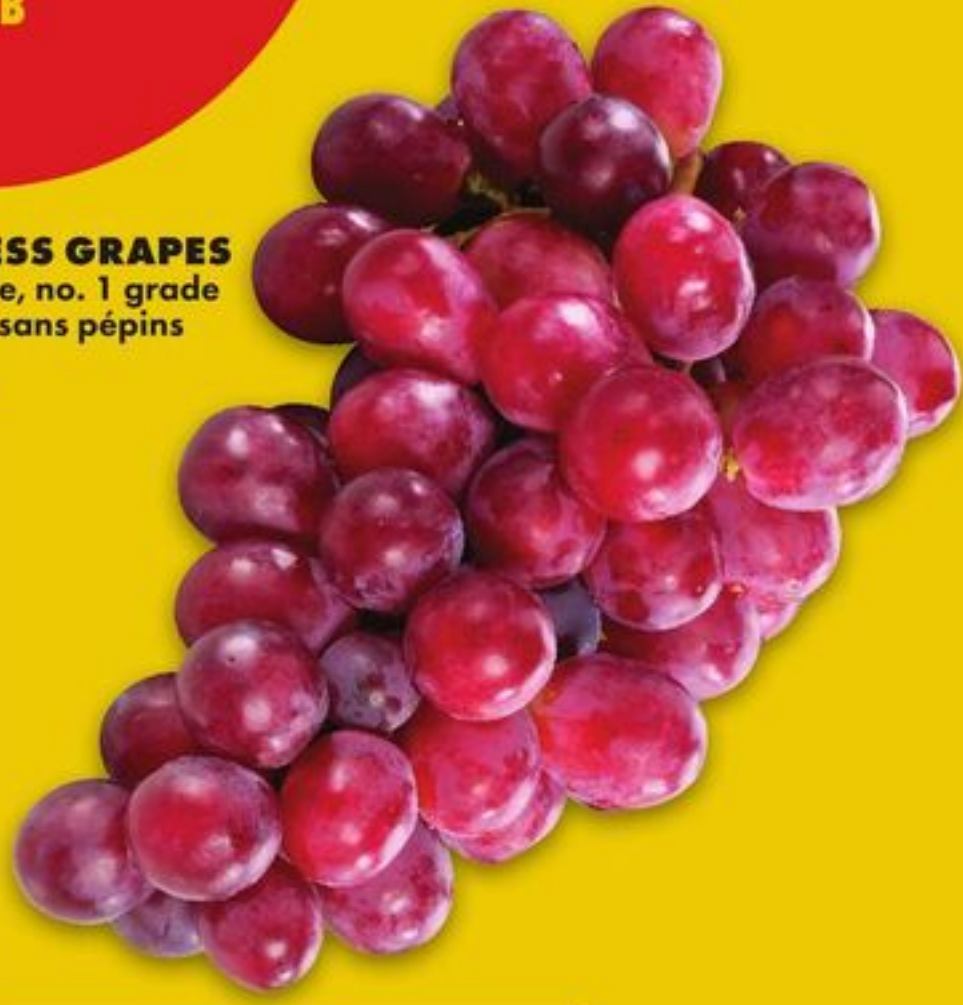




ONLY

2⁹⁹
LB

RED SEEDLESS GRAPES
product of Chile, no. 1 grade
raisins rouges sans pépins
6.59/kg
20159199001_KG



ONLY

1⁹⁹

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



SAVE 33%

1⁹⁹

**FARMER'S MARKET™
GRAPE TOMATOES**
product of Canada or Mexico
tomates raisins
21367888001_EA

283 G



SAVE UP TO 33%

3⁹⁹



**FARMER'S MARKET™
AMBROSIA, CORTLAND
or MCINTOSH APPLES**
product of Atlantic provinces,
Canada fancy grade
pommes
21307212001_EA/20630871001_EA

4 LB BAG



NOFRILLS®

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

SAVE 52%

3.99
LB



PORK BACK RIBS
fresh, cryovac package
côtes de dos de porc
8.80/kg
20289672_KG

WHILE QUANTITIES LAST

T-BONE STEAK
cut from ungraded beef
bifeck d'aloyau
21.78/kg
21531577_KG

WHILE QUANTITIES LAST

SAVE 34%

9.88
LB



CLUB SIZE

ONLY

\$6



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

SAVE 44%

6.99



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

ONLY

\$3



LARSEN WIENERS
375 g
saucisses fumées
21093446_EA

ONLY

4.99



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

ONLY

3.50



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

SAVE UP TO 44%

2.77



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

NEW ARRIVAL

\$4.99

Earn **1,500** pts

That's **\$1.50** value

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

SAVE 33%

\$3



MOTT'S CLAMATO or **OCEAN SPRAY CRANBERRY COCKTAIL**
selected varieties
1.89 L
cocktail de jus de palourdes ou canneberge
2030006008_EA/20318955002_EA

SAVE 23%

2.99



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

PRICE DROP

\$1



CLARK BAKED BEANS
selected varieties
398 mL
fèves
21308477_EA

SAVE 35%

.75



MARIO'S MINI VIENNA SAUSAGES
113 g
mini-saucisses viennoises
21675734_EA

SAVE UP TO 33%

11.99



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

ONLY

12.88



DAN-D PAK CASHES
salted or unsalted
908 g
noix de cajou
20314862002_EA

ONLY

12.99



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

ONLY

\$3



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

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



DELI DEALS

ONLY

3⁵⁰

THE LAUGHING COW CHEESE
selected varieties
133 g
fromage

20319107_EA



ONLY

3⁵⁰

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

21592377_EA/21592461_EA



SAVE UP TO 25%

\$3

PC® DIPS 200-227 g or
PC® NAAN DIPPERS 200 g
selected varieties
trempettes ou pains Naan

20584212_EA/21092033_EA



ONLY

2⁵⁰

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

pains à hamburger ou hot-dog

21509434_EA/21509514_EA



SAVE UP TO 40%

\$3

ZIGGY'S® FRESH PASTA
350/360 g or
RESER'S SALADS 425/454 g
selected varieties
pâtes ou salades fraîches

21521168_EA/20962398_EA



FRESH AT LOW PRICES

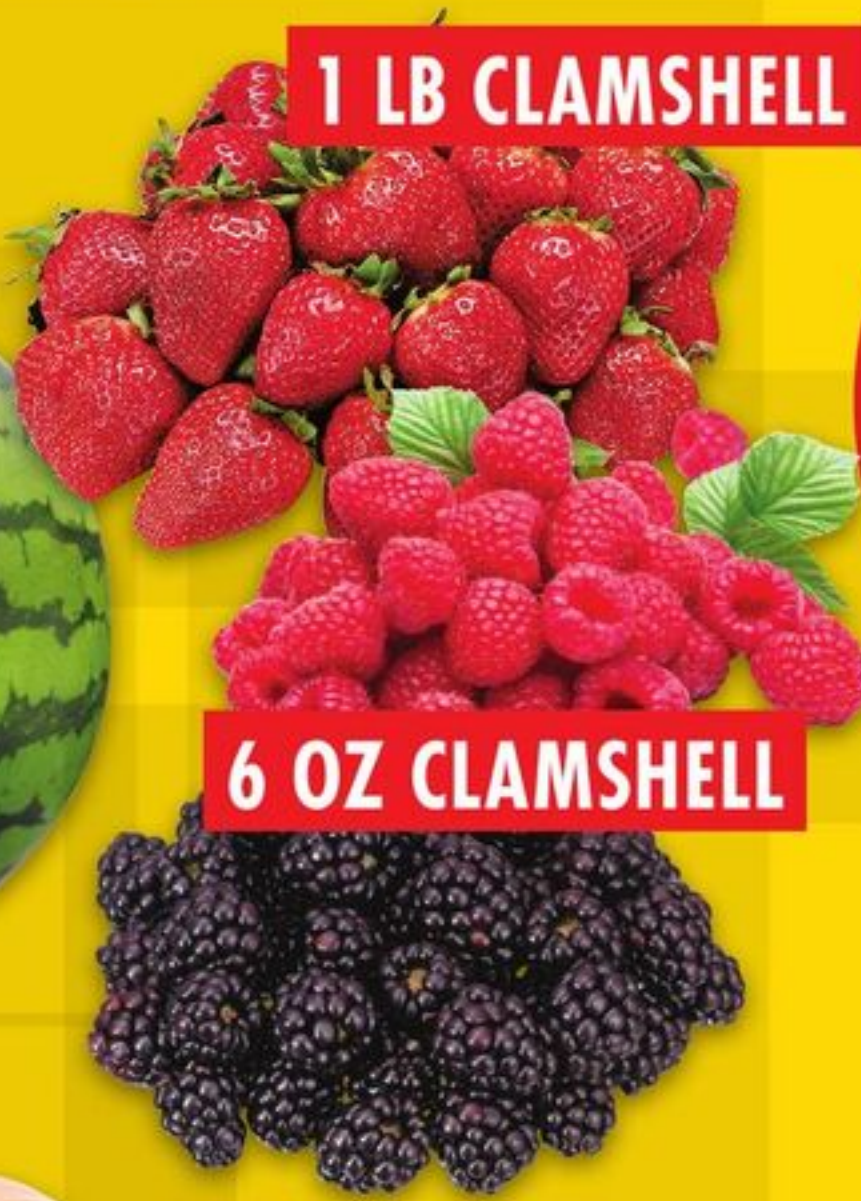
6⁹⁹

9 LB AVERAGE



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

1 LB CLAMSHELL



4⁹⁹

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A.,
RASPBERRIES or
STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
mûres ou framboises
ou fraises
20051015001_EA/20128938001_EA

4⁹⁹

PKG OF 4



FARMER'S MARKET™ SWEET CORN
product of U.S.A., no. 1 grade or
FARMER'S MARKET™ SWEET PEPPERS
product of Canada or Mexico
maïs sucré ou poivrons
20348977001_EA/20117550001_EA



5⁹⁹
LB

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



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

3⁴⁹



3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade
oignons jaunes
20811994001_EA

\$5



15 LB BAG

NO NAME® NATURALLY IMPERFECT™ POTATOES
product of Canada, Canada no. 2 grade
pommes de terre
20944462001_EA

5⁹⁹



PINEAPPLE
product of Costa Rica
ananas
20119813001_EA

4⁹⁹

PKG OF 5

CANTALOUPE product of Guatemala, Honduras or Brazil, no. 1 grade or **AVOCADOS** product of Mexico, Peru or Colombia
cantaloup ou avocats
20167017001_EA/21644936001_EA

2⁹⁹



PKG OF 6

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

5⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES
product of Morocco, Spain or Egypt
oranges
20162945001_EA

7⁹⁹

4 LB BAG

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

6⁹⁹
LB

CLUB SIZE

BONELESS SKINLESS CHICKEN BREAST
poitrine de poulet sans peau désossée
15.41/kg
21189206_KG

6⁴⁹



PC® SAUSAGE, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE
selected varieties
375/500 g
saucisses de poulet
21378310_EA/21584342_EA

\$10



MAPLE LEAF HAM
selected varieties
545-640 g
600 g
jambon
21094853_EA

14⁵⁰
LB

BEEF STIR FRY STRIPS
fresh
lanières de bœuf à sauter
31.97/kg
20328005_KG

\$5



MARCANGELO SLICED DELI MEAT
selected varieties
85 g
charcuteries tranchées
21706089_EA

3²⁵



D'ITALIANO BREAD 620/675 g or BUNS 6/8's
selected varieties
pain ou petits pains
20038335_EA/20521048_EA

\$4



ACE BISTRO'S
selected varieties
545-640 g
pain au levain
21616156_EA

\$8



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

*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

4⁵⁰



GERBER INFANT CEREAL
selected varieties
227 g
céréales pour bébé
2035839006_EA/20374110001_EA

27⁹⁹



HUGGIES SUPER BIG PACK DIAPERS
selected varieties
N-7, 36-128's
couches
21172501_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
couches or préparations
pour nourrissons
à base de lait
21456748_EA/21663768_EA/21648061_EA



ONE DAY ONLY
WEDNESDAY, MAY 20, 2026



\$34⁹⁹

Earn
5,000
pts

That's
\$5
value

\$23⁹⁹



Earn
3,000
pts

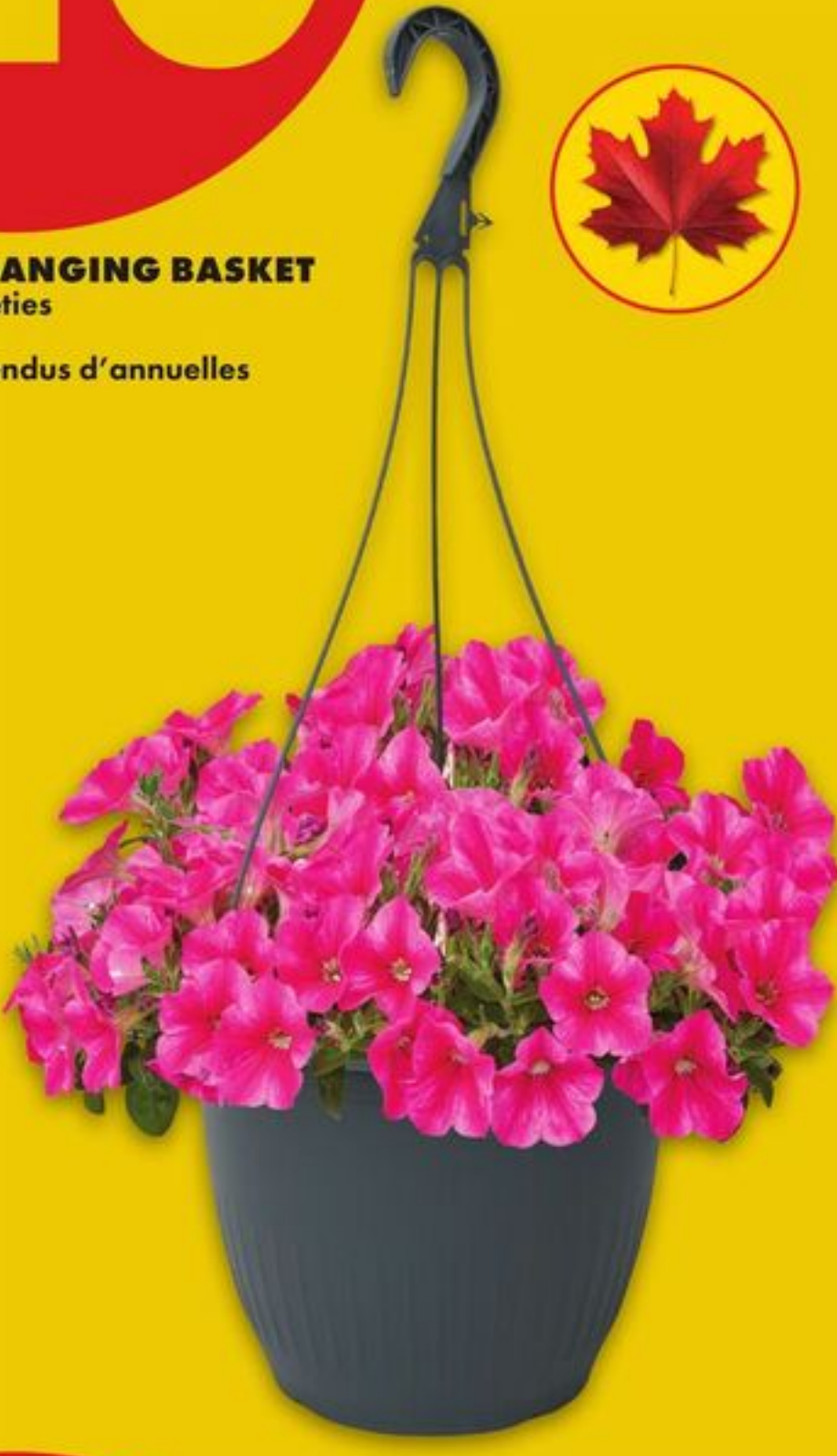
That's
\$3
value

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

GARDEN DEALS

\$10

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



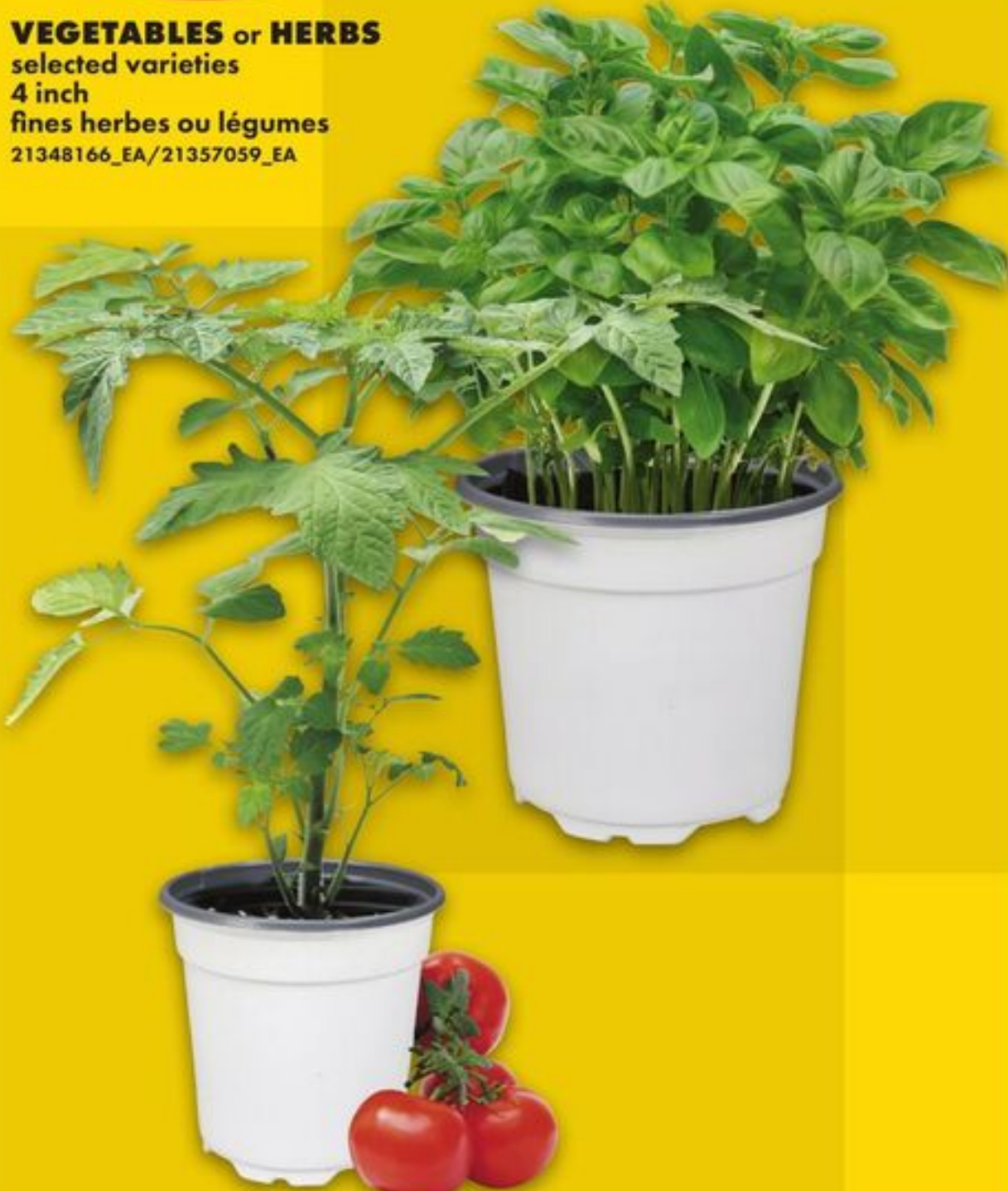
\$3

ANNUALS
selected varieties
4 inch
annuelles
21348168_EA



\$3

VEGETABLES or HERBS
selected varieties
4 inch
fines herbes ou légumes
21348166_EA/21357059_EA



BRANDS YOU LOVE AT LOW PRICES

2.75

YOPLAIT TUBES 8's or MINIGO 6's YOGURT
selected varieties
yogourt
21547571_EA/21619318_EA



6.99

BECEL MARGARINE
selected varieties
800 g
margarine
21747692_EA

\$5

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



6.99

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

\$4

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



\$7

DEL MONTE JUICE BLENDS
selected varieties,
refrigerated
2.5 L
mélanges de jus
21595736_EA



\$3

DOLE FRUIT BOWLS 4x107 mL or MOTT'S FRUITSATIONS 6x113 g
selected varieties
bols de fruits ou purée de pomme
20318455001_EA/20324241001_EA



\$3

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



\$3

QUAKER INSTANT OATMEAL
selected varieties
264-344 g
gruau instantané
21190260_EA/21190265_EA



\$3

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



3.99

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



4.99

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



1.49

NO NAME® VEGETABLES
selected varieties
398 mL
légumes
20302135_EA



6.50

SANPELLEGRINO NATURALI, LIGHT or CIAO SPARKLING FRUIT BEVERAGES
selected varieties, 6x330 mL
boissons pétillantes aux fruits
21433206_C06



\$22

PC® ROAST AND GROUND COFFEE 800-930 g, WHOLE BEAN 820/907 g or PODS 30's
selected varieties
café torréfié et moulu ou en grains ou capsules
21038677_EA/21193573_EA



Optimum

\$4.50

Earn **1,000 pts**

That's **\$1** value

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

CLUB HOUSE

CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING
all sizes and varieties
épices ou assaisonnements ou extraits ou colorants alimentaires
20010752_EA/20180764_EA/20302816004_EA

Earn **3,500 pts**

That's **\$3.50** value

Optimum

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

Earn **4,000 pts**

That's **\$4** value

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

\$26.99

Earn **2,000 pts**

That's **\$2** value

SIMILAC GO & GROW TODDLER NUTRITION POWDER MILK FLAVOUR
850 g
préparation nutritive en poudre pour tout-petit
21702816_EA

\$29.99

Earn **3,000 pts**

That's **\$3** value

BRANDS YOU LOVE AT LOW PRICES

SAVE 25%

5⁹⁹



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



ONLY

\$6

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

ONLY

.97



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire

SAVE 41%

4⁹⁹



HELUVA GOOD! FRENCH ONION DIP
680 g
trempeuse à l'oignon

SAVE 28%

\$10



EL MONTEREY QUESADILLA or **TAQUITOS**
selected varieties, frozen, 567 g
quesadilla ou taquitos

\$4



PLANTERS CASHEWS
selected varieties
200 g
noix de cajou

\$10



HIGH LINER PAN SEAR or **BATTERED FISH FILLETS**
selected varieties, frozen, 425-540 g
filets de poisson

App exclusive offer



PC® BACON
selected varieties
375 g
bacon

\$7

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



OLD DUTCH POTATO 220 g or **TORTILLA** 275-290 g **CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
croustilles ou grignotines

Earn **1,000 pts**
For every \$6* spent
That's **\$1** value

4⁵⁰



LA GRILLE SEASONING or **CLUB HOUSE BLENDS**
selected varieties
111-248 g
assaisonnements ou mélanges

2⁵⁰



GOLDFISH CRACKERS
selected varieties
167-200 g
craquelins

3⁹⁹



PC® BLUE MENU® BEANS or **LENTILS**
selected varieties
900 g
haricots ou lentilles

2⁷⁹



CATELLI GLUTEN-FREE PASTA
selected varieties
340 g
pâtes sans gluten

\$7



PC® MAX PAPER TOWELS
3=6 rolls
essuie-tout

\$8



NO NAME® LAUNDRY DETERGENT
4.43 L **FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant

\$10



BANANA BOAT SUNSCREEN
selected varieties
170/226 g/150-315 mL
écran solaire

\$4



CARNABY SWEET GUMMIES
selected varieties, 500 g
friandises gélifiées

\$3



PC® NUTRITION FIRST® WET DOG FOOD
selected varieties
374 g
nourriture humide pour chiens

\$14



PC® NUTRITION FIRST® DRY CAT FOOD
selected varieties
2 kg
nourriture sèche pour chats

\$30



PC® NUTRITION FIRST® DRY DOG FOOD
selected varieties
7 kg
nourriture sèche pour chiens

App exclusive offer

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

That's **\$6** value



Optimum™

REESE'S BRANDED PRODUCTS
all sizes and varieties
21702133_EA/21104053_EA
21651701_EA/20582012_EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

MAY

**HIT
OF THE
MONTH**



\$3

Made in Canada

Kraft Miracle Whip

Selected varieties, 650/890 mL

Limit: 6, over limit retail \$4.00

20298681001_EA



\$1.88

Made in Canada

Marcangelo Souvlaki

Selected varieties, 2 Pack, 120 g

Limit: 6, over limit retail \$2.50

20902208_EA/21095022_EA



\$2.25

Takis Rolled Corn Chips

Selected varieties, 260 g

Limit: 6, over limit retail \$3.00

21715466_EA



\$4

Head Men's & Women's Socks

3 pk

Limit: 6, over limit retail \$5.99

21721517_EA/ 21721507_EA

**LOWEST PRICES
BEST DEALS**

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

TREAT YOURSELF TO LOW PRICES

\$4



NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
21610177_EA/21610238_EA



\$11

NO NAME® ICE CREAM SANDWICHES or BARS
selected varieties, Club Size, frozen, 24-30's sandwiches à la crème glacée ou barres
21013432_EA/21283329_EA

\$5



PC® LOADS OF ICE CREAM BARS
selected varieties frozen
4 x 72 mL
barres de crème glacée
21575391_EA/21707047_EA

App exclusive offer

\$5

Earn
1,000
pts

That's
\$1
value



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

3⁵⁰



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

2⁹⁹



CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM
selected varieties
frozen, 500 mL
crème glacée
21511106_EA/21589874_EA

\$5



BEN & JERRY'S ICE CREAM
selected varieties, frozen
473 mL
crème glacée
21428213_EA/21720409_EA

\$5



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

\$6



PC® SKYR or BLUE MENU® YOGURT BARS
selected varieties, frozen, 4-10's
barres de yogourt
20538593001_EA/21074208_EA

\$5



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

5⁵⁰



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

4⁹⁹



HÄAGEN-DAZS ICE CREAM 450 mL or NOVELTIES 3/4's
selected varieties, frozen
crème glacée ou
friandises glacées
20302298004_EA/21722352_EA

5⁹⁹



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

\$2



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

5⁵⁰



PC® WAFFLE CONES
selected varieties
135/205 g
cornets
21203795_EA/21203798_EA

4⁴⁹



LOTTE MOCHI
selected varieties
frozen
270 mL
mochi
21247111_EA

\$6



PC® TOPPING
selected varieties
355 mL
garnitures
20095745_EA/20179819_EA

\$6



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

\$3



NO NAME® WALNUTS or ALMONDS
selected varieties
100 g
noix de Grenoble
ou amandes
20127455001_EA/20599246_EA

4⁵⁰



NO NAME® MARASCHINO CHERRIES
375 mL
cerises au marasquin
20050959_EA

LOW PRICES IN STOCK

3.29



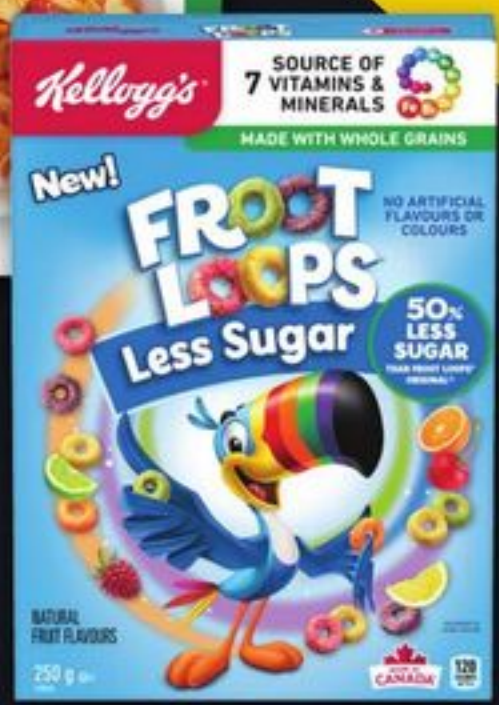
FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g selected varieties barres ou biscuits
20587504001_EA/20686988001_EA

5.50



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

\$4



KELLOGG'S CEREAL selected varieties 250-355 g céréales
21450851_EA/21719175_EA

5.50



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

4.50

KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K or MINI-WHEATS CEREAL selected varieties, 306-525 g céréales
20015041_EA/21607207_EA

9.50

KELLOGG'S JUMBO SIZE CEREAL selected varieties 825 g-1.01 kg céréales
20072706_EA/21651842_EA

\$4

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

2.29

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

2.75

QUAKER CRISPY MINIS selected varieties 100-199 g mini-galette de riz
20163708002_EA/20303002001_EA

2.50

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

4.50

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

4.50

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

\$4

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

\$4

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

\$4

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

\$8

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

2.50

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

\$2

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

2.50

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

2.50

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

LOW PRICES IN STOCK

\$3



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



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

\$3

\$3



2.75

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



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

3.50



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

\$5



NESTLÉ CHOCOLATE BAG
selected varieties, 76-203 g
sac de chocolat
21080077_EA/21648229_EA

4.99



NESTLÉ CHOCOLATE MULTIPACK
selected varieties
4's
emballage multiple de chocolat
20176136_EA/20322502_EA

5.97



YOPLAIT SOURCE YOGURT
selected varieties
16x100 g
yogourt
20317317001_EA

\$4



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

4.25



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

\$8



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

6.50



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

4.25



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

21.50



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

\$7



MAISON PERRIER SPARKLING WATER
selected varieties
8x330/6x500 mL
eau pétillante
2171999_C08

7.49



NESCAFÉ GOLD INSTANT COFFEE 95/100 g or **ESPRESSO CONCENTRATES** 500 mL
selected varieties
café instantané ou concentré d'espresso
21074565_EA/21665027_EA

11.99



STARBUCKS ROAST AND GROUND COFFEE
340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
20547943001_EA/21651626_EA

LOW PRICES IN STOCK

\$4



CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
450/481 g
craquelins
21109001_EA/21109004_EA

\$3



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



\$3

\$4



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



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

\$3



CADBURY CHOCOLATE BARS
selected varieties, 80-105 g
barres de chocolat
21648577_EA/21648607_EA

2.25



MAYNARDS CANDY BAG
selected varieties
135-154 g
sac de friandises
21636428_EA/2169184_EA

4.79



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

24.99



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

17.99



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

2.49



HERSHEY'S CHOCOLATE 90-120 g or JOLLY RANCHER CANDY BAG 182/198 g
selected varieties
sac de chocolats ou friandises
21452986_EA/21510809_EA

2.50



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

\$7.50



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

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

\$11



TIDE LIQUID 1.62/1.86 L or **PODS** 18-31's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.66/2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's, selected varieties
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782_EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's, **BEADS** 598/680 g or **DRYER SHEETS** 240's
selected varieties
détergent ou perles ou feuilles d'assouplissant
20959627_EA/21671135_EA

\$9



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

5.50



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

\$14



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

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L, selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA

\$13



PUREX 4.08-4.43 L, **SUNLIGHT 4 L LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
20083525001_EA/21427038_EA

**PRICE
DROP**

**1000s OF
LOWERED PRICES
EVERYDAY!**

550



LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rinse-bouche
20348438001_EA/21091218_EA

350



COLGATE PREMIUM TOOTHPASTE
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20432339010_EA/21166685_EA

\$4



GARNIER FRUCTIS HAIR CARE
selected varieties
334-370 mL
soins capillaires
21007245_EA/21007302_EA

550



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

450



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

\$6



DEGREE DEODORANT or DRY SPRAYS
selected varieties
74/107 g
déodorant ou atomiseur
sec21075870_EA/21078327_EA

\$9



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

\$15



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

\$11



AVEENO LOTION
selected varieties
532 mL
lotion
20102023001_EA
20102023003_EA

\$10



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

\$12



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

26⁹⁹



HUGGIES PULL UPS or GOODNITES NIGHTTIME UNDERWEAR
selected varieties, 24-74's
culottes d'entraînement ou sous-vêtement de nuit
20963841_EA/21371199_EA

ALWAYS

\$5



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

47⁹⁹



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

250



SIMPLY GOURMET SNACKS
selected varieties
32 g
collations
21597310_EA/21597336_EA

\$9



PEDIASURE COMPLETE REDUCED SUGAR
selected varieties, 4x235 mL
supplément nutritif
20322414001_EA/21371922_EA

\$18



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

Earn
10,000
pts

For every \$50*
spent

That's
\$10
value



DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES IN THE BABY DEPARTMENT
all sizes and varieties
couches ou lingettes ou préparation ou aliments ou produits ou accessoires pour bébé
20304618007_EA/21370843_EA/21540716_EA/21699547_EA/21172500_EA

Optimum™

BIG FLAVOURS, SMALL PRICES



 **Insiders Report™**



\$3

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



575

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



650

PC® SAUSAGES
selected varieties
375 g
saucisses
21731918_EA



250

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



350

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



549

PC® SALSA SAUCE
selected varieties
650 mL
salsa
20309646003_EA



\$3

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



\$3

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



\$5

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



\$5

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



550

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



\$6

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



\$7

PC® BACON
selected varieties
375 g
bacon
21738792_EA



\$12

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



\$23

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

App exclusive offer

 **Optimum™**



\$4.50

Earn **1,000** pts

That's **\$1** value

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



\$4.99

Earn **1,500** pts

That's **\$1.50** value

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



\$5

Earn **1,000** pts

That's **\$1** value

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

App exclusive offers

**More offers
More points**

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IN 6 EASY STEPS**

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

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

**CLICK FOR
THESE COUPONS
AND MORE**



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

**Save
\$5
with digital
coupon**



**PC®
BURGERS**
burgers
20941230_EA

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



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

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



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

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



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

**Save
\$5
with digital
coupon**



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

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



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

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



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

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



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

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



**NO NAME®
COOKIES**
biscuits
20318678001_EA

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



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

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



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

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



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

**Save
50¢
with digital
coupon**



**HEINZ
FLAVOURED
MAYO**
mayonnaise
aromatisée
21735038_EA

**Save
\$2
with digital
coupon**



**İÖGO®
FROZEN
YOGURT**
yogourt glacé
21654322_EA

**Save
\$2
with digital
coupon**



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

**Save
75¢
with digital
coupon**

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



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

Earn
750
pts

Until June - 10 - 2026

Optimum™



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

Earn
1,500
pts

Until June - 10 - 2026

Optimum™



PC® ORGANIC BROTH
900 mL
bouillon biologique
21195472_EA

Earn
750
pts

Until June - 10 - 2026

Optimum™



PC® SOFT DRINKS
12x355 mL
boissons gazeuses
20690671001_EA

Earn
1,200
pts

Until June - 10 - 2026

Optimum™



PC® MEMORIES SAUCES
sauces
20311313005_EA

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



REACTINE
25ct & ABOVE
antihistaminique
20550171_EA

Save
\$5
with digital coupon

Optimum™



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

Earn
2,500
pts

Until June - 10 - 2026

Optimum™



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

Earn
2,500
pts

Until June - 10 - 2026

Optimum™



NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EAA

Earn
750
pts

Until June - 10 - 2026

Optimum™



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

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



NO NAME® BLACK CEDAR MULCH
paillis de cèdre
21358573_EA

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



NO NAME® TOP SOIL
terreau
21349120_EA

Earn
500
pts

Until June - 10 - 2026

Optimum™



NO NAME® COW MANURE
fumier de vache
21349331_EA

Earn
1,000
pts

Until June - 10 - 2026



Express™

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

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PCX75
at checkout.

Shop now



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

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*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.

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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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