



ONLY

3⁹⁹

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

9 LB AVERAGE



ONLY

2⁹⁹

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

PINT



SAVE 50%

1⁹⁷
LB

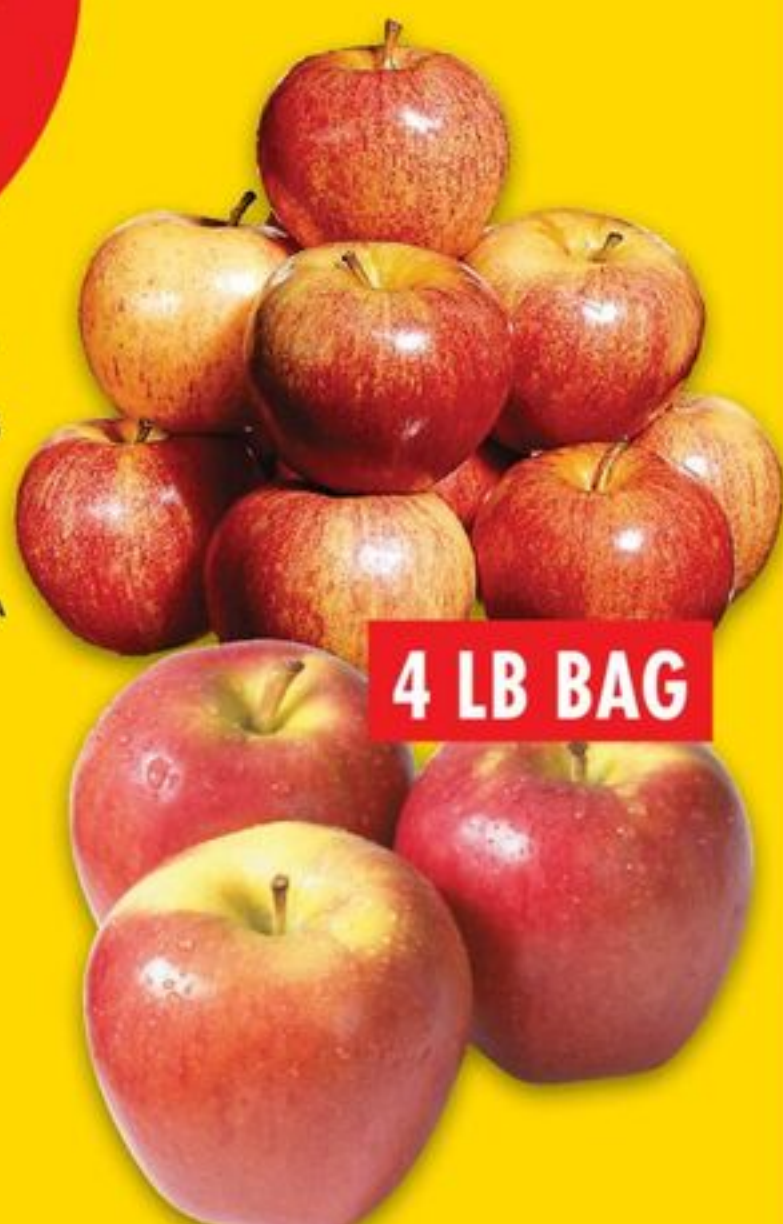
RED, YELLOW or ORANGE SWEET PEPPERS
product of Ontario
poivrons
4.34/kg
20166880001_KG
20007335001_KG



SAVE 20%

3⁹⁹

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



4 LB BAG

NOFRILLS®

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

SAVE 26%

2.22



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

ONLY

3.99 LB



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

WHILE QUANTITIES LAST

ONLY

7.99



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



SAVE 33%

\$6

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

ONLY

9.99 LB



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

ONLY

2.97



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

ONLY

4.99



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

SAVE 33%

\$1



POWERADE SPORT DRINKS
selected varieties
710 mL
boisson désaltérante
20853721_EA

SAVE 20%

\$2



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

SAVE 30%

1.25



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

SAVE 44%

\$10



POGO
frozen
20's
saucisses sur bâtonnet
20065224002_EA

SAVE UP TO 36%

\$7



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

ONLY

13.88



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

Optimum

\$21.49

Earn **3,000** pts

That's **\$3** value

McCafé

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

SAVE UP TO 42%

\$4

Earn **1,000** pts

That's **\$1** value

Breyers

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

your home of no name®
App exclusive offer

Optimum



NO NAME® PIZZA
selected varieties, frozen
350-411 g
pizza
21541429_EA

\$3.50

Earn **500** pts

That's **50¢** value



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

\$6

Earn **1,000** pts

That's **\$1** value



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

\$3

Earn **750** pts

That's **75¢** value

HAPPY MOTHER'S DAY

\$10

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



\$20

DOZEN ROSES ASSORTED COLOURS
douzaine de roses
couleurs variées
21440087_EA



\$20

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



\$10

SMALL MIXED BOUQUET IN SEASONAL COLOURS
bouquet varié
21620004_EA



\$8

SEASONAL MINI POT
mini-rosier
en pot
21473616_EA



FRESH AT LOW PRICES



PKG OF 5

3⁹⁹
LB/EA



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



6 OZ
CLAMSHELL

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

3⁹⁹

2 LB BAG

4⁹⁹



3 LB BAG

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



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

.49
LB



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

4⁹⁹

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS product of Canada, Canada no. 1 grade
oignons jaunes
20600991001_EA

1²⁹

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

3⁹⁹

5 LB BAG
10 LB BAG

RED, RUSSET or YELLOW POTATOES product of Canada, Canada no. 1 grade or **FARMER'S MARKET™ SWEET POTATOES** product of Canada
pommes de terre ou patates douces
20697331001_EA/20601013001_EA

1⁹⁹

EA/LB

PKG OF 6

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

2⁹⁹

283 G

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

3⁹⁹

PKG OF 2

680 G

ROMAINE HEARTS product of U.S.A. or **PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES** product of Canada, Canada no. 1 grade
cœurs de romaine ou oignons jaunes
21247299001_EA/20082756001_EA

3⁹⁹

292-383 G

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS product of U.S.A., selected varieties
salades hachées
20674118_EA/21335159_EA

4⁹⁹

567 G

PC® LITTLE BEAUTS VARIETY TOMATOES or PC® VARIETY TOMATOES product of Canada or Mexico
tomates
20949866001_EA/21720711001_EA

2⁹⁹

LB

BLACK PLUMS product of Chile, no. 1 grade
prunes noires
6.59/kg
20316478001_KG

4⁹⁹

200 G
225 G

PC®, BLUE MENU® or WONDERFUL PISTACHIOS selected varieties, product of U.S.A.
pistaches
20940332_EA/20940014_EA/20629481_EA

1⁴⁹

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

.59

LIMES product of Mexico
each
limes
20040489001_EA

6⁹⁹

4 LB BAG

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

2⁴⁹

227 G

PC® WHOLE WHITE or CREMINI MUSHROOMS product of Canada or **BROCCOLI CROWNS** product of Mexico or U.S.A.
champignons ou couronnes de brocoli
20776239_EA/20743653_EA/21121560001_EA

PRICE DROP

2⁹⁹

CELERY product of U.S.A., no. 1 grade
céleri
20163119001_EA

1⁹⁹

LB

GREEN ZUCCHINI product of U.S.A. or Mexico
courgette verte
4.39/kg
20426596001_KG

2⁴⁹

LB

EGGPLANT product of U.S.A. or Mexico, 5.49/kg
aubergine
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.

GARDEN DEALS

\$10

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



\$8

ANNUALS
selected varieties
8 inch
annuelles
21023616_EA



\$12

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



FRESH AT LOW PRICES

\$13



CLUB SIZE

8.99
LB

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

EXTRA LEAN GROUND BEEF
bœuf haché
19.82/kg
20357910_KG



\$14



6.99

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

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

4.49



\$13



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

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

no name® sans nom® honey garlic chicken wings
2% MEAT PROTEIN - OUF / 1% PROTEINE - OEUVE
2% DE PROTÉINES DE VIANDE - OEUVE
2% DE PROTÉINES DE VIANDE - OEUVE
908 g
GLUTEN-FREE
SANS GLUTEN

\$5.50

Earn **1,000 pts**

That's **\$1** value

Optimum® Daiya
DAIYA VEGAN CHEESE
selected varieties
200/220 g
simili-fromage végétal
21207740_EA

3.50

DOM Specialty Spécialité
DOM SMOKED STEELHEAD SALMON
pre-sliced, 50 g, frozen
saumon fumé
20792840_EA

\$8

SeaQuest®
16-20/lb
Pacific White Shrimp
Crevettes blanches du Pacifique
300 g
RAW • CRUES
SEAQUEST® COLOSSAL RAW WHITE SHRIMP
16-20/lb, frozen
300 g
crevettes
21043887_EA

\$12

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

\$7

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

\$5.50

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

\$2

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

\$3

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

\$5

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

App exclusive offer

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



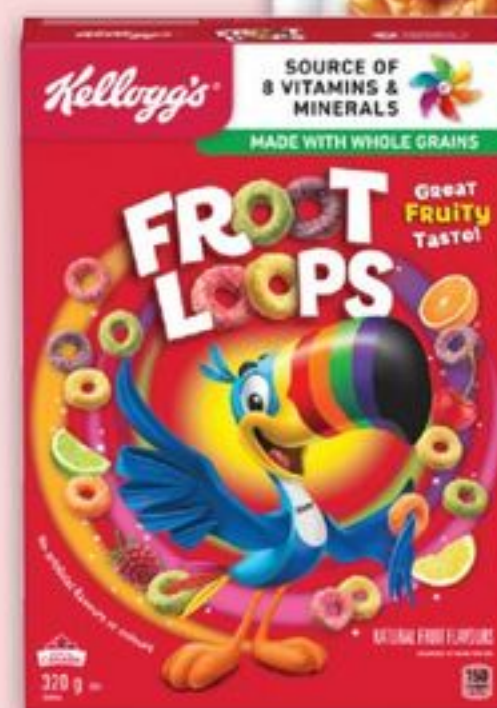
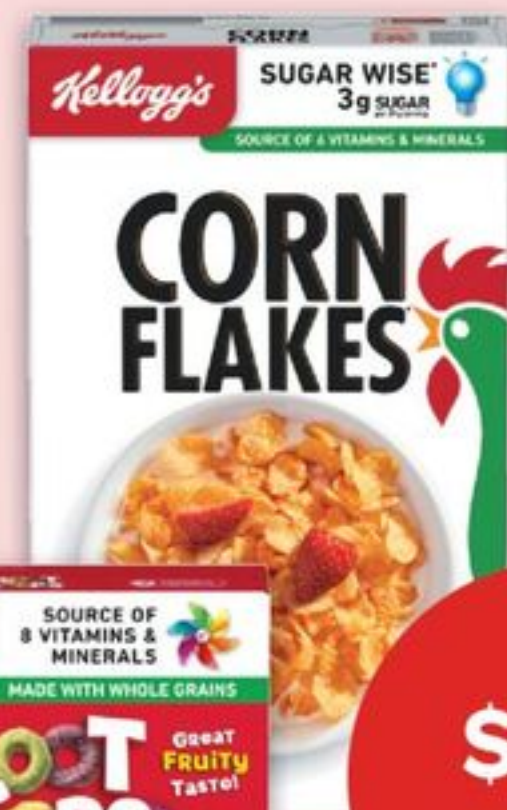
More days More days More days



More days™

May 7 - 13, 2026

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



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

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

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

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

App exclusive offer

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



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



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

PC® DIPS
selected varieties
200/227 g
tremettes
20584097_EA

App exclusive offer



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

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



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

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

App exclusive offer



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

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



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

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

App exclusive offer



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

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

App exclusive offer



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

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



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

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

App exclusive offer



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

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



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

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

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



CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



This product contains post consumer recycled paper



MAY

**HIT
OF THE
MONTH**



\$3

Made in Canada

Kraft Miracle Whip

Selected varieties, 650/890 mL

Limit: 6, over limit retail \$4.00

20298681001_EA



\$1.88

Made in Canada

Marcangelo Souvlaki

Selected varieties, 2 Pack, 120 g

Limit: 6, over limit retail \$2.50

21721517_EA/ 21721507_EA



\$2.25

Takis Rolled Corn Chips

Selected varieties, 260 g

Limit: 6, over limit retail \$3.00

21715466_EA



\$4

Head Men's & Women's Socks

3 pk

Limit: 6, over limit retail \$5.99

21721517_EA/ 21721507_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

Offer valid May 1st - 31st, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

More days More days More days



More days™

May 7 - 13, 2026

\$5.50



Earn
1,000
pts

That's
\$1
value

PRANA GRANOLOVE ORGANIC GRANOLA
selected varieties
300 g
granola
21393188_EA



\$5.79

Earn
1,500
pts

That's
\$1.50
value

YOGI ORGANIC TEA
selected varieties
16's
thé
20309377001_EA



Earn
2,000
pts

For every \$10*
spent

That's
\$2
value

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



Earn
1,000
pts

for every purchase

That's
\$1
value

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



Earn
3,000
pts

For every \$15*
spent

That's
\$3
value

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



Earn
12,000
pts

For every \$30*
spent

That's
\$12
value

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



Earn
5,000
pts

For every \$12*
spent

That's
\$5
value

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



Earn
3,000
pts

For every \$15*
spent

That's
\$3
value

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



\$8

Earn
500
pts

That's
50¢
value

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



Earn
4,500
pts

For every \$20*
spent

That's
\$4.50
value

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



\$14

Earn
4,000
pts

That's
\$4
value

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



Earn
8,000
pts

For every \$16*
spent

That's
\$8
value

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



\$8

Earn
4,000
pts

That's
\$4
value

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

BRANDS YOU LOVE AT LOW PRICES

\$5



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



\$3



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



5⁵⁰

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

16⁵⁰

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

4⁹⁷

KD ORIGINAL
5x200 g
macaroni au fromage
21594513_EA



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



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



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



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



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



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



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



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



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



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



NO NAME® APPLESAUCE 620 mL
or **FRUIT** 398 mL
selected varieties
purée de pomme ou fruits
20628585001_EA/21379699_EA



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

Optimum

\$5.49

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

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

2.99

UNICO PEPPER RINGS, PICKLED VEGETABLES 750 mL or **OLIVES** 375 mL
selected varieties
rondelles de piment fort ou légumes marinés ou olives
20024445_EA/21103533_EA

12.99

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

\$2

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

BRANDS YOU LOVE AT LOW PRICES

3⁵⁰



ACTIVIA YOGURT
selected varieties, 650 g
yogourt
20325132003_EA



\$6

SAPUTO MOZZARELLISSIMA
selected varieties, 500 g
fromage
20759241002_EA

3⁵⁰



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



3⁵⁰

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

7⁵⁰



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

\$3



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

1²⁵



NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
20766719_EA

\$4



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

4⁵⁰



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

\$10



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

\$6



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

\$5



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

7⁹⁹



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

\$3



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

5⁷⁹



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

\$3



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

2⁵⁰



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

1⁷⁵



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

\$2



HARIBO CANDY
selected varieties
175 g
friandises
21519578_EA

3⁵⁰



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

3⁵⁰



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

2⁷⁹



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

\$3



NERDS GUMMY CLUSTERS CANDY
selected varieties
142 g
friandises
21564627_EA

BRANDS YOU LOVE AT LOW PRICES

3⁵⁰



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



\$16

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

5⁵⁰



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



5⁴⁹

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

2⁵⁰



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

\$7



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

\$10



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

\$14



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

3⁴⁹



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

\$4



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

\$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L. PODS or FLINGS 45-76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA

\$11



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

\$6



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

\$10



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

\$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

\$34⁹⁹



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

2⁷⁹



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

.90



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

\$10



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

8⁵⁰



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

**NEW
LOWER
PRICES**

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

5.50



2.50



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

\$5

3.50



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



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

\$5



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

\$9



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

5.25



LACTANTIA ULTRAPUR MILK
selected varieties, 1.5 L
lait
21694605_EA

4.25



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

\$4



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

\$5



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

3.50



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

6.50



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

\$4



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

\$7



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

\$3



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

**NEW
LOWER
PRICES**

\$5



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

\$5



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



4.50

5.50



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



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

\$5



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

4.50



NANAK PANEER
341 g
paneer
21286158_EA

8.50



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

2.75



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

\$3



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

3.77



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

1.75



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

2.25



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

\$5



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

\$13



PUREX 4.08-4.43 L,
SUNLIGHT 4 L
**LIQUID LAUNDRY
DETERGENT,
SNUGGLE FABRIC
SOFTENER** 2.77 L or
DRYER SHEETS
200's
selected varieties
détergent ou
assouplissant
20083525002_EA/21427042_EA

4.50



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

2.50



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

\$6



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

\$3



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

\$7



BILLY BEE HONEY
500 g
miel
20724504_EA

\$5



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

BRANDS YOU LOVE AT LOW PRICES

5.50



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



\$9



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

\$3



ALANI PROTEIN SHAKE
selected varieties
355 mL
boissons protéinées
21648796_EA



\$3

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

\$3



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

2.75



BEATRICE BFIT
selected varieties
460 mL
lait
21345300_EA

8.99



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

\$5



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

3.33



OIKOS PRO YOGURT
selected varieties
300 mL
yogourt
21651846_EA

3.50



SOURCE PROTEIN YOGURT
selected varieties
650 g
yogourt
21587047_EA

5.99



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

6.50



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

4.50



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



CELEBRATING MOMS!

HUGGIES pull-Ups goodnites

You could

WIN*

1 of 10 prizes consisting of

1,000,000

pts

\$1,000 value!

Until May 31, 2026

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

19⁹⁹

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



26⁹⁹

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



26⁹⁹

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



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

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BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$10



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

2.50



NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
20304672001_EA

\$2



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

1.50



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

\$5



NO NAME® PEANUTS
650 g
arachides
21191816_EA

1.25



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

\$5



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

\$5



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

2.79



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

App exclusive offers

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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
collations
21719355_EA


**Save
\$1**
with digital
coupon

 **Optimum™**



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


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

 **Optimum™**



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

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

 **Optimum™**



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


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

 **Optimum™**



PC® FROZEN FRUIT
600 g
fruits surgelés
21377841_EA


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

 **Optimum™**



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


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

 **Optimum™**



PC® DIPS
454 g
trempettes
20584098_EA


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

 **Optimum™**



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

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

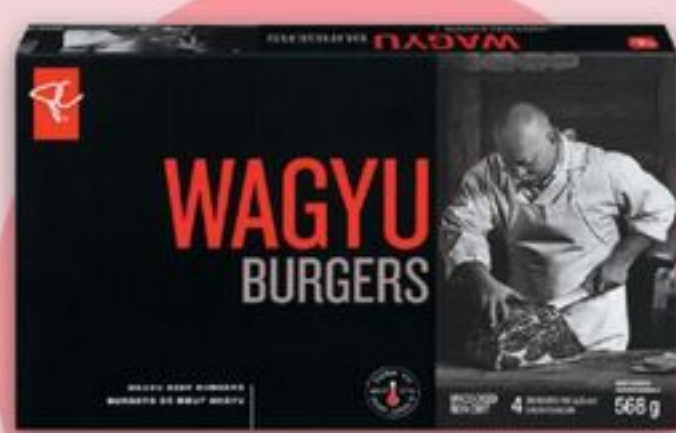
 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
1,200
pts
Until May - 13 - 2026

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

Optimum™



Earn
2,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,000
pts
Until May - 13 - 2026

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

Optimum™



Earn
750
pts
Until May - 13 - 2026

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

Optimum™



Earn
500
pts
Until May - 13 - 2026

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

Optimum™



Earn
600
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

Optimum™



Earn
1,500
pts
Until May - 13 - 2026

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

KITCHEN ESSENTIALS

\$2



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

\$3



**EVERYDAY ESSENTIALS™
CAN OPENER**
21213665_EA

\$3



PC® MASON JAR
0.25 L
20930748_EA



**EVERYDAY ESSENTIALS™
NESTED TONGS**
21162313_EA

\$4

\$4



LIFE AT HOME™ CYLINDER CAT MUG
21219093_EA

\$5



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

\$5



PC® CERAMIC BERRY PINT
white
21351928_EA

\$5.50



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

\$6



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

\$18



**EVERYDAY ESSENTIALS™
COFFEE GRINDER**
20056995_EA

\$19



EVERYDAY ESSENTIALS™ JUG KETTLE
1 L
20062450002_EA

\$25



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

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO HE 1



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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

App exclusive offer

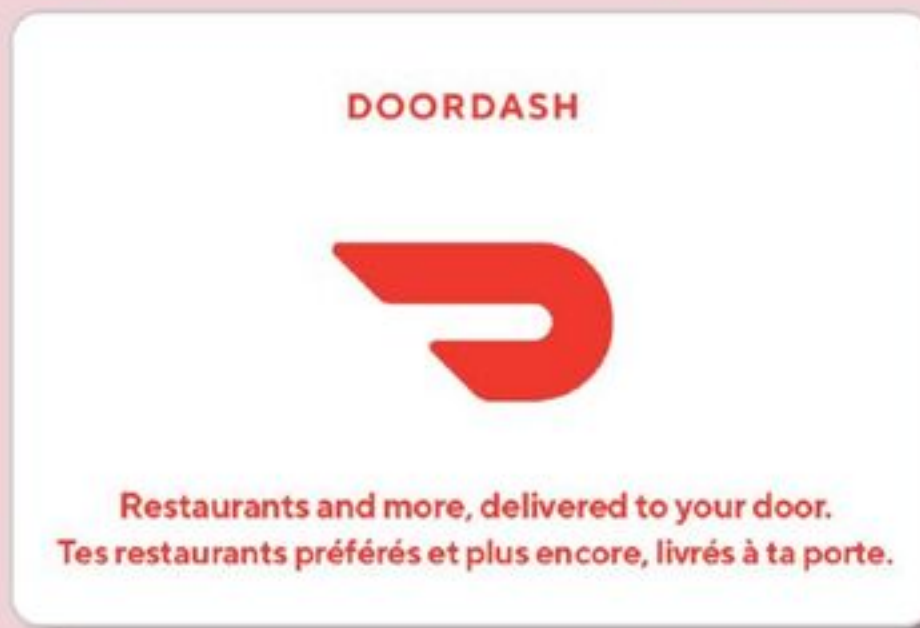


May 7 - 13, 2026

Earn
10,000
pts

That's
\$10
value

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



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

Moredays Moredays Moredays Moredays Moredays Moredays



Moredays™



Mobil™

App exclusive mystery offer

Earn up to 10¢/L in pts

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

May 7-10



MORE WAYS TO SAVE

**NEW
LOWER
PRICE**

Enjoy these price drops for longer.

**RAIN
CHECK
+ pts**

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

**LOW
PRICE.
ALWAYS.**

Count on low everyday prices.

**FRESH
GUARANTEE**

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

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ONL NFO MKT