

NOFRILLS®

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

SAVE 47%

\$4



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

ONLY

11.88
LB



BONE IN STRIPOIN STEAK
cut from USDA Select grade beef
26.19/kg
21185133_KG

WHILE QUANTITIES LAST

SAVE 42%

6.99



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



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

ONLY

6.50

ONLY

.60



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

11 LB AVERAGE



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

ONLY

4.99

ONLY

4.99



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

NEW ARRIVAL

\$4.99

Earn 1,500 pts

That's \$1.50 value

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

ONLY

3.50



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

SAVE UP TO 43%

\$3



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

SAVE 22%

3.50



MOTT'S CLAMATO
selected varieties, 1.89 L
20318955002_EA

PRICE DROP

\$1



CLARK BEANS
selected varieties, 398 mL
21308477_EA

ONLY

\$3



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

SAVE UP TO 27%

12.99



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

ONLY

12.88



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

ONLY

12.99



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

Shop the PC® Insiders Report™ today!



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

nofrills.ca

01 NW

DELI DEALS

ONLY

3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g

21592461_EA/21599921_EA



ONLY

\$3

THE LAUGHING COW CHEESE
selected varieties
120/133 g

20319107_EA



SAVE UP TO 40%

\$3

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

21302270_EA/20962398_EA



SAVE UP TO 25%

\$3

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

20584212_EA/21092033_EA



ONLY

2.25

NO NAME® HAMBURGER or HOT DOG BUNS
selected varieties

12's

21509645_EA

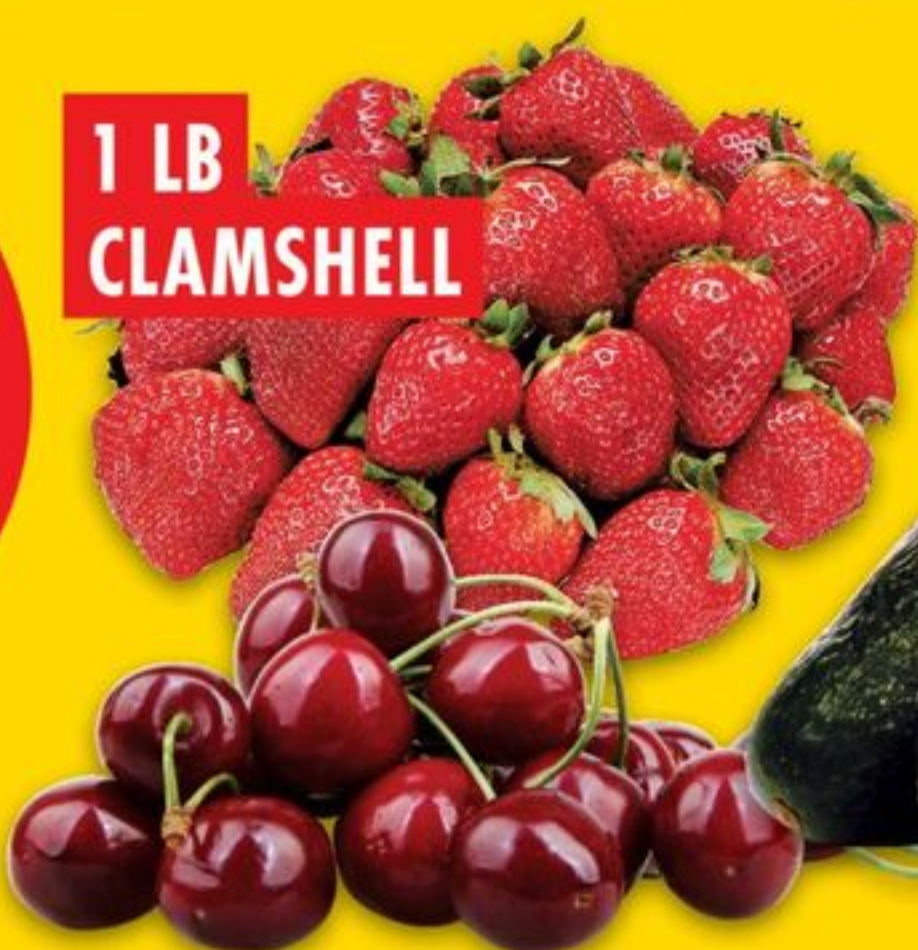
21509829_EA



FRESH AT LOW PRICES

4⁹⁹
EA/LB

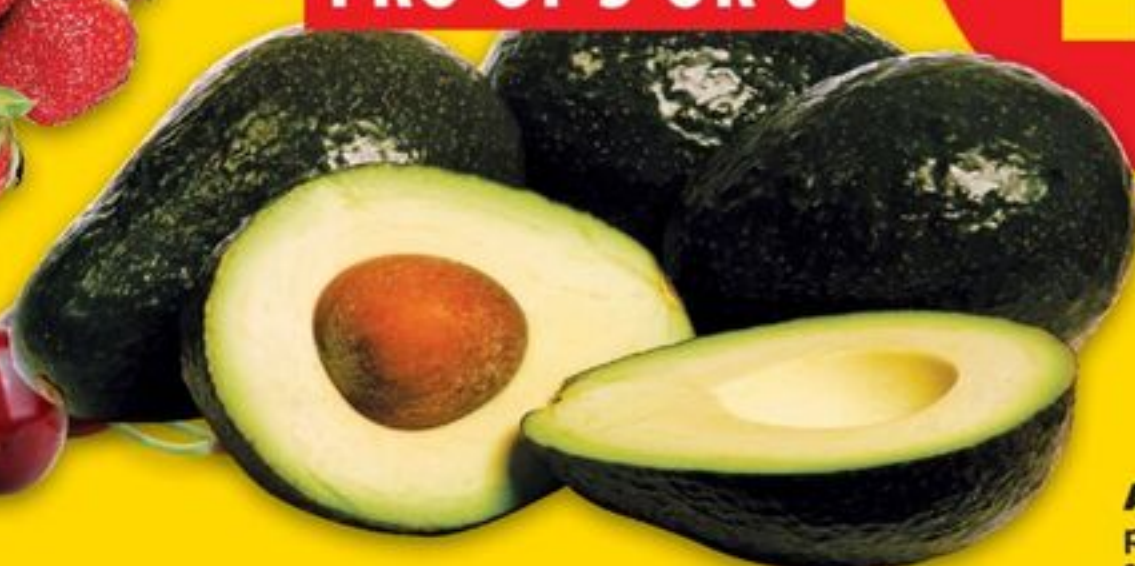
1 LB CLAMSHELL



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

PKG OF 5 OR 6

4⁹⁹



AVOCADOS product of Mexico
21644936001_EA

3⁹⁹
LB



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

2⁹⁹
LB



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



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

5⁹⁹



10 LB BAG

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

6⁹⁹



PKG OF 6

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

3⁹⁹



454 G

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

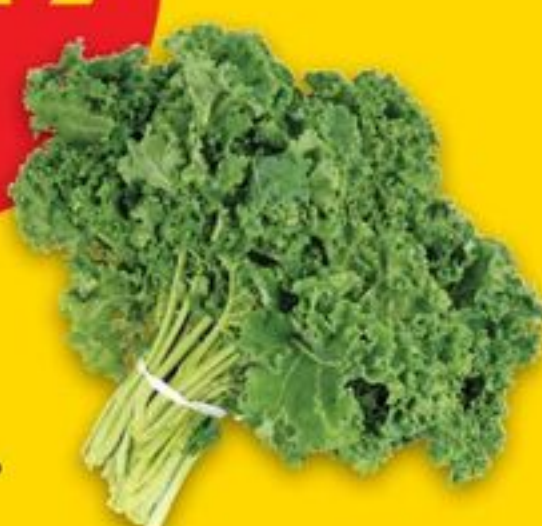
3⁹⁹



680 G

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

2⁴⁹



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

6⁹⁹



3 LB BAG

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

1⁶⁹



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

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES product of Mexico or U.S.A. or **RASPBERRIES** product of Mexico or U.S.A., no. 1 grade
20031015001_EA/20128938001_EA

5⁹⁹



3 LB BAG

PINT

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

6⁹⁹



5 LB BAG

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

.69



LIMES product of Mexico each
20040489001_EA

\$5



946 ML

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

5⁹⁹



907 G

567 G

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

NEW LOWER PRICES

2⁴⁹
LB



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

2⁴⁹
LB



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

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

BABY ESSENTIALS AT LOW PRICES

27⁹⁹



HUGGIES SUPER BIG PACK DIAPERS
selected varieties
N-7, 36-128's
21172500_EA/21371019_EA

34⁹⁹

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's or
NIURISS MILK-BASED INFANT FORMULA
0-12 months, 700 g
21456748_EA/21663768_EA/21648061_EA



ONE DAY ONLY
WEDNESDAY, MAY 20, 2026



\$34⁹⁹

Earn
5,000
pts

That's
\$5
value

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's
21551525_EA/21692756_EA

\$23⁹⁹



Earn
3,000
pts

That's
\$3
value

HUGGIES 16X BABY WIPES
selected varieties
960-1152's
21541191_EA

GARDEN DEALS

\$10

ANNUAL HANGING BASKETS
selected varieties
10 inch
20053146_EA



\$3

ANNUALS
selected varieties
4 inch
20010971_EA



\$3

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



FRESH AT LOW PRICES

\$9



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

\$8



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

5.50
LB



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



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

\$10.99

Optimum



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

Earn
1,000
pts

That's
\$1
value

6.99

\$10

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



\$6

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



\$8

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



\$6

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



6.50

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



\$9

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



\$6

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



\$5

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



\$4.50

Earn
500
pts

That's
50¢
value

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



2.50

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



\$3

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



\$4

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



LONG WEEKEND DEALS

ONLY

.97

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



ONLY

6.99
LB

CHICKEN BREASTS
boneless, skinless
15.41/kg
20028450_KG

CLUB SIZE

ONLY

6.99

BECHEL MARGARINE
selected varieties
800 g
21747692_EA



SAVE 29%

4.77

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

SAVE 22%

\$7

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

6.99

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436915_EA



\$4

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



2.50

BAGEL BITES
selected varieties, frozen, 198 g
20213483001_EA



2.99

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



2.50

BEATRICE or DAIRYLAND CHOCOLATE MILK
selected varieties, brand varies by region
946 mL
20799752_EA/21699812_EA



5.50

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



2.50

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



2.50

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



\$5

MARCANGELO CHARCUTERIE
selected varieties, 85 g
21706089_EA



6.25

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



\$3

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



\$1

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



4.99

HEINZ KETCHUP
selected varieties
750 mL/1 L
20069080_EA



\$22

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



\$3

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



Optimum

App exclusive offer

\$7

PC* BACON
selected varieties
375 g
21738792_EA

2,000 pts

That's **\$2** value

\$26.99

Earn **2,000** pts

That's **\$2** value



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

\$29.99

Earn **3,000** pts

That's **\$3** value



SIMILAC GO & GROW
850 g
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**



Made in Canada

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



Made in Canada

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



Takis Rolled Corn Chips
Selected varieties, 260 g
21715466_EA



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

See in-store for retails

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid May 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

2.75

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



4.99

HELUVA GOOD! FRENCH ONION DIP
680 g
20312788001_EA

\$5

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



\$4

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

\$6

PC® FREE RUN EGGS
12's
20813628001_EA



6.50

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



1.49

NO NAME® VEGETABLES
selected varieties
398 mL
20305513_EA



\$5

BONNE MAMAN JAM
selected varieties
250 mL
20307313001_EA



\$3

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



3.99

HEREFORD CORNED BEEF
340 g
20050622_EA



2.69

TIM HORTONS SOUP
selected varieties
540 mL
21617608_EA



\$3

CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
20704235_EA



3.99

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



4.99

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



17.99

COLAVITA EXTRA VIRGIN OLIVE OIL
1 L
20617955_EA



3.79

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



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

\$3.25

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



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

\$4.50

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
21445100_EA/21733154_EA



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



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

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



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

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

BRANDS YOU LOVE AT LOW PRICES

4.99

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



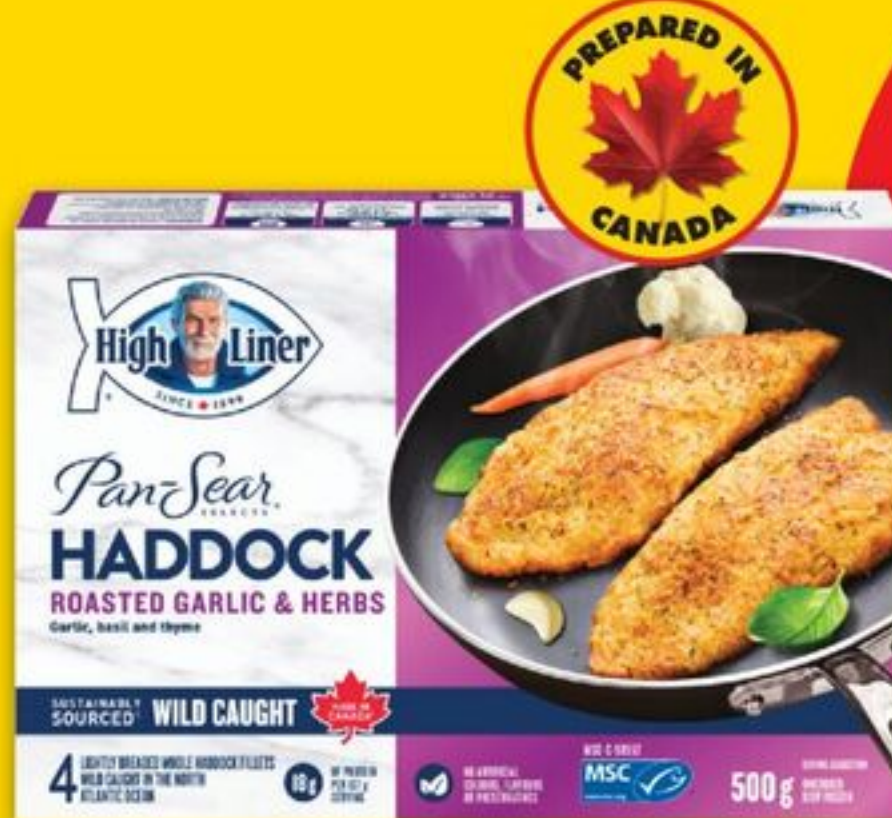
5.99

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



\$6

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



\$10

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

\$10

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



3.50

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



\$3

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



4.50

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



4.50

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



\$19

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



\$4

PLANTERS CASHEWS
selected varieties
200 g
21021618_EA



\$6

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



\$4

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



\$10

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



\$3

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



\$5

**NUTELLA HAZELNUT
SPREAD**
375 g
20435988_EA



\$9

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



\$4

CARNABY SWEET GUMMIES TUB
selected varieties
500 g
21363882_EA



TREAT YOURSELF TO LOW PRICES

\$4

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



\$11

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

\$5

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



App exclusive offer

\$5

Earn
1,000
pts

That's
\$1
value

Optimum™



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

3.50

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



2.99

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



\$5

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



\$5

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



\$6

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



\$5

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



5.50

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



4.99

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



5.99

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



\$2

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



5.50

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



4.49

LOTTE MOCHI
selected varieties, frozen
270 mL
21247111_EA



\$6

PC® TOPPING
355 mL
20095745_EA/20179819_EA



\$6

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



4.29

NO NAME® MARASCHINO CHERRIES
375 mL
20050959_EA



3.29

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



BRANDS YOU LOVE AT LOW PRICES

5²⁹



NO NAME® ALUMINUM FOIL
100 ft
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 AUTO DISHWASHER TABS 10-15's selected varieties
20301481001_EA/21658961_EA

4⁵⁰



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

\$7



PC® MAX PAPER TOWELS
3-6 rolls
21540603_EA

\$2



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

5⁵⁰



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

\$5



CLOROX BLEACH
2.4 L
21283179_EA

\$9



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

\$22



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

\$10



AIR WICK ESSENTIAL MIST STARTER KIT 20 mL, SCENTED OIL REFILL 2x20 mL, VIBRANT STARTER KIT 23.9 mL or REFILL 2x23.9 mL, selected varieties
20342475001_EA/21495649_EA

\$11



GLAD WASTE BAGS selected varieties
20-40's
21164510_EA
21165477_EA

\$10



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

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



EVERYDAY ESSENTIALS™ FRIDGE PITCHER
20654809_EA

\$4

LOW PRICES IN STOCK

329



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

550



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

550



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



\$4



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

450

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

950

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

\$4

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

229

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

275

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

450

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

250

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

450

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

\$4

TOSTITOS TORTILLA CHIPS selected varieties 215-295 g
21050575_EA

\$4

RUFFLES POTATO CHIPS selected varieties 180-200 g
21241053_EA

\$4

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

\$8

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

\$3

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

\$2

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

250

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

250

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

LOW PRICES IN STOCK

\$3



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

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

\$3

\$3



2.50

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

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

3.50



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

\$5



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

4.99



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

5.97



YOPLAIT SOURCE YOGURT
selected varieties
16x100 g
20317317001_EA

\$4



CORE POWER HIGH PROTEIN MILKSHAKE
selected varieties
414 mL
21731564_EA

4.25



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

\$8



FUZE ICED TEA
selected varieties
12x341 mL
21645563_C12

6.50



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

4.25



PEPSI SOFT DRINKS
selected varieties
6x710 mL
20310546002_C06

21.50



GATORADE SPORT DRINKS
selected varieties
24x591 mL
20298835002_C24

\$7



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

7.49



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

11.99



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

LOW PRICES IN STOCK

\$4



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

\$3



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



\$3

\$4



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



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

\$3



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

2.25



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

2.50



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

24.99



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

17.99



TIMOTHY'S, DONUT HOUSE or KRISPY KRÉME COFFEE PODS
selected varieties
30's
20899892_EA/21007380_EA

2.49



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

4.79



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

\$7.50



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

\$11



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

\$15



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

\$10



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

5.50



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

\$14



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

\$7



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

\$13



PUREX 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
20083525001_EA/21427042_EA

**PRICE
DROP**

**1000s OF
LOWERED PRICES
EVERYDAY!**

3.50



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

\$4



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

4.50



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



5.50

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

5.50



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

\$6



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

\$9



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

9.50



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

\$11



AVEENO LOTION selected varieties 532 mL
20102023001_EA/20102023003_EA

\$12



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

ALWAYS

\$5



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

\$15



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

\$18



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

BABY ESSENTIALS AT LOW PRICES

4.50



GERBER INFANT CEREAL
selected varieties
227 g
20358339006_EA
20574110001_EA



19.99

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

28.99



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



26.99

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

47.99



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

54.99



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

**UP TO
20%
OFF**



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

2.50



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

\$9



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

4.99



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

\$9.99

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

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

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

Kendamil infant formula

HUGGIES little snugglers

PediaSure Complete

Optimum

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

BIG FLAVOURS, SMALL PRICES



 **Insiders Report™**



\$3

PC® LEMONADE
selected varieties
1.89 L
20773870001_EA/21425929_EA



575

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



650

PC® SAUSAGES
selected varieties
375 g
21731918_EA



250

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



350

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



\$5

PC® SALSA SAUCE
selected varieties
650 mL
20309646003_EA



\$3

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



350

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



\$5

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



\$5

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



550

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



\$6

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



\$7

PC® BACON
selected varieties
375 g
21738792_EA



\$12

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



\$23

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

App exclusive offer

 **Optimum™**



\$5

Earn
1,000
pts

That's
\$1
value

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



\$5.99

Earn
1,500
pts

That's
\$1.50
value

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



\$5

Earn
1,000
pts

That's
\$1
value

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

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**



<p>PC® LIGHT ROAST GROUND COFFEE 930 g 21668446_EA</p> <p>Save \$5 with digital coupon</p>	<p>PC® BURGERS 20941230_EA</p> <p>Earn 2,500 pts Until June - 10 - 2026</p>	<p>NO NAME® CHICKEN WIENERS Club Pack 21414691_EA</p> <p>Earn 1,000 pts Until June - 10 - 2026</p>	<p>PC® HORS D'OEUVRE COLLECTION 720 g 20912735_EA</p> <p>Earn 2,500 pts Until June - 10 - 2026</p>
<p>PC® LIGHT ROAST WHOLE BEAN COFFEE 907 g 21668491_EA</p> <p>Save \$5 with digital coupon</p>	<p>PC® BLACK LABEL ICE CREAM 500 mL 20604543003_EA</p> <p>Earn 750 pts Until June - 10 - 2026</p>	<p>PC® BRIOCHE MINI ROLLS 21410779_EA</p> <p>Earn 1,000 pts Until June - 10 - 2026</p>	<p>PC® BLACK LABEL PIZZA 21531410_EA</p> <p>Earn 1,500 pts Until June - 10 - 2026</p>
<p>NO NAME® CHOCOLATE 100 g 20580727_EA</p> <p>Earn 750 pts Until June - 10 - 2026</p>	<p>NO NAME® COOKIES 20318678001_EA</p> <p>Earn 750 pts Until June - 10 - 2026</p>	<p>NO NAME® SALAD DRESSING 475 mL 20307707005_EA</p> <p>Earn 750 pts Until June - 10 - 2026</p>	<p>NO NAME® PASTA 900 g 20315613006_EA</p> <p>Earn 500 pts Until June - 10 - 2026</p>
<p>HÄAGEN-DAZS® 215113347_EA</p> <p>Save 50¢ with digital coupon</p>	<p>HEINZ FLAVOURED MAYO 21735038_EA</p> <p>Save \$2 with digital coupon</p>	<p>İÖGO® FROZEN YOGURT 21654322_EA</p> <p>Save \$2 with digital coupon</p>	<p>DANINO 6 x 93 mL 21520245_EA</p> <p>Save 75¢ with digital coupon</p>

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
750
pts

Until June - 10 - 2026

PC® TORTILLA CHIPS
320 - 350 g
20148817_EA

Optimum™



Earn
1,500
pts

Until June - 10 - 2026

NO NAME® CANOLA OIL
3 L 20028656_EA

Optimum™



Earn
750
pts

Until June - 10 - 2026

PC® ORGANIC BROTH
900 mL
21195472_EA

Optimum™



Earn
1,200
pts

Until June - 10 - 2026

PC® SOFT DRINKS
12x355 mL
20690671001_EA

Optimum™

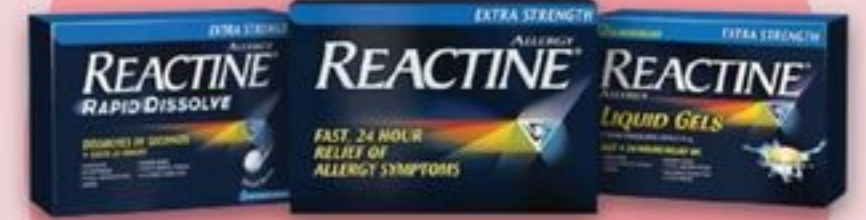


Earn
1,000
pts

Until June - 10 - 2026

PC® MEMORIES SAUCES
20311313005_EA

Optimum™



Save
\$5
with digital coupon

REACTINE
25ct & ABOVE
20550171_EA

Optimum™



Earn
2,500
pts

Until June - 10 - 2026

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

Optimum™



Earn
2,500
pts

Until June - 10 - 2026

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

Optimum™



Earn
750
pts

Until June - 10 - 2026

NO NAME® BLEACH
2.4 L
21486532_EAA

Optimum™



Earn
1,000
pts

Until June - 10 - 2026

PC® BLACK EARTH ALL PURPOSE SOIL
21357792_EA

Optimum™



Earn
1,000
pts

Until June - 10 - 2026

NO NAME® BLACK CEDAR MULCH
21358573_EA

Optimum™



Earn
500
pts

Until June - 10 - 2026

NO NAME® TOP SOIL
21349120_EA

Optimum™



Earn
1,000
pts

Until June - 10 - 2026

NO NAME® COW MANURE
21349331_EA



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.

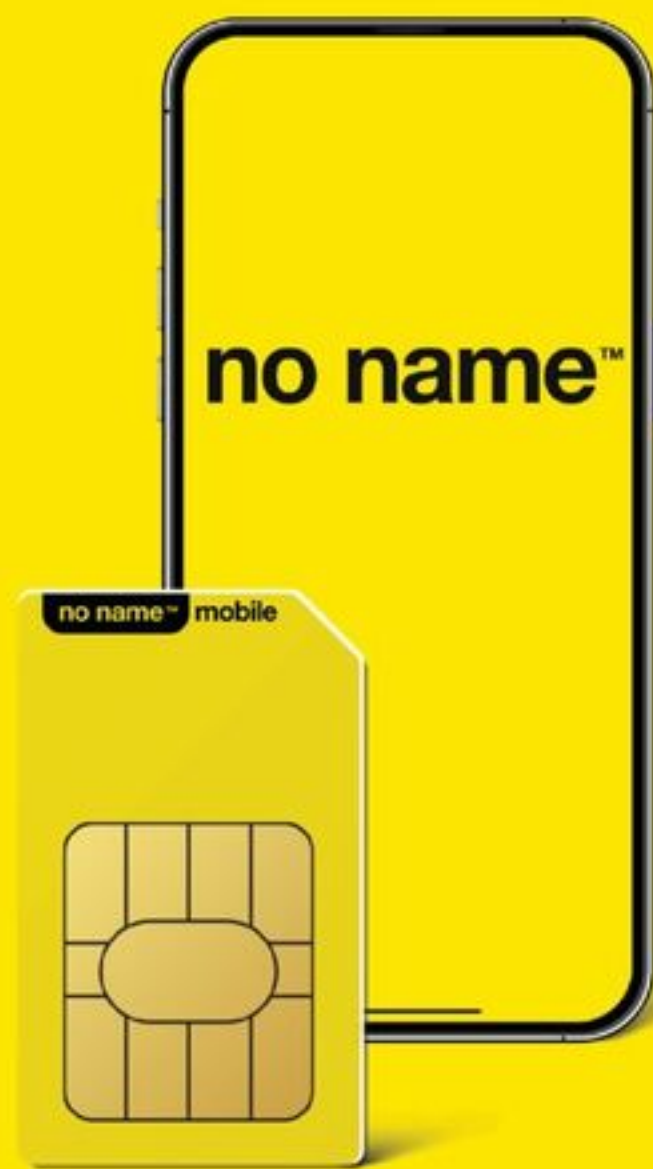
‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLINE PCX

no name™ mobile

get 2GB of data
for \$19 a month
with auto top-up

find us at the checkout lanes
exclusively at **NOFRILLS**



*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

MORE WAYS TO SAVE

**NEW
LOWER
PRICE**

Enjoy these price
drops for longer.

**RAIN
CHECK**
+ **pts**

We'll honour a current
deal if we're sold out,
and give you 10% back in
PC Optimum™ Points.

**LOW
PRICE.
ALWAYS.**

Count on low
everyday prices.

**FRESH
GUARANTEE**

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

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. 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 NFW MKT