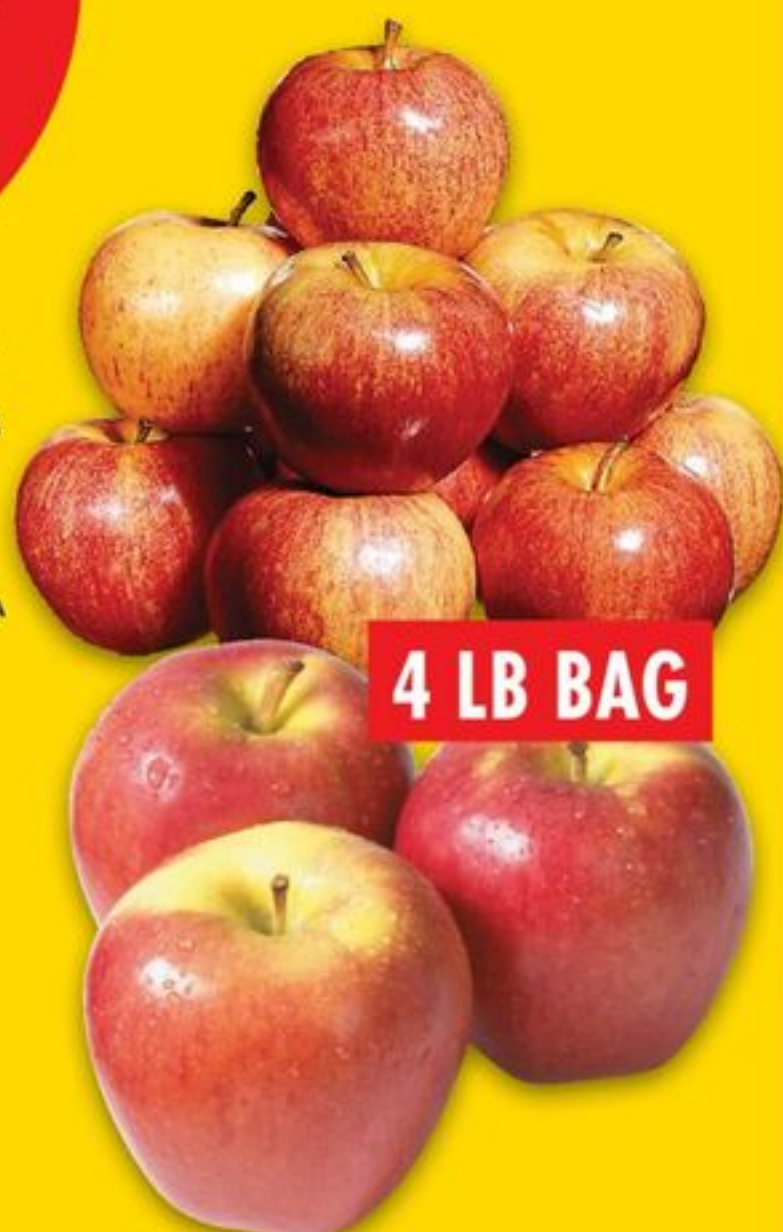


SAVE 20%

3<sup>99</sup>

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

4 LB BAG



# NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MAY 7 TO WEDNESDAY, MAY 13, 2026.

SAVE 26%

2.22



**SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS**  
selected varieties  
trousse-repas  
75-120 g  
21310034\_EA

ONLY

3.99 LB



**PORK BACK RIBS**  
cryovac pkg, fresh  
côtes de dos de porc  
8.80/kg  
20289672\_KG

WHILE QUANTITIES LAST

ONLY

7.99



**LOU'S FRESH FULLY COOKED ENTREES**  
selected varieties, 375-450 g  
plats cuisinés  
20078077\_EA



SAVE 33%

\$6

**MAPLE LEAF PRIME CHICKEN DRUMSTICKS**  
fresh, up to 843 g  
pilons de poulet  
20633026\_EA

ONLY

9.99 LB



**ATLANTIC SALMON FILLET** fresh  
filet de saumon de l'Atlantique  
22.02/kg  
20339767\_KG

ONLY

2.97



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

ONLY

4.99



**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20639926\_EA

SAVE 33%

\$1



**POWERADE SPORT DRINKS**  
selected varieties  
710 mL  
boisson désaltérante  
20853721\_EA

SAVE 20%

\$2



**CHRISTIE CRACKERS**  
selected varieties  
180-200 g  
craquelins  
21030647\_EA/21347034\_EA

SAVE 30%

1.25



**UNICO BEANS**  
540 mL or  
**TOMATOES** 796 mL  
selected varieties  
légumineuses ou tomates  
20313447001\_EA/20314629001\_EA

SAVE 44%

\$10



**POGO**  
frozen  
20's  
saucisses sur bâtonnet  
20065224002\_EA

SAVE UP TO 36%

\$7



**PC® DINNER ENTRÉES**  
selected varieties, frozen  
770 g - 1.13 kg  
plats cuisinés  
20314880\_EA

ONLY

13.88



**ROOSTER® SCENTED JASMINE RICE**  
8 kg  
riz au jasmin  
20121871\_EA

Optimum™

\$21.49



Earn 3,000 pts

That's \$3 value

**MCCAFÉ COFFEE PODS**  
selected varieties,  
30's  
capsules de café  
21240975\_EA

SAVE UP TO 42%

\$4



**MCCAIN DEEP 'N DELICIOUS CAKE** 510 g or  
**BREYERS CREAMY STYLE ICE CREAM** 1.41 L  
selected varieties, frozen  
gâteau ou crème glacée  
20310132002\_EA/21651169\_EA

your home of no name®

App exclusive offer

Optimum™



\$3.50

Earn 500 pts

That's 50¢ value

**NO NAME® PIZZA**  
selected varieties, frozen  
350-411 g  
pizza  
21341429\_EA



\$6

Earn 1,000 pts

That's \$1 value

**NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS**  
908 g, frozen  
lanières ou pépites ou burgers de poulet  
21178744\_EA



\$3

Earn 750 pts

That's 75¢ value

**NO NAME® VEGETABLES**  
selected varieties, frozen  
750 g  
légumes  
20316412\_EA

# HAPPY MOTHER'S DAY

\$10

**ANNUAL HANGING BASKET**  
selected varieties  
10 inch  
paniers suspendus  
d'annuelles  
20952976\_EA



\$20

**DOZEN ROSES ASSORTED COLOURS**  
douzaine de roses  
couleurs variées  
21440087\_EA



\$20

**MOTHER'S DAY MIXED BOUQUET IN SEASONAL COLOURS**  
bouquet assorti de la  
fête des Mères en couleurs  
saisonnnières  
21397546\_EA



\$10

**SMALL MIXED BOUQUET IN SEASONAL COLOURS**  
bouquet varié  
21620004\_EA



\$8

**MINI ROSE POT**  
mini-rosier  
en pot  
21473616\_EA



# FRESH AT LOW PRICES



PKG OF 5

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



**CANTALOUPE** each, product of Guatemala, Honduras or Brazil, no. 1 grade or **PINEAPPLE** each, product of Costa Rica or **RED SEEDLESS GRAPES** 8.80/kg, product of Chile, no. 1 grade  
cantaloup ou ananas ou raisins rouges sans pépins  
20167017001\_EA/20160992001\_EA/20159199001\_KG

6 OZ  
**CLAMSHELL**



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

**BLACKBERRIES** product of Mexico or U.S.A., **RASPBERRIES** product of U.S.A. or Mexico, no. 1 grade or **AVOCADOS** product of Mexico, Peru or Colombia  
mûres ou framboises ou avocats  
20051015001\_EA/21644936001\_EA/20128938001

2 LB BAG



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

3 LB BAG

**FARMER'S MARKET™ LEMONS** product of U.S.A. or South Africa or **ORANGES** product of Morocco, Spain or Egypt  
citrons ou oranges  
20162945001\_EA/20795315001\_EA



**.49**  
LB

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



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

**4<sup>99</sup>**  
**10 LB BAG**  
**FARMER'S MARKET™ YELLOW ONIONS** product of Canada, Canada no. 1 grade  
oignons jaunes  
20600991001\_EA

**1<sup>29</sup>**  
**CILANTRO** product of Mexico or U.S.A. or **ENGLISH CUCUMBERS** product of Ontario, Canada no. 1 grade  
coriandre ou concombres anglais  
20070132001\_EA/20091825001\_EA

**3<sup>99</sup>**  
**5 LB BAG** / **10 LB BAG**  
**RED, RUSSET or YELLOW POTATOES** product of Canada, Canada no. 1 grade or **FARMER'S MARKET™ SWEET POTATOES** product of Canada  
pommes de terre ou patates douces  
20697331001\_EA/20601013001\_EA

**1<sup>99</sup>**  
EA/LB  
**BOSC PEARS** 4.39/kg, product of South Africa, extra fancy grade or **FARMER'S MARKET™ MINI CUCUMBERS** each, product of Ontario, Canada no. 1 grade  
poires ou mini-concombres  
20287815001\_KG/20737570001\_EA

**2<sup>99</sup>**  
**283 G**  
**FARMER'S MARKET™ GRAPE TOMATOES** product of Canada or Mexico  
tomates raisins  
21367888001\_EA

**3<sup>99</sup>**  
**PKG OF 2**  
**680 G**  
**ROMAINE HEARTS** product of U.S.A. or **PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES** product of Canada, Canada no. 1 grade  
cœurs de romaine ou oignons jaunes  
21247299001\_EA/20082756001\_EA

**3<sup>99</sup>**  
**292-383 G**  
**EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS** product of U.S.A., selected varieties  
salades hachées  
20674118\_EA/21335159\_EA

**4<sup>99</sup>**  
**567 G**  
**PC™ LITTLE BEAUTS VARIETY TOMATOES or PC™ VARIETY TOMATOES** product of Canada or Mexico  
tomates  
20949866001\_EA/21720711001\_EA

**2<sup>99</sup>**  
LB  
**BLACK PLUMS** product of Chile, no. 1 grade  
prunes noires  
6.59/kg  
20316478001\_KG

**4<sup>99</sup>**  
**200 G**  
**PC™ BLUE MENU™ or WONDERFUL PISTACHIOS** selected varieties, product of U.S.A.  
pistaches  
20940332\_EA/20940014\_EA/20629481\_EA

**1<sup>49</sup>**  
**FUYU PERSIMMONS** product of Brazil or **ATAULFO or RED MANGOES** product of Mexico  
kakis ou mangue  
20059635001\_EA/20139417001\_EA

**.59**  
**LIMES** product of Mexico  
each  
limes  
20040489001\_EA

**6<sup>99</sup>**  
**4 LB BAG**  
**FARMER'S MARKET™ MANDARINS** product of Morocco or Spain  
mandarines  
20054025001\_EA/20054025001\_EA

**2<sup>49</sup>**  
**227 G**  
**PC™ WHOLE WHITE or CREMINI MUSHROOMS** product of Canada or **BROCCOLI CROWNS** product of Mexico or U.S.A.  
champignons ou couronnes de brocoli  
20776239\_EA/20743653\_EA/21121560001\_EA

**PRICE DROP**

**2<sup>99</sup>**  
**CELERY** product of U.S.A., no. 1 grade  
céleri  
20163119001\_EA

**1<sup>99</sup>**  
LB  
**GREEN ZUCCHINI** product of U.S.A. or Mexico  
courgette verte  
4.39/kg  
20426596001\_KG

**2<sup>49</sup>**  
LB  
**EGGPLANT** product of U.S.A. or Mexico, 5.49/kg  
aubergine  
20153709001\_KG

\*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# GARDEN DEALS

\$10

**ANNUAL HANGING BASKET**  
selected varieties  
10 inch  
paniers suspendus d'annuelles  
20952976\_EA



\$8

**ANNUALS**  
selected varieties  
8 inch  
annuelles  
21023616\_EA



\$12

**ANNUAL COMBO BOWL**  
selected varieties  
10 inch  
bol de combinaison d'annuelles  
21348171\_EA



# FRESH AT LOW PRICES

**\$13**



**CLUB SIZE**

**8.99**  
LB

**PC® BLUE MENU® BONELESS, SKINLESS CHICKEN THIGHS or CUTLETS**  
up to 720 g  
poulet  
21606306\_EA

**EXTRA LEAN GROUND BEEF**  
bœuf haché  
19.82/kg  
20357910\_KG



**\$14**



**6.99**

**PC® WORLD OF FLAVOURS PORK ROAST**  
selected varieties  
730/900 g  
rôti de porc  
21603234\_EA

**MARCANGELO DINNER or BREAKFAST SAUSAGE, ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
saucisses ou rondines  
ou viande hachée  
21724134\_EA

**4.49**



**\$13**



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

**NO NAME® CHICKEN WINGS**  
selected varieties, frozen  
908 g  
ailes de poulet  
21045311\_EA

**no name® sans nom® honey garlic chicken wings**  
2% MEAT PROTEIN - 0% FAT - 100% BONE-IN - 100% CHICKEN  
2% DE PROTÉINES DE VIANDE - 0% DE MATIÈRE GRASSE - 100% CŒUR D'AVOIR - 100% CŒUR D'AVOIR  
ailes de poulet  
miel et ail  
2 coupes  
908 g  
GLUTEN-FREE  
SANS GLUTEN

**\$5.50**

Earn **1,000 pts**

That's **\$1** value

**Optimum® Daiya Dairy-Free Mozzarella**

**DAIYA VEGAN CHEESE**  
selected varieties  
200/220 g  
simili-fromage végétal  
21207740\_EA

**3.50**

**DOM Specialty Spécialité**

**DOM SMOKED STEELHEAD SALMON**  
pre-sliced, 50 g, frozen  
saumon fumé  
20792840\_EA

**\$8**

**SeaQuest® 16-20/lb Pacific White Shrimp**  
Crevettes blanches du Pacifique  
300 g (10.58 lb)  
RAW • CRUES

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

**\$12**

**MASTRO CHUBS** 600 g or **PC® SLICED DELI MEAT** 375/400 g  
selected varieties  
saucissons ou charcuteries tranchées  
20181136\_EA/20923814\_EA

**\$7**

**OKA** 190 g, **BALDERSON** 250/280 g or **BARI RICOTTA** 500 g **CHEESE**  
selected varieties  
fromage  
20920756\_EA/21495453\_EA

**\$5.50**

**BIG MOUNTAIN VEGAN BURGER PATTIES** 240-400 g, **RESERS MAIN ST BISTRO MACARONI AND CHEESE** or **MASHED POTATOES** 567/680 g  
selected varieties  
gallettes de burger à base de plantes ou macaroni au fromage ou purée de pommes de terre  
20027947\_EA, 21624901\_EA

**\$2**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties, 6's  
bagels ou muffins anglais  
21297780\_EA/21297831\_EA

**\$3**

**D'ITALIANO BREAD** 600-675 g or **BUNS** 6/8's, selected varieties  
pain ou petits pains  
20038335\_EA/20626949\_EA

**\$5**

**FARMER'S MARKET® BUTTER CROISSANTS** 260-336 g or **LOAF CAKE** 344-400 g  
selected varieties  
croissants au beurre ou gâteaux quatre-quarts  
20565382\_EA/20975943\_EA

App exclusive offer

Earn  
**8,000**  
pts  
For every \$20\*  
spent  
That's  
**\$8**  
value



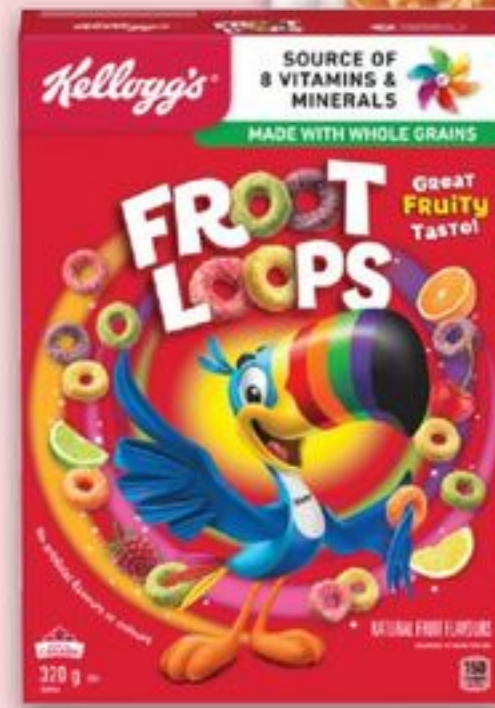
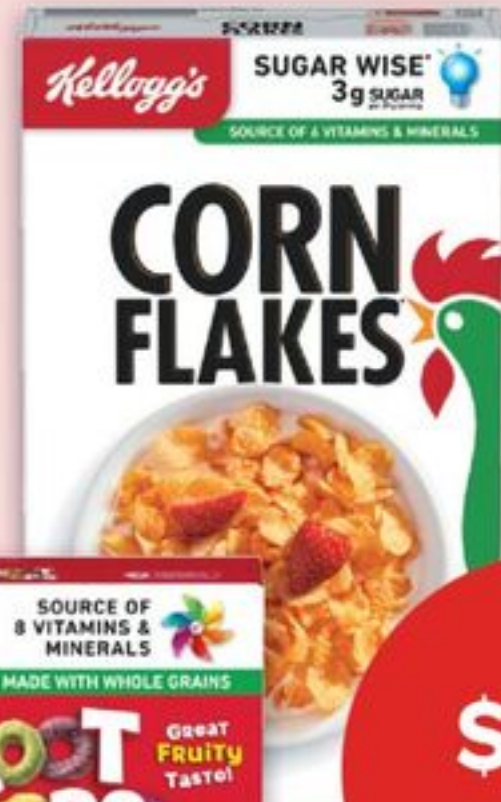
# More days More days More days



# More days™

May 7 - 13, 2026

**FIBRE 1 BARS** 125-840 g, **NATURE VALLEY GRANOLA BARS**, **PROTEIN BARS** or **BISCUITS** 148 g-1.17 kg or **GENERAL MILLS CHEX**, **NATURE VALLEY GRANOLA** or **FIBRE 1 CEREAL** 310-587 g  
selected varieties  
barres ou biscuits ou céréales  
21535236\_EA



Earn  
**2,000**  
pts  
For every \$5\*  
spent  
That's  
**\$2**  
value

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
craquelins  
21358327\_EA/21358333\_EA

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

**\$4**  
Earn  
**1,000**  
pts  
That's  
**\$1**  
value

App exclusive offer

Member Price  
**\$3**  
Non-Members  
**\$3.75**  
Members Save  
**75¢**



**ZIGGY'S® SLICED DELI MEAT**  
selected varieties  
175 g  
charcuteries tranchées  
21592377\_EA/21599921\_EA



**\$3**  
Earn  
**1,000**  
pts  
That's  
**\$1**  
value

**PC® DIPS**  
selected varieties  
200/227 g  
trempettes  
20584097\_EA

App exclusive offer



**PC® BASQUE CHEESECAKE**  
selected varieties  
600 g  
gâteau au fromage  
21609491\_EA

**\$10**  
Earn  
**3,000**  
pts  
That's  
**\$3**  
value



**KASHI GOACTIVE CEREAL**  
selected varieties  
349-510 g  
céréales  
21680804\_EA

Earn  
**4,000**  
pts  
For every \$10\*  
spent  
That's  
**\$4**  
value

App exclusive offer



**SILK**  
selected varieties,  
refrigerated  
450 mL - 1.89 L  
boissons non laitières  
21245360\_EA/20328231004\_EA

Earn  
**4,000**  
pts  
For every \$10\*  
spent  
That's  
**\$4**  
value



**DARE CRACKERS**  
selected varieties  
100-225 g  
craquelins  
21520682\_EA/21520701\_EA

Earn  
**2,000**  
pts  
For every \$8\*  
spent  
That's  
**\$2**  
value

App exclusive offer



**CHRISTIE COOKIES**  
251-303 g, **CADBURY CHOCOLATE BAR**  
80-105 g or **MAYNARDS CANDY**  
135-154 g  
selected varieties  
biscuits ou barre de  
chocolat ou friandises  
21358407\_EA/21361508\_EA/21648577\_EA

Earn  
**4,000**  
pts  
For every \$10\*  
spent  
That's  
**\$4**  
value

App exclusive offer



**PC® SCOOP SHOP ICE CREAM** 946 mL or **NOVELTIES** 330 mL  
selected varieties, frozen  
crème glacée ou  
friandises glacées  
21706410\_EA/21706459\_EA

**\$5**  
Earn  
**1,000**  
pts  
That's  
**\$1**  
value



**EXCEL GUM MULTIPACK**  
selected varieties  
3's  
gomme  
21435037\_EA/21435038\_EA

Earn  
**3,000**  
pts  
For every \$8\*  
spent  
That's  
**\$3**  
value

App exclusive offer



**ANGIE'S BOOMCHICKAPOP POPCORN or PUFFS**  
selected varieties  
136-198 g  
maïs éclaté ou  
grignotines soufflées  
20811709\_EA

Earn  
**4,000**  
pts  
For every \$10\*  
spent  
That's  
**\$4**  
value



**MCCAFÉ** 640-900 g or **LAVAZZA** 1 kg  
**COFFEE**  
selected varieties  
café  
21556082\_EA/21633664\_EA

Member Price  
**\$25**  
Non-Members  
**\$29**  
Members Save  
**\$4**

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

**Marcangelo Souvlaki**

Selected varieties, 2 Pack, 120 g

Limit: 6, over limit retail \$2.50

21721517\_EA/ 21721507\_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.

# More days More days More days



## More days™

May 7 - 13, 2026

**\$5.50**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**PRANA GRANOLOVE ORGANIC GRANOLA**  
selected varieties  
300 g  
granola  
21393188\_EA



**\$5.79**

Earn  
**1,500**  
pts

That's  
**\$1.50**  
value

**YOGI ORGANIC TEA**  
selected varieties  
16's  
thé  
20309377001\_EA



Earn  
**2,000**  
pts

For every \$10\*  
spent

That's  
**\$2**  
value

**NESTLÉ BASE or ORGANIC SNACKS** 28-187 g  
selected varieties  
collations  
20304618007\_EA/20304618008\_EA  
21097119\_EA



Earn  
**1,000**  
pts

for every purchase

That's  
**\$1**  
value

**RAINCOAST TUNA** 142/150 g or  
**PINK SALMON** 150/160 g  
selected varieties  
thon ou saumon  
20031301001\_EA/20317500002\_EA



**CETAPHIL FACIAL SKIN CARE or BABY PRODUCTS**  
selected sizes and varieties  
produit de soins de la peau ou  
produits pour bébé  
21115535\_EA/21718816\_EA

Earn  
**3,000**  
pts

For every \$15\*  
spent

That's  
**\$3**  
value



**TYLENOL or REACTINE PRODUCTS**  
selected varieties and sizes  
produits contre la douleur ou  
les allergies  
20218432001\_EA/20058819001\_EA

Earn  
**12,000**  
pts

For every \$30\*  
spent

That's  
**\$12**  
value



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

Earn  
**5,000**  
pts

For every \$12\*  
spent

That's  
**\$5**  
value



**AVEENO BODY LOTION, FACE CARE, SUNSCREEN, BODY WASH or BABY TOILETRIES**  
all varieties and sizes  
lotion pour le corps ou soins pour le visage ou écrans solaires ou nettoyant pour le corps ou articles de toilette pour bébé  
20102023001\_EA/20157402002\_EA

Earn  
**3,000**  
pts

For every \$15\*  
spent

That's  
**\$3**  
value



**DOVE DRY SPRAYS** 107/113 g or **DEODORANT** 74 g  
selected varieties  
atomiseur à sec ou déodorant  
20844533\_EA/21350552\_EA

**\$8**

Earn  
**500**  
pts

That's  
**50¢**  
value



**DOVE HAIR, BODY WASH or DEODORANT**  
selected varieties and sizes  
soins capillaires ou nettoyant pour le corps ou déodorant  
21220717\_EA/21644833\_EA

Earn  
**4,500**  
pts

For every \$20\*  
spent

That's  
**\$4.50**  
value



**PC® NUTRITION FIRST® DRY CAT FOOD**  
selected varieties  
2 kg  
nourriture sèche pour chats  
21303029\_EA

**\$14**

Earn  
**4,000**  
pts

That's  
**\$4**  
value



**SWIFFER STARTER KITS**  
selected varieties  
trousses de départ  
20900161\_EA/21625501\_EA

Earn  
**8,000**  
pts

For every \$16\*  
spent

That's  
**\$8**  
value



**PC® HEAVY-DUTY FREEZER BAGS**  
selected varieties  
10-38's  
sacs à congélation  
21160679\_EA

**\$8**

Earn  
**4,000**  
pts

That's  
**\$4**  
value

# BRANDS YOU LOVE AT LOW PRICES

**\$5**



**ACTIVIA EXPERT** 750 g or  
**ACTIVIA DRINKS** 8x93 mL  
YOGURT  
selected varieties  
yogourt  
21688205\_EA



**\$3**



**NO NAME® CHEESE BARS**  
selected varieties, 200 g  
barres de fromage  
20331973\_EA



**5.50**

**16.50**

**4.97**

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

**PC® DINNER ENTRÉES**  
Club Size, selected varieties, frozen, 2/2.27 kg  
plats cuisinés  
20134930\_EA

**KD ORIGINAL**  
5x200 g  
macaroni au fromage  
21594513\_EA

**3.75**



**NEILSON CREAM 5/10%** 1 L or  
**18/35%** 473 mL  
selected varieties  
crème  
20123609\_EA/20774325\_EA

**\$7**



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

**2.50**



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

**\$1**



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

**\$4**



**PC® 100% JUICE BOXES**  
selected varieties, 8x200 mL  
jus en boîte  
21718742\_EA

**\$2**



**COCA-COLA or  
PEPSI SOFT DRINKS**  
selected varieties, 2 L  
boissons gazeuses  
20296926002\_EA/20316026002\_EA

**2.50**



**STAGG CHILI** 425 g or  
**MONTANA'S SOUP** 540 mL  
selected varieties  
chili ou soupe  
20091906\_EA/21690570\_EA

**3.50**



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

**\$4**



**TACO BELL DINNER KIT** 260-420 g  
or **CREAMY SAUCE** 354 mL  
selected varieties  
trousse-repas ou sauce crémeuse  
21661774\_EA/21663637\_EA

**\$5**



**RIO MARE TUNA**  
selected varieties, 195/240 g  
thon  
20035383\_EA/21595037\_EA

**\$2**



**NO NAME® APPLESAUCE** 620 mL  
or **FRUIT** 398 mL  
selected varieties  
purée de pomme ou fruits  
20628585001\_EA/21379698\_EA

**2.75**



**DE CECCO PASTA** 454 g or  
**UNICO PASSATA** 680 mL  
selected varieties  
pâtes ou coulis de tomate  
20416260\_EA/21056284\_EA

**\$5.49**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**DARE BEAR PAWS** 392/490 g,  
**WAGON WHEELS** 630 g,  
**GRISSOL MELBA TOAST** 350/400 g  
or **BAGUETTES** 220 g, selected varieties  
biscuits ou craquelins  
20307218001\_EA/21713602\_EA

**2.99**



**UNICO PEPPER  
RINGS, PICKLED  
VEGETABLES** 750 mL  
or **OLIVES** 375 mL  
selected varieties  
rondelles de piment fort  
ou légumes marinés ou  
olives  
20024445\_EA/21103553\_EA

**12.99**



**BERTOLLI  
OLIVE OIL**  
selected varieties  
750 mL/1 L  
huile d'olive  
20156182001\_EA

**\$2**



**PRIMO PASTA  
SAUCE** 680 mL or  
**PIZZA SAUCE** 375 mL  
selected varieties  
sauce pour pâtes ou à  
pizza  
20097909001\_EA/20730715\_EA

# BRANDS YOU LOVE AT LOW PRICES

3<sup>50</sup>



**ACTIVIA YOGURT**  
selected varieties, 650 g  
yogourt  
20325132003\_EA



\$6

**SAPUTO MOZZARELLISSIMA**  
selected varieties, 500 g  
fromage  
20759241002\_EA

3<sup>50</sup>



**KELLOGG'S EGGO WAFFLES**  
selected varieties, frozen, 8's  
gaufres  
20302779\_EA



3<sup>50</sup>

**GREEN GIANT VEGETABLES**  
selected varieties, frozen, 283-750 g  
légumes  
21022355\_EA

7<sup>50</sup>



**MCCAIN SUPERFRIES**  
family size, selected  
varieties, frozen  
1.45-1.9 kg  
frites  
21049522\_EA

\$3



**NO NAME® LEMONADE or ICED TEA**  
selected varieties, refrigerated  
1.75 L  
limonade ou thé glacé  
21666561\_EA

1<sup>25</sup>



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

\$4



**TOSTITOS TORTILLA** 215-295 g  
or **MISS VICKIE'S POTATO**  
190/200 g **CHIPS**  
selected varieties  
croustilles  
21050575\_EA/21240703\_EA

4<sup>50</sup>



**CHRISTIE FAMILY SIZE COOKIES**  
374-488 g or **OREO CAKESTERS** 285 g  
selected varieties  
biscuits  
21014087\_EA/21639135\_EA

\$10



**NO NAME® FLOUR**  
Club Size,  
selected varieties  
10 kg  
farine  
20022248\_EA

\$6



**HERSHEY'S CHIPITS**  
selected varieties, 200-270 g  
brisures de chocolat  
21452844\_EA/21452924\_EA

\$5



**AGGA COFFEE CAPSULES** 10's or  
**RED ROSE TEA** 70's  
selected varieties  
capsules de café ou thé  
21306979\_EA/21692191\_EA

7<sup>99</sup>



**MAXWELL HOUSE or NABOB TASSIMO DISCS**  
selected varieties  
8-16's  
capsules de café  
20026954001\_EA

\$3



**PC® TEA or HERBAL TEA**  
selected varieties  
20's  
thé  
20308417\_EA/20627612001\_EA

5<sup>79</sup>



**PC® GLUTEN-FREE** 400 g or **PC® ORGANICS** 900 g **PANCAKE MIX**  
mélange à crêpes ou sans gluten  
20796973\_EA/20898499\_EA

\$3



**FERRERO ROCHER CHOCOLATE BAR**  
selected varieties  
90 g  
barres de chocolat  
21428863\_EA

2<sup>50</sup>



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

1<sup>75</sup>



**NESTLÉ KING SIZE CHOCOLATE BAR**  
selected varieties, 68-85 g  
barres de chocolat  
20574273\_EA/21648491\_EA

\$2



**HARIBO CANDY**  
selected varieties  
175 g  
friandises  
21519578\_EA

3<sup>50</sup>



**GENERAL MILLS CEREAL**  
selected varieties, 300-437 g  
céréales  
21104047\_EA/21213662\_EA

3<sup>50</sup>



**PEARL MILLING COMPANY SYRUP**  
710 mL or **PANCAKE MIX** 905 g  
selected varieties  
sirop ou mélange à crêpes  
21384609\_EA/21391619\_EA

2<sup>79</sup>



**LECLERC GO PURE or NUGABAR BARS**  
selected varieties, 140-175 g  
barres  
21507858\_EA/21536598\_EA

\$3



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

# BRANDS YOU LOVE AT LOW PRICES

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



**NO NAME® BLEACH**  
selected varieties  
2.4 L  
eau de Javel  
21486532\_EA



**\$16**

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

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



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



**5<sup>49</sup>**

**NO NAME® GARBAGE BAGS**  
selected varieties  
30/48's  
sacs à ordures  
20052479\_EA

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



**DAWN DISHWASHING LIQUID**  
selected varieties  
366-502 mL  
détergent liquide à vaisselle  
21430581\_EA/21430590\_EA

**\$7**



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

**\$10**



**FLEECE FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's**  
selected varieties  
assouplissant  
20350018001\_EA/21311739\_EA

**\$14**



**GLADE PLUGINS SCENTED OIL REFILL 5 PACK or KIT WITH 2 WARMER WITH 4 REFILLS**  
selected varieties  
recharges d'huile parfumée ou trousseaux  
21369869\_EA/21369880\_EA

**3<sup>49</sup>**



**ALCAN FOIL 50 ft. NON-STICK FOIL 25 ft. GLAD PLASTIC WRAP 60 m or REYNOLDS PARCHMENT PAPER 35 ft**  
papier d'aluminium ou antiadhésif ou pellicule plastique ou papier parchemin  
20043471\_EA/20051862\_EA

**\$4**



**LYSOL MULTI SURFACE CLEANER 1.2 L. BATHROOM SPRAY 950 mL or BATHROOM AEROSOL 538 g**  
selected varieties  
nettoyant ou vaporisateurs ou aérosol pour salle de bains  
20309873002\_EA/21231233\_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

**\$11**



**ROYAL OAK STAR GRILL LUMP CHARCOAL 8.8 lb**  
charbon  
20773869\_EA  
LIMIT: 8,  
AFTER LIMIT  
RETAIL: \$12.50

**\$6**



**JAMIESON VITAMINS C or D**  
selected varieties  
120/240's  
vitamines C ou D  
20299993\_EA/20303216001\_EA

**\$10**



**U BY KOTEX PADS, LINERS or TAMPONS**, selected varieties, 20-120's tampons  
21724867\_EA/21291897\_EA

**\$4<sup>50</sup>**



**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

**\$34<sup>99</sup>**



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

**PAMPERS ECO PACK DIAPERS**  
selected varieties, size N-8, 58-180's couches  
21551525\_EA/21692756\_EA

**2<sup>79</sup>**



**WHISKAS TEMPTATIONS CAT TREATS**  
selected varieties, 180 g  
gâteries pour chats  
21105375\_EA

**.90**



**FANCY FEAST 85 g or FRISKIES 156 g WET CAT FOOD**  
selected varieties  
nourriture humide pour chats  
20319637006\_EA/20548687001\_EA

**\$10**



**NO NAME® CLUMPING CAT LITTER**  
selected varieties, 18 kg  
litière agglomérante pour chats  
20177169002\_EA

**8<sup>50</sup>**



**WHISKAS DRY CAT FOOD**  
selected varieties, 1.5/2 kg  
nourriture sèche pour chats  
21588889\_EA

**NEW  
LOWER  
PRICES**

**TRE STELLE TUBS**  
selected varieties  
200-475 g  
contenants de fromage  
21364404\_EA

**5.50**



**2.50**



**HOSTESS SNACKCAKES**  
selected varieties  
167-231 g  
petits gâteaux  
21283752\_EA

**\$5**

**3.50**



**LEAN GROUND PORK**  
fresh, 450 g  
porc haché maigre  
21646160\_EA



**MARCANGELO SLICED DELI MEAT**  
selected varieties  
85 g  
charcuteries tranchées  
21706089\_EA/21706090\_EA

**\$5**



**MAPLE LEAF READY CRISP BACON** or  
**FULLY COOKED BREAKFAST SAUSAGE**  
selected varieties, 65/300 g  
bacon ou saucisses à déjeuner entièrement cuites  
20164959\_EA

**\$9**



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

**5.25**



**LACTANTIA ULTRAPUR MILK**  
selected varieties, 1.5 L  
lait  
21694605\_EA

**4.25**



**OASIS SMOOTHIE** or  
**HEALTH-BREAK**  
selected varieties, refrigerated  
1.6 L  
boissons fouettées ou boissons  
21529899\_EA/21529910\_EA

**\$4**



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties, 227/250 g  
produit de fromage à la crème  
20641267\_EA/20866924010\_EA

**\$5**



**AMOOZA! TWISTS CHEESE SNACKS**  
selected varieties  
228 g  
collations au fromage  
21403514\_EA

**3.50**



**OIKOS GREEK YOGURT**  
selected varieties, 4x100 g  
yogourt grec  
20419715001\_EA/20419715004\_EA

**6.50**



**EARTH'S OWN OAT CREAMER**  
selected varieties  
946 mL  
colorant à café à l'avoine  
21576699\_EA/21576791\_EA

**\$4**



**PC® ORGANICS VEGETABLES**  
selected varieties, frozen  
300-500 g  
légumes biologiques  
20416869001\_EA/20416869002\_EA

**\$7**



**CARBONAUT BREAD**  
selected varieties  
544/550 g  
pain  
21394204\_EA/21446964\_EA

**\$3**



**PILLSBURY POPS** 380 g,  
**SCRAMBLES** 204 g or  
**TOASTER STRUDEL** 326 g  
selected varieties, frozen  
pâtisserie  
21436023\_EA

**NEW  
LOWER  
PRICES**

**\$5**



**KELLOGG'S  
EGGO WAFFLES**  
selected varieties, frozen  
16's  
gaufres  
20099730004\_EA

**\$5**



**BEN & JERRY'S ICE CREAM** 473 mL or  
**MAGNUM NOVELTIES 3's**  
selected varieties, frozen  
crème glacée ou friandises glacées  
20950739\_EA/21428403\_EA



**4.50**

**5.50**



**CHAPMAN'S PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
crème glacée  
20323573001\_EA



**HUNGRY-MAN  
DINNER ENTREES**  
selected varieties, frozen  
360-455 g  
plats cuisinés  
20296014002\_EA

**\$5**



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

**4.50**



**NANAK PANEER**  
341 g  
paneer  
21286158\_EA

**8.50**



**BRAR'S BBQ VEGGIE BURGER**  
690 g  
burgers végété  
21636401\_EA

**2.75**



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

**\$3**



**GOGO SQUEEZ  
FRUIT SAUCE  
POUCHES**  
selected varieties  
4x90 g  
purée de fruits  
20322697002\_EA

**3.77**



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

**1.75**



**KNORR  
SIDEKICKS**  
selected varieties  
120-162 g  
plats d'accompagnement  
20321430007\_EA/20321430011\_EA

**2.25**



**CAMPBELL'S  
CHUNKY SOUP**  
selected varieties  
515 mL  
soupe  
21480447\_EA

**\$5**



**MAXWELL HOUSE  
INSTANT COFFEE**  
selected varieties, 150 g  
café instantané  
21026608\_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

**4.50**



**WINDEX GLASS  
CLEANER 765 mL,  
SCRUBBING  
BUBBLES 946/950 mL or  
FANTASTIK 650 mL**  
selected varieties  
nettoyant  
20125323001\_EA/21666832\_EA

**2.50**



**TEMPTATIONS  
PUREES 48 g or  
SPOONS 40 g  
CAT TREATS**  
selected varieties  
gâteries pour chats  
21479803\_EA/21585483\_EA

**\$6**



**HUY FONG  
SRIRACHA  
SAUCE**  
714 mL  
sauce sriracha  
20074956\_EA

**\$3**



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

**\$7**



**BILLY BEE HONEY**  
500 g  
miel  
20724504\_EA

**\$5**



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

# BRANDS YOU LOVE AT LOW PRICES

5.50



\$9

**NATURE VALLEY PROTEIN OATS AND HONEY GRANOLA or OATMEAL CRISP PROTEIN CEREAL**  
selected varieties  
455/481 g  
céréales  
21499405\_EA/21667577\_EA

**LOURISH PROTEIN PANCAKE AND WAFFLE MIX**  
selected varieties  
430 g  
mélange à crêpes ou gaufres  
21375777\_EA/21375781\_EA

\$3



\$3

**ALANI PROTEIN SHAKE**  
selected varieties  
355 mL  
boissons protéinées  
21648796\_EA

**COUNTRY HARVEST BREAD**  
selected varieties  
600 g  
pain  
21429067\_EA/21693323\_EA

\$3



**CATELLI PROTEIN+ PASTA**  
selected varieties  
340 g  
pâtes  
21661872\_EA/21661874\_EA

2.75



**BEATRICE BFIT**  
selected varieties  
460 mL  
lait  
21345300\_EA

8.99



**FARM GIRL GLUTEN-FREE CEREAL**  
selected varieties, 280 g  
céréales sans gluten  
21610462\_EA

\$5



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

3.33



**OIKOS PRO YOGURT**  
selected varieties  
300 mL  
yogourt  
21651846\_EA

3.50



**SOURCE PROTEIN YOGURT**  
selected varieties  
650 g  
yogourt  
21587047\_EA

5.99



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

6.50



**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties, frozen  
204-288 g  
sandwich déjeuner ou  
bouchées aux œufs  
21623288\_EA/21623323\_EA

4.50



**KELLOGG'S VECTOR CEREAL**  
selected varieties  
306/400 g  
céréales  
20015041\_EA/21350317\_EA



# CELEBRATING MOMS!

**HUGGIES** pull-Ups goodnites

You could

# WIN\*

1 of 10 prizes consisting of

# 1,000,000

pts

\$1,000 value!

Until May 31, 2026

When you purchase any Huggies®, Pull-Ups® or Goodnites® participating products and scan your PC Optimum™ card at the time of purchase.

## 19<sup>99</sup>

**HUGGIES® 10X BABY WIPES**  
SELECTED VARIETIES, 336-704's  
21401195\_EA



## 26<sup>99</sup>

**HUGGIES® PULL-UPS® CLUB PACK TRAINING PANTS**  
SELECTED VARIETIES, 48-74's  
21371199\_EA



## 26<sup>99</sup>

**HUGGIES GOODNITES® CLUB PACK TRAINING PANTS**  
SELECTED VARIETIES, 24-44's  
20963841\_EA



\*No purchase necessary. Open to Canadian resident PC Optimum™ members who are 14 years or older. Contest ends May 31st, 2026 at 11:59 PM ET. Members can get an entry when they purchase during the contest period 1 or more Huggies®, Pull-Ups®, or Goodnites® participating products in a single transaction from a participating REAL CANADIAN SUPERSTORE, LOBLAW (All Core Market Banners including Loblaw, Zehrs, Your Independent Grocer, Atlantic Superstore, Dominion, Provigo, Valu-Mart) NO FRILLS or MAXI location (either in-store or online from such participating retailer's website or app) and scan their PC Optimum™ card at the time of purchase. No purchase mail-in and email entry option also available. Ten prizes of 1 million PC Optimum™ points (ARV \$1,000 CAD each). Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit <https://www.pcxpress.ca/pcocontest-huggies-pullups-goodnites>.

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# BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$10



**NO NAME® ICE CREAM NOVELTIES**  
selected varieties, club size, frozen  
24's  
crème glacée ou friandises glacées  
21013432\_EA

2.50



**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
guimauves  
20304672001\_EA

\$2



**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
barres de chocolat  
20580727\_EA

1.50



**NO NAME® POTATO CHIPS**  
selected varieties  
200 g  
croustilles  
21302821\_EA

\$5



**NO NAME® PEANUTS**  
650 g  
arachides  
21191816\_EA

1.25



**NO NAME® RICE CRACKERS**  
selected varieties  
100 g  
craquelins de riz  
20297188002\_EA/20297188003\_EA

\$5



**NO NAME® LUNCHEON PAPER PLATES**  
40's  
assiettes à lunch  
21384145\_EA

\$5



**NO NAME® RED PLASTIC PARTY CUPS**  
verres à bière en plastique  
21206261\_EA

2.79



**NO NAME® SANDWICH BAGS**  
100's  
sacs à sandwich  
20180393\_EA

# App exclusive offers

**More offers  
More points**

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

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

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

**CLICK FOR  
THESE COUPONS  
AND MORE**



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

**Save  
\$1**  
with digital  
coupon



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

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



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

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



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

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



**PC® FROZEN FRUIT**  
600 g  
fruits surgelés  
21377841\_EA

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



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

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



**PC® DIPS**  
454 g  
trempettes  
20584098\_EA

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



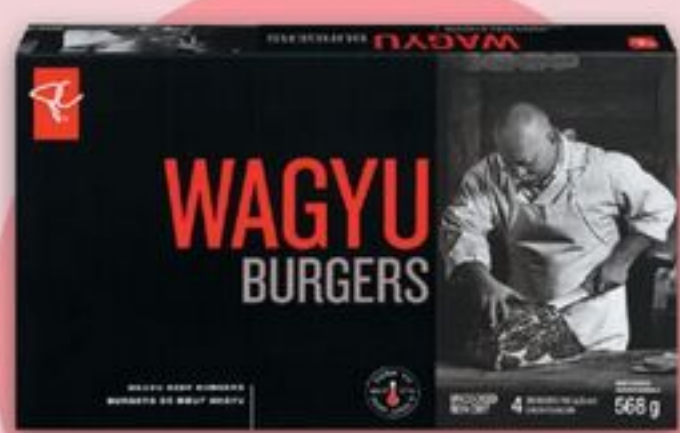
**FARMER'S  
MARKET™  
CROISSANTS**  
260-336 g  
croissants  
20975943\_EA

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



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

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



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

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



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

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



**PC® SMOKED WILD  
SOCKEYE  
SALMON**  
150 g  
saumon sockeye  
sauvage fumé  
20088009\_EA

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

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

**PC® INSTANT COFFEE**  
80/100 g  
café instantané  
21499826\_EA

Optimum™



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

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

Optimum™



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

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

Optimum™



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

**PC® MAYO SANDWICH  
SPREAD**  
300 mL  
tartina de sandwich  
20861237\_EA

Optimum™



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

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

Optimum™



Earn  
**600**  
pts  
Until May - 13 - 2026

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

# EID MUBARAK!

عيد مبارك!



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



**JUMBO WALNUTS**  
product of U.S.A.  
6.59/kg  
noix géantes  
20123893001\_KG



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



**LONG EGGPLANT or PAPAYA**  
product of Mexico  
4.39/kg  
aubergine longue ou papaye  
20159013001\_KG/20817066001\_KG

**.99**



**MINT BUNCH**  
product of Mexico or Colombia  
botte de menthe  
20139326001\_EA

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

**OKRA**  
product of U.S.A.  
8.80/kg  
gombo  
20091263001\_KG

**14<sup>99</sup>**



**ZABIHA HALAL CHICKEN WINGS or BREADED CHICKEN BREAST FILLET**  
selected varieties, frozen, 908 g  
ailes ou filet de poitrine de poulet pané halal  
20503453\_EA

**13<sup>88</sup>**



**SUFRA® HALAL BONELESS STEWING BEEF**  
454 g  
bœuf à ragoût désossé halal  
21395711\_EA

**\$18**

HALAL



**AUSTRALIAN LEAN GROUND LAMB**  
2x350 g  
agneau haché maigre  
21682482\_EA

**\$2**



**SANTOSH NAAN**  
selected varieties  
5's  
naan  
21671462\_EA

**\$13**



**SUFRA® HALAL CHICKEN THIGHS**  
boneless, skinless, up to 736 g  
hauts de cuisses de poulet halal  
21647999\_EA

**\$7**



**PC® HALLOOM CHEESE**  
selected varieties, 250 g  
fromage halloom  
20563213\_EA

**\$2**



**FRONTIER PITA**  
selected varieties  
330 g  
pita  
21215679\_EA

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



**BYBLOS BAKLAVA**  
300 g  
baklava  
21106121\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLET 01 NFO

# EID MUBARAK!

عيد مبارك!



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



**TAMAM TAHINI**  
907 g  
tahini  
21217267\_EA



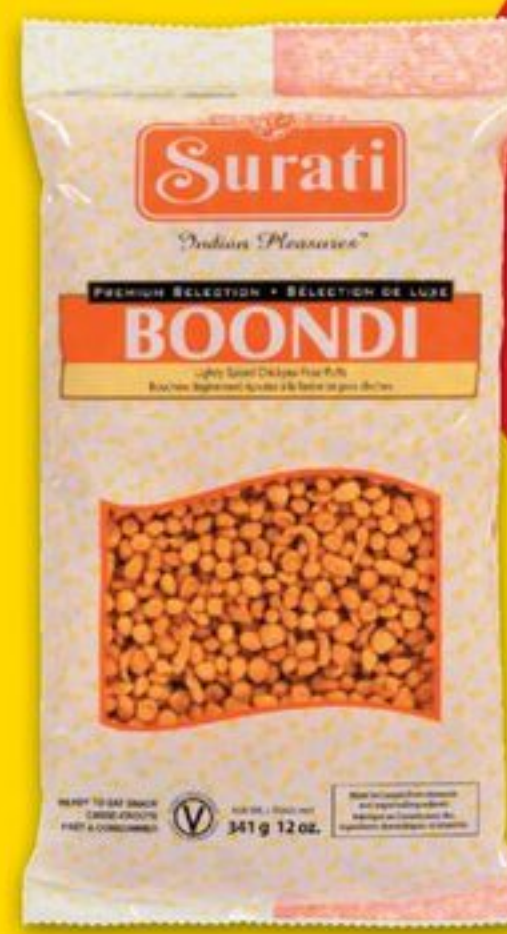
**8<sup>99</sup>**

**MOTHER'S MAGIC or NOOR BASMATI RICE**  
selected varieties  
4.54 kg  
riz basmati  
20056100\_EA/21590432\_EA

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



**SHER BESAN FLOUR**  
1.81 kg  
farine  
20869922\_EA



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

**SURATI SNACKS**  
selected varieties  
250/341 g  
collations  
20322576003\_EA

**11<sup>99</sup>**



**AHEEL VEGETABLE GHEE 2 kg or KRITI GOLD EXTRA VIRGIN OLIVE OIL 750 mL**  
ghee végétal ou huile d'olive extra vierge  
20572876\_EA/20607119\_EA

**\$5**



**AHMAD TEA**  
selected varieties  
200 g  
thé  
20784225\_EA

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



**BRAR'S SAMOSA**  
selected varieties, frozen, 624 g  
samosas  
21000033\_EA

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



**SURAJ BEANS, CHICKPEAS or LENTILS**  
540 mL  
haricots ou pois  
chiches ou  
lentilles  
20540264\_EA

**1<sup>50</sup>**



**KURKURE SNACKS**  
selected varieties  
115 g  
collations  
21361077\_EA

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



**SURAJ DRY BEANS or LENTILS**  
selected varieties, 1.8 kg  
lentilles ou haricots secs  
20558757\_EA/20558760\_EA

**\$3**



**SURAJ GREEN CARDAMOM SEEDS**  
50 g  
graines de  
cardamome verte  
20618034\_EA

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



**RUBICON JUICE**  
selected varieties  
4x200 mL  
jus  
20325890001\_EA

# KITCHEN ESSENTIALS

\$2



**EVERYDAY ESSENTIALS™  
NYLON SLOTTED TURNER**  
21214163\_EA

\$3



**EVERYDAY ESSENTIALS™  
CAN OPENER**  
21213665\_EA

\$3



**PC® MASON JAR**  
0.25 L  
20930748\_EA



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

\$4

\$4



**LIFE AT HOME™ CYLINDER CAT MUG**  
21219093\_EA

\$5



**SISTEMA  
SMALL SPLIT TO GO**  
350 mL  
20976655\_EA

\$5



**PC® CERAMIC BERRY PINT**  
white  
21351928\_EA

\$5.50



**EVERYDAY ESSENTIALS™ RECTANGLE  
FOOD STORAGE CONTAINERS**  
3-pack  
20005440\_EA

\$6



**PC® TWIST AND LOCK  
DRESSING CONTAINERS**  
4-pack  
21160199\_EA

\$18



**EVERYDAY ESSENTIALS™  
COFFEE GRINDER**  
20056995\_EA

\$19



**EVERYDAY ESSENTIALS™ JUG KETTLE**  
1 L  
20062450002\_EA

\$25



**EVERYDAY ESSENTIALS™ 12 CUP  
COFFEE MAKER**  
21193454\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO HE 1

# OUTDOOR ESSENTIALS

\$8



**NO NAME® KIDS CAMP CHAIR**  
21621907\_EA

\$10



**NO NAME® CAMP CHAIR**  
21351313\_EA

\$8



**NO NAME® BEACH UMBRELLA**  
6 ft  
21538437\_EA

\$8



**NO NAME® SOFT COOLER**  
21685955\_EA

\$10



**NO NAME® FOLDING PICNIC COOLER**  
21538419\_EA

\$2



**NO NAME® BEACH BALL**  
50 cm  
21621786\_EA

\$5



**NO NAME® RING FLOAT**  
21685994\_EA

\$5



**NO NAME® SOCCER BALL**  
21692112\_EA

\$1.25



**NO NAME® BBQ LIGHTER**  
each  
21379301\_EA

\$8



**NO NAME® BEACH TOWEL**  
21408022\_EA

\$10



**NO NAME® PICNIC BLANKET**  
21621825\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO HE 2



**Express<sup>™</sup>  
Pass**

Get your first year  
of *PC Express Pass* for

**\$2/month\***

- Unlimited No Frills<sup>®</sup> delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders\*\*

Use code

**PASS76**

**Learn more**

\*/\*\*Offer valid until May 20, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



# OUR FLYER. YOUR INBOX.

**STRAIGHT TO YOUR EMAIL**

Scan the QR code to sign up.

**STRAIGHT TO YOUR PHONE**

Text "OFFER" to 374557 (FRILLS)\*



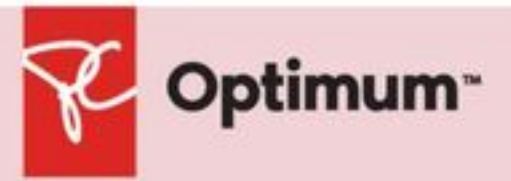
\* Standard message and data rates may apply.

†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.

ONL NF PCX

## App exclusive offer

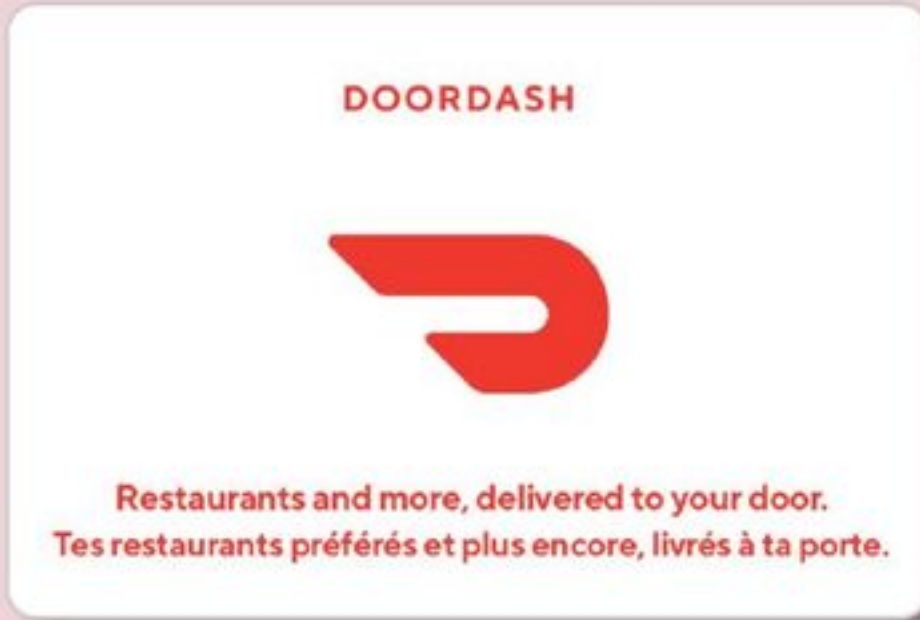


May 7 - 13, 2026

Earn  
**10,000**  
pts

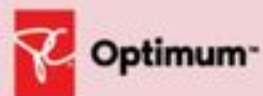
That's  
**\$10**  
value

for every \$100\* spent on any combination of DoorDash and PlayStation Store gift cards.



\* Offer valid in-store only. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on DoorDash and PlayStation Store gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

# Moredays Moredays Moredays Moredays Moredays Moredays



**Moredays™**



**Mobil™**

App exclusive mystery offer

## Earn up to 10¢/L in pts

Reveal your exclusive mystery offer in the App, then fuel up at Esso™ or Mobil™ stations!

May 7-10

## 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