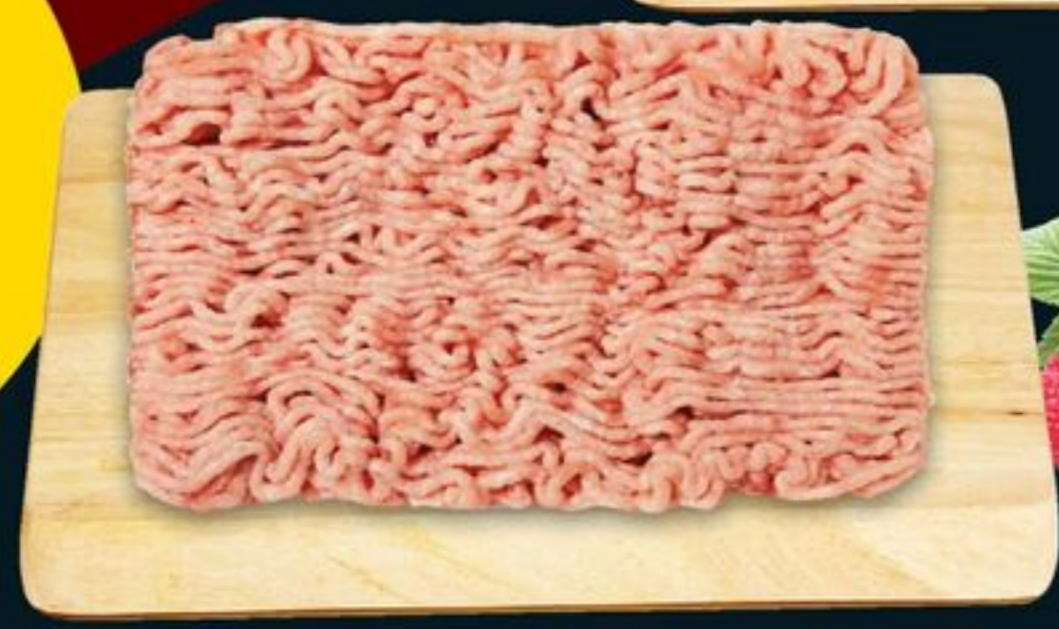


NOFRILLS®

DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, APRIL 30 TO WEDNESDAY, MAY 6, 2026.

ONLY \$4



GROUND CHICKEN
454 g
21551582_EA



BONELESS, SKINLESS CHICKEN BREAST
3 piece
21747332_EA

AIR CHILLED

ONLY \$9

App exclusive offer Optimum™

\$18

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

PC® BURGERS
selected varieties, frozen
1.02-1.36 kg
20941230_EA/20941443_EA

ONLY \$2.49

6 OZ CLAMSHELL

RASPBERRIES
product of U.S.A. or Mexico, no. 1 grade
20128938001_EA

ONLY \$2.49

BROCCOLI CROWNS
product of Mexico or U.S.A.
5.49/kg
20026161001_KG

SAVE 37%

\$5

HARVEST DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties, 250-500 g
21724040_EA

ONLY \$2.29

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

App exclusive offer Optimum™

Member Price \$4

Non-Members \$5

Members Save **\$1**

Earn **500 pts** That's **50¢** value

SCHNEIDERS or MAPLE LEAF BACON
selected varieties
100/375 g
20772671_EA

PC® KETTLE COOKED, LOADS OF or WORLD OF POTATO CHIPS
selected varieties
200 g
21422931_EA/20840911002_EA

ONLY \$5.97

ACTIVIA 12x100 g or YOPLAIT SOURCE 16x100 g YOGURT, selected varieties
20317317001_EA/20640892_EA

ONLY \$.88

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

SAVE 33%

1.50

OASIS JUICE, DEL MONTE NECTAR, or ARIZONA ICED TEA 960 mL or FRUITE BEVERAGES 2 L, selected varieties
20336722005_EA/20894117004_EA

SAVE 25%

\$3

PC® VEGETABLES
selected varieties, frozen
350-750 g
20318915_EA

WOW! \$12.99

30=60 ROLLS

ROYALE BATHROOM TISSUE or TIGER TOWEL, selected varieties
21378233_EA/21484732_EA

SAVE 38%

7.99

70 LOADS

TIDE SIMPLY LIQUID LAUNDRY DETERGENT
selected varieties, 2.72 L
21671020_EA

SAVE 31%

12.99

TILDA PURE BASMATI RICE
4.54 kg
20153678_EA

ONLY \$2.29

NO NAME® VINEGAR
club size
4 L
20102756_EA

your home of no name®

App exclusive offer Optimum™

\$2

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

NO NAME® PASTA
selected varieties
900 g
20315613002_EA/20315613003_EA

\$8

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

NO NAME® CHEESE
selected varieties
700 g
20975773_EA

SURPRISE OFFER 4 days only!

Optimum™ Thursday, April 30 to Sunday May 3

You could get **30%** or **20%** or **10%** back in pts

Open the App to get your offer!*

Available for new and existing PC Optimum™ members.

**NEW
LOWER
PRICES**

3.77

OLD EL PASO DINNER KIT
selected varieties
250-510 g
20795534_EA



\$11

PC® BUTTERFLIED SHRIMP
frozen
400 g
20080117_EA



5.50

TRE STELLE TUB
selected varieties
200/475 g
21364404_EA



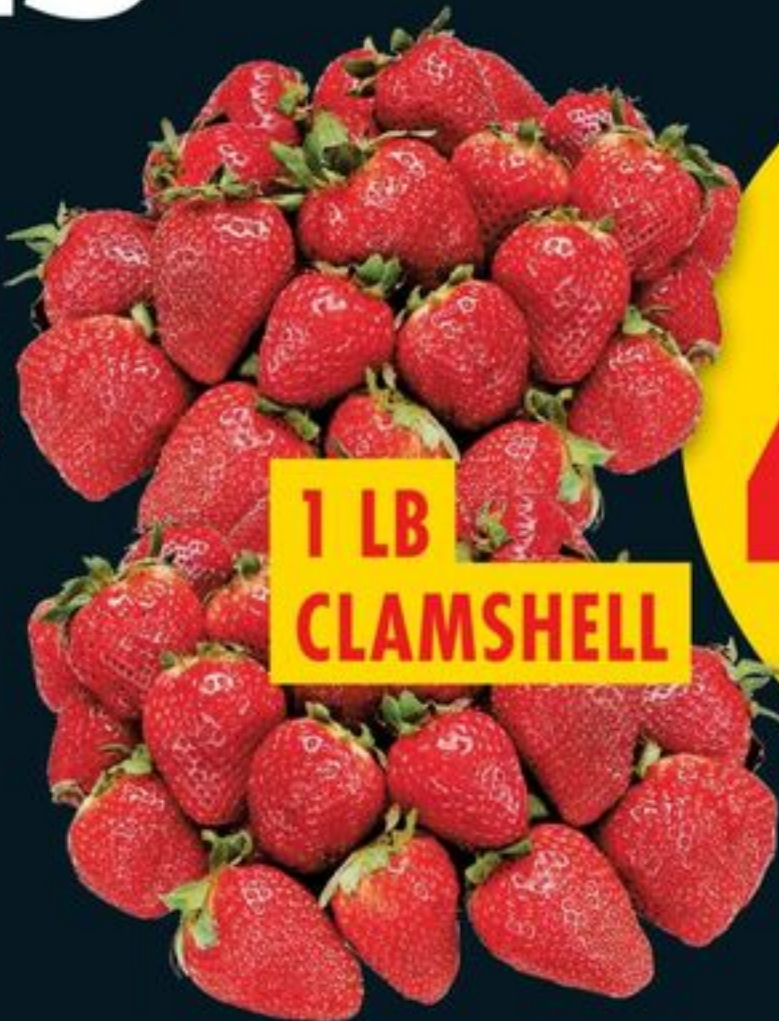
FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico
20051015001_EA



1 LB CLAMSHELL

4⁹⁹

STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
20049778001_EA

3⁹⁹
LB



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



PKG OF 3

454 G

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3⁹⁹

FARMER'S MARKET™ ENGLISH CUCUMBERS product of Western Provinces, Canada no. 1 grade or **PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Western Provinces
20828461001_EA/20761372_EA/20738571_EA



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

5⁹⁹

10 LB BAG

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

1⁹⁹
LB

SWEET POTATOES
product of U.S.A.
4.39/kg
20127708001_EA

9⁹⁹

11 LB AVERAGE

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

4⁹⁹

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

2⁹⁹

3 LB BAG
2 LB BAG

FARMER'S MARKET™ CARROTS
product of U.S.A., no. 1 grade or
YELLOW ONIONS
product of Canada, Canada no. 1 grade
20626628001_EA/20811994001_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
LB

BARTLETT PEARS
product of Argentina, extra fancy grade
5.49/kg
20172240001_KG

4⁹⁹

PKG OF 3

ANDY BOY

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

6⁹⁹

5 LB BAG

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

6⁹⁹

3 LB BAG

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

4⁹⁹

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
selected varieties, product of U.S.A.
315-383 g
20674118_EA/21381577_EA

5⁹⁹

3 LB BAG

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

5⁹⁹

681 G
907 G

PKG OF 11

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

NEW LOWER PRICES

2⁴⁹

ICEBERG LETTUCE
product of U.S.A., no. 1 grade
20155326001_EA

2⁴⁹
LB

EGGPLANT
product of Mexico
5.49/kg
20155709001_KG

2⁴⁹
LB

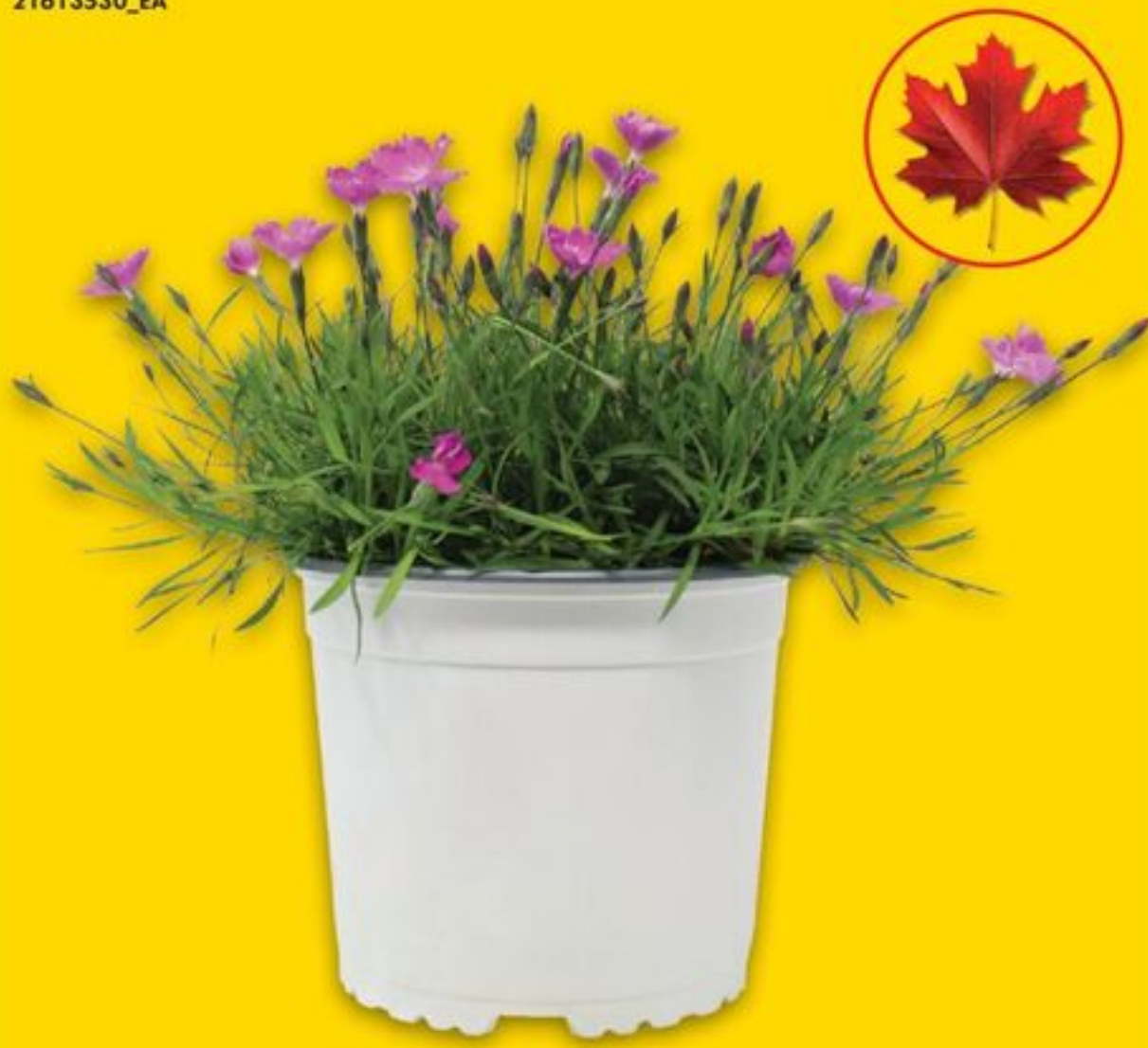
GREEN ZUCCHINI
product of Mexico
5.49/kg
20426596001_KG

*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.

GARDEN DEALS

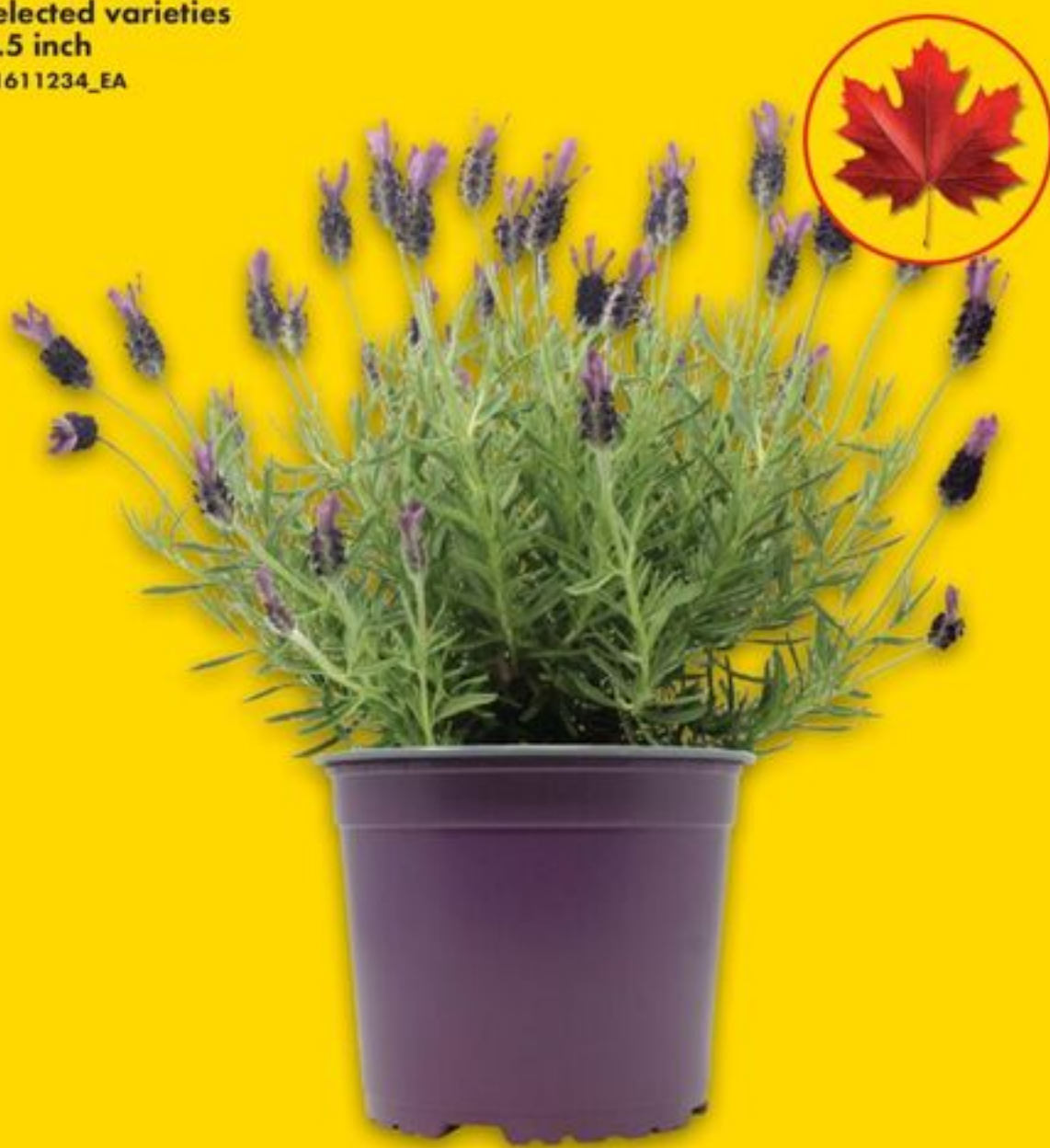
\$10

LAVENDER
selected varieties
6.5 inch
21613530_EA



\$10

PERENNIALS
selected varieties
6.5 inch
21611234_EA



\$9

ANNUALS
selected varieties
8 inch
21023616_EA



FRESH AT LOW PRICES

\$10

PC® CHICKEN THIGHS
bone-in
up to 870 g
21606983_EA



13⁹⁹
LB

BEEF INSIDE ROUND STEAK
cut from Canada AA grade beef
30.84/kg
20046414_KG

11⁹⁹

JANES BONELESS CHICKEN BITES, FILLETS or TENDERS
selected varieties, frozen
710/720 g
21440340_EA/21703608_EA



11⁹⁹

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
1.2/1.4 kg
20799697_EA

2⁵⁰

MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS
selected varieties, 450 g
20062715_EA



\$10⁹⁹

Earn **1,000** pts

That's **\$1** value

LOU'S BBQ PORK BACK RIBS
680 g
21530551_EA

\$14

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties
730/900 g
21603234_EA

\$4

PC® TOPPED HUMMUS 280 g or NAAN DIPPERS 200 g
selected varieties
20811328_EA/21092033_EA

\$7

SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
20036614_EA/21314740_EA

\$8

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

\$12

PC® SPLENDIDO® 200 g or FREE FROM® SLICED DELI MEAT 375-400 g
selected varieties
20923814_EA/21049119_EA

\$5

ZIGGY'S® CHEESE SLICES 160/180 g or HENRI WILLIG GOUDA 200 g
selected varieties
21345050_EA/21610826_EA

\$8

SUMMER FRESH SALADS
selected varieties
750/800 g
20094285_EA

\$5

NATURAL BAKERY RYE BREAD
900 g
20670248_EA

2⁵⁰

WONDER BREAD 570 g or BUNS 12's
selected varieties
20305674_EA/20520827_EA

5⁵⁰

FARMER'S MARKET® COOKIES 12's or MUFFINS 6's
selected varieties
20566295_EA/21283356_EA

DEALS FOR DAYS EVENT

SAVE UP TO 22%

\$7



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

ONLY

6²⁵

LACTANTIA LACTOSE FREE MILK selected varieties 2 L 20301822001_EA



SAVE 37%

\$5

ONLY

\$6

SIMPLY ORANGE JUICE selected varieties, refrigerated 1.36 L 21735026_EA



TASTIEZ selected varieties, frozen 311 g 21691571_EA

2²⁵

KRAFT SALAD DRESSING selected varieties 425 mL 21384850_EA



\$9

HIGH LINER FAMILY BATTERED FISH selected varieties, frozen 315-700 g 20303200001_EA



5⁵⁰

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



\$2

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



\$4

RUFFLES POTATO CHIPS 180-200 g or SMARTFOOD POPCORN 150-220 g selected varieties 20972859_EA/21241053_EA



3⁵⁰

SUNRYPE JUICE 1.36 L, OASIS, DEL MONTE or ARIZONA ICED TEA DRINK BOXES 8x200 mL selected varieties 20648778003_EA/21649074_C08



\$1

NO NAME MUSHROOMS selected varieties 284 mL 20299211_EA



\$2

CATELLI GARDEN SELECT SAUCE selected varieties, 600 mL 21618340_EA



\$22⁹⁹

Member Price

\$26⁹⁹

Non-Members

Members Save \$4

STARBUCKS GROUND COFFEE selected varieties 793 g 21169344_EA



2²⁹

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



5⁵⁰

POST FAMILY SIZE CEREAL selected varieties 525-635 g 21542452_EA/21575229_EA



Earn 4,000 pts

For every \$20* spent

That's \$4 value

NATIVE BODY WASH, DEODORANT, BODY LOTION or HAIR CARE selected varieties and sizes 21435100_EA/21505267_EA



Earn 4,500 pts

For every \$20* spent

That's \$4.50 value

DOVE HAIR, BODY WASH or DEODORANT all varieties and sizes 21220717_EA/21644833_EA



\$3⁵⁰

Earn 350 pts

That's 35¢ value

CREST PRO-HEALTH or COMPLETE TOOTHPASTE selected varieties 100-130 mL 21041420_EA/21354024_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. Members must open their PC Optimum™ App by May 3, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between Thursday, April 30 to Sunday May 3, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. **Must be a registered PC Optimum™ member to get this offer.

MAY

**HIT
OF THE
MONTH**


STARTS FRIDAY MAY 1ST



 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

3.50

\$3



iÖGO NANO 6's or SIGGI'S 4's YOGURT
selected varieties
20609687001_EA/21589925_EA

HELIVA GOOD! DIPS
selected varieties
250 g
20179979002_EA

5.50

3.75



NESTLÉ DRUMSTICKS, NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties, frozen
20322380001_EA/21162960_EA

DAIRYLAND CREAM 10%
946 mL or 33% 473 mL,
LACTANTIA CREAM 10% 1 L or
35% 473 mL
selected varieties,
brand varies by region
20073927_EA/21443531_EA

\$5

\$4

\$4



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

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

QUE PASA CHIPS or SALSA
selected varieties
130-350 g/420 mL
21031316_EA

3.25

4.25

12.99



ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHER
selected varieties
1.89 L
21518094_EA/21575061_EA

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
20310546002_C06/20313741002_C06

PC ORGANICS 100% VIRGIN COCONUT OIL
860 mL
20893349_EA

CLOVER LEAF SOCKEYE SALMON
213 g or
LIGHT TUNA
3x80 g
selected varieties
21592145_EA

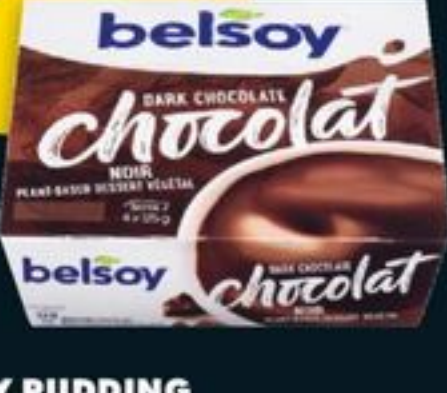
Earn 1,000 pts That's \$1 value

2.50

.88

1.50

5.50



DARE BEAR PAWS 168-210 g, ULTIMATE COOKIES 290/300 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g
selected varieties
20974346_EA/21080791_EA

SAPPORO ICHIBAN NOODLES
selected varieties
100 g
20275907001_EA

NO NAME® BROTH
selected varieties
900 mL
21189611_EA

BELSOY PUDDING
selected varieties
4x125 g
20151398003_EA

2.79

3.29

5.29

2.50



NO NAME® CROUTONS
selected varieties
145 g
21096223_EA

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
20308726001_EA/20984013_EA

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

MINUTE RICE READY TO SERVE CUPS or TILDA READY TO HEAT RICE
selected varieties
250 g
20110052003_EA/20695681_EA

BRANDS YOU LOVE AT LOW PRICES

3.50



DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001_EA



4.79

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

4.99



HAAGEN DAZS ICE CREAM
400-450 mL or NOVELTIES 3/4's
selected varieties, frozen
20302298001_EA/21513506_EA



\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
20312253001_EA

\$5



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

\$4



TROPICANA ORANGE JUICE, DRINKS or PURE LEAF TEA
selected varieties, refrigerated
1.36/1.75 L
20755752002_EA/21622130_EA

2.50



GRISOL MELBA TOAST, CANAPE or BAGUETTES
selected varieties
120-200 g
21033188_EA

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
20302816001_EA/20801021_EA

\$3



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

6.99



TETLEY TEA
selected varieties
80/144's
20711164_EA/21613866_EA

\$24



NABOB GROUND COFFEE 930 g or KICKING HORSE K-CUPS 24's
selected varieties
20074173002_EA/21654258_EA

App exclusive offer **Optimum**

Member Price **\$35**

Non-Members **\$40**

NO NAME® COFFEE PODS
Club Size, selected varieties
102's
21593380_C01

2.50



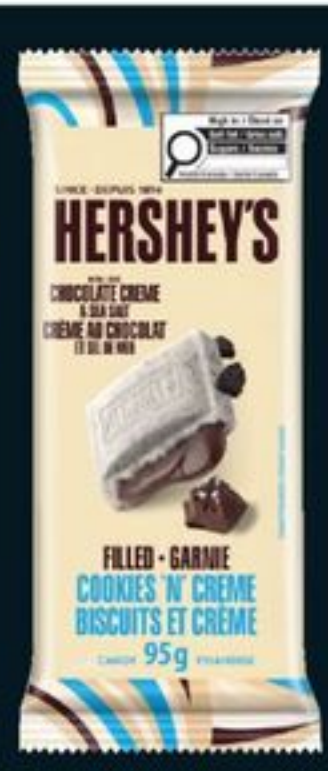
SWIZZELS SQUASHIES
selected varieties
160 g
21668536_EA

\$1



CARNABY SWEET CANDY BAG
selected varieties
125 g
21219319_EA

2.50



HERSHEY'S CHOCOLATE BARS
selected varieties
90-108 g
21716510_EA

\$10



GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
20679390_EA/21347133_EA

\$3



KELLOGG'S RICE KRISPIES 154-198 g, POP TARTS 384 g, SPECIAL K 125 g or NUTRI-GRAIN 295 g BARS
selected varieties
20126567001_EA/21290111_EA

2.50



WERTHER'S CANDY
selected varieties
116-135 g
20898717_EA

BRANDS YOU LOVE AT LOW PRICES

\$13



\$17

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
2008325001_EA/21427042_EA

NO NAME® GARBAGE BAGS selected varieties 50-100's
20081753_EA

\$10



\$20

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

FINISH DISHWASHER TABS selected varieties 60-105's
21218875_EA/21561337_EA

2.50



PALMOLIVE DISHWASHING LIQUID selected varieties 591 mL
21004388_EA/21004368_EA

4.50



CLOROX or SCENTIVA CLEANING SPRAY 709-946 mL or WIPES 75's selected varieties
20348537002_EA/21657792_EA

\$16



TIDE PODS 57's LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.16 L, SCENT BOOSTERS 680 g or TIDE ZERO LIQUID LAUNDRY DETERGENT 3.1 L selected varieties
21454815_EA/21549939_EA

\$15



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

\$8



PC® DINNER NAPKINS 180's
20084398_EA

\$11



ENSURE or GLUCERNA READY TO DRINK SHAKES selected varieties and sizes
20180283003_EA/20308731008_C06

\$9



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

\$34.99



Earn **2,000 pts**

That's **\$2** value

HUGGIES ECONO PACK DIAPERS selected varieties N-8, 60-208's
21456635_EA/21663768_EA

\$3.50



Earn **1,000 pts**

That's **\$1** value

PC® YARD WASTE PAPER BAGS 5's
20429980_EA

\$9



Earn **1,000 pts**

That's **\$1** value

DAWN DISHWASHING LIQUID 1.98 L détergent liquide vaisselle
21737053_EA

HOT FINDS



EVERYDAY ESSENTIALS™ FRIDGE PITCHER PICHET POUR RÉFRIGÉRATEUR
20654809_EA

\$4

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



Disney · PIXAR

FREE STICKER PACK

FOR EVERY \$25 SPENT*



\$5
UNIQUE
ALBUM

64 STICKERS TO COLLECT
DISCOVER INTERESTING
ANIMAL FACTS

WHILE SUPPLIES LAST

©Disney ©Disney/Pixar

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



Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



64 STICKERS TO COLLECT
DISCOVER INTERESTING
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

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**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

**SPEND \$10*
ON SELECT**

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

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



**SPEND \$10*
ON SELECT**

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

21104047_EA/21667577_EA/20316187001_EA/20306992001_EA



**SPEND \$15*
ON SELECT**

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

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



**SPEND \$15*
ON SELECT**

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

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



**SPEND \$12*
ON SELECT**

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

21479030_EA/20300320_EA/20316052001_EA/20948940_EA



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

**GET
BONUS
STICKERS**

**WHEN YOU
BUY THESE
PARTICIPATING
OFFERS***

SPEND \$15*
ON SELECT

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



SPEND \$10*
ON SELECT

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



SPEND \$15*
ON SELECT

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



SPEND \$9*
ON SELECT

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



SPEND \$10*
ON ANY

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



SPEND \$10*
ON SELECT

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



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

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

loblawuniverse.ca

2.25

GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L selected varieties
20134181_EA/20333194006_EA



\$1

NESTLÉ SINGLE CHOCOLATE BAR selected varieties 41-60 g
20066954_EA/20306258_EA

2.50

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



\$3

iÖGO 650 g or NANO BUBBLES 4x100 g YOGURT selected varieties
21659463_EA/21719739_EA



4.50

CRAVE DINNER ENTRÉES 200-340 g or KRAFT DELUXE MAC AND CHEESE 340 g selected varieties, frozen
21085515_EA



\$2.3

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



\$4

TACO BELL DINNER KIT 260-420 g or CREAMY SAUCE 354 mL selected varieties
21661774_EA/21663637_EA



\$6

LACTANTIA ULTRAPUR MILK selected varieties 1.5 L
21694529_EA



\$8

CLIF ENERGY BAR selected varieties 5's, 340 g
21664766_EA/21664843_EA



2.50

NO NAME® NACHO CHEESE TORTILLA CHIPS selected varieties 200 g
21654374_EA



\$3

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



4.50

KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K, or MINI-WHEATS CEREAL selected varieties, 306-525 g
21607207_EA/21652093_EA



7.49

DR. OETKER SUPREMA 487-520 g or GIUSEPPE STUFFED CRUST 685-771 g PIZZA selected varieties, frozen
21649640_EA



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

ONL 04 NFW



\$5

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



\$1

\$5

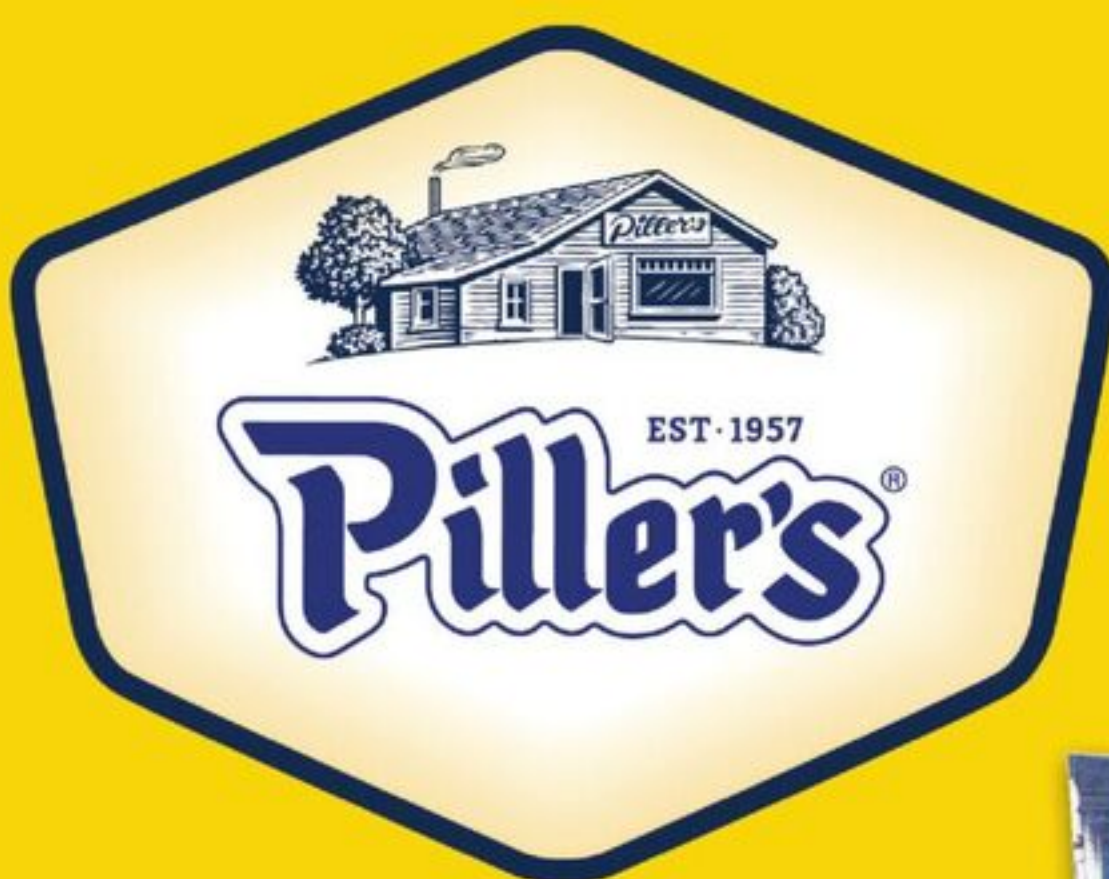
2.75



NESTLÉ SINGLE CHOCOLATE BAR
selected varieties
41-60 g
20066954_EA/20306258_EA

NESTLÉ CHOCOLATE BAG
selected varieties
76-203 g
21080077_EA

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



7.50

PILLER'S SLICED DELI MEAT 300/350 g,
PEPPERETTES or
TURKEY BITES 300-500 g
selected varieties
21099386_EA/21624509_EA



6.50

4.50



PILLERS KOLBASSA 250/375 g or
PEPPERONI 250 g
selected varieties
20042333_EA/20308469_EA

PILLERS SLICED DELI MEAT
selected varieties
150/200 g
21206382_EA/21206939_EA

BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$20



NO NAME® 4OZ BEEF BURGERS
frozen
1.36 kg
20114154_EA

\$11



NO NAME® SMOKED SAUSAGES
selected varieties
900 g
20734142_EA

2.25



NO NAME® HOTDOG or HAMBURGER BUNS
12's
21509645_EA/21509829_EA

1.79



NO NAME® YELLOW MUSTARD
550 mL
21457728_EA

3.50



NO NAME® PICKLES
selected varieties
1 L
20300473_EA

3.50



NO NAME® KETCHUP
1 L
20102426_EA

\$7



NO NAME® NATURALLY IMPERFECT™ AVOCADO
product of Mexico
21699907001_EA

\$2



NO NAME® CUTLERY
selected varieties
30's
21707052_EA/21707053_EA

1.25



NO NAME® BBQ LIGHTER
each
21379301_EA

\$6



NO NAME® PAPER TOWELS
6=12 rolls
21636318_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**




 **Optimum™**



**NESTLÉ
SNACK PACK**
any variety
21719355_EA

**Save
\$1**
with digital
coupon

 **Optimum™**



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

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

 **Optimum™**



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


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

 **Optimum™**



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

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

 **Optimum™**



PC® FROZEN FRUIT
600 g
21377841_EA

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

 **Optimum™**



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

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

 **Optimum™**



PC® DIPS
454 g
20584098_EA


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

 **Optimum™**



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

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

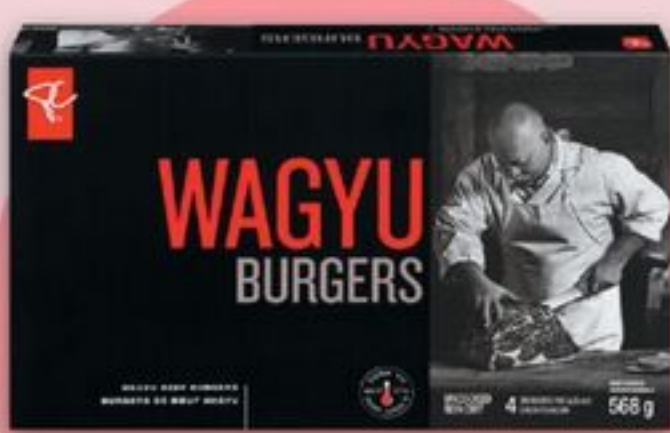
 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
1,200
pts
Until May - 13 - 2026

PC® INSTANT COFFEE
80/100 g
21499826_EA

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

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

Optimum™



Earn
750
pts
Until May - 13 - 2026

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

Optimum™



Earn
500
pts
Until May - 13 - 2026

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

Optimum™



Earn
600
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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



HAPPY CINCO DE MAYO



4⁹⁹

PINEAPPLE
product of Costa Rica or Mexico
each
20160992001_EA



PKG OF 6



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

7⁴⁹

FARMER'S MARKET SWEET PEPPERS
product of Western Provinces
21030970001_KG



1²⁹

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

.69



LIMES
product of Mexico
20040489001_EA

3⁹⁹
LB



JALAPENO PEPPERS
product of Mexico
8.80/kg
20088387001_KG

4⁵⁰



PC® CHUNKY GUACAMOLE 227 g or
PICO DE GALLO SALSA 300 g
21448092_EA/20959575_EA

6⁹⁹
LB



LEAN GROUND BEEF AND PORK
15.41/kg
20865962_KG

6⁹⁹



BEYOND MEAT PLANT BASED GROUNDS
frozen
340 g
21220674_EA

2⁷⁹



LA COSTEÑA CHIPOTLE PEPPERS
186 mL or **REFRIED BEANS** 546 mL
selected varieties
20054076001_EA/20318080_EA

2⁹⁹



CHARRAS CORN TOSTADAS 350 g or
LA COSTEÑA PICKLED JALAPEÑO NACHO SLICES
477 mL
selected varieties
21117787_EA/21365904_EA

\$5



PC® SALSA
selected varieties
650 mL
20309646001_EA

1⁹⁹



VALENTINA HOT SAUCE
selected varieties
370 mL
20056649001_EA/20056649002_EA

3⁷⁹



LA COSTEÑA SAUCE
selected varieties
455 mL
20318656001_EA/20318656002_EA

\$6⁵⁰

Earn **1,000 pts**

That's **\$1** value



CHOLULA HOT SAUCE
selected varieties
150 mL
21649125_EA

\$12

Earn **1,000 pts**

That's **\$1** value



CORONA CERO 0.0% ALCOHOL-FREE BEER
6x330 mL
21650191_C06



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Online grocery pickup & delivery

SHOP ONLINE, GET IT DELIVERED.

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

That's up to **\$75** in points!

SHOP NOW



No Frills® delivery is available at select stores. Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

OUR FLYER. YOUR INBOX.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



* Standard message and data rates may apply.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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

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.

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**NEW
LOWER
PRICE**

Enjoy these price
drops for longer.

**RAIN
CHECK
+ pts**

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

**LOW
PRICE.
ALWAYS.**

Count on low
everyday prices.

**FRESH
GUARANTEE**

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

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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ONL NFW MKT