

MAY

**HIT
OF THE
MONTH**



🇨🇦 Made in Canada

Kraft Miracle Whip

Selected varieties, 650/890 mL

20298681001_EA



🇨🇦 Made in Canada

Marcangelo Souvlaki

Selected varieties, 2 Pack, 120 g

20902208_EA/21095022_EA



Takis Rolled Corn Chips

Selected varieties, 260 g

21715466_EA



Head Men's & Women's Socks

3 pk

21721517_EA/21721507_EA

See in-store for retails

**LOWEST PRICES
BEST DEALS**

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

NOFRILLS®

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

SAVE 26%

2.22

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



ONLY

3.99 LB

PORK TENDERLOIN or PORK BACK RIBS
fresh, cryovac
8.80/kg
30520970_X0/21105394_X0
WHILE QUANTITIES LAST



ONLY

6.50

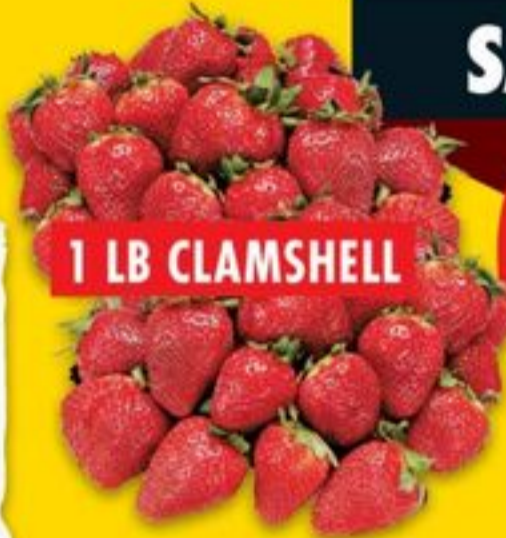
SEAQUEST® BAY SCALLOPS 400 g or **RAW or COOKED WHITE SHRIMP** 36/55 per lb, 300 g
selected varieties, frozen
21358537_EA/21636326_EA



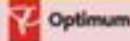
SAVE 40%

2.99

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



App exclusive offer



\$10

Earn 2,000 pts

That's \$2 value

BREADED CHICKEN, MEATBALLS, HOR D'OEUVRES, or HALAL GROUND CHICKEN
selected varieties, frozen
700 g-1.8 kg
21447387_EA



SAVE 46%

3.76

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
selected varieties, product of U.S.A.
20674118_EA/21235159_EA



SAVE 45%

\$10

POGO
frozen
20's
20044254001_EA



SAVE 30%

7.99

LOU'S FRESH ENTRÉES
selected varieties, fully cooked
375-450 g
30079077_EA



SAVE UP TO 44%

\$7

PC® DINNER ENTRÉES
selected varieties, frozen
770 g - 1.13 kg
30314880_EA



SAVE 25%

2.97

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
21232044_EA/21673338_EA



SAVE 33%

\$1

POWERADE SPORT DRINKS
selected varieties
710 mL
20432721_EA



SAVE 20%

\$2

CHRISTIE CRACKERS
selected varieties
180-200 g
21202647_EA/21547034_EA



ONLY

1.50

UNICO BEANS 540 mL or **TOMATOES** 790 mL
selected varieties
30313407001_EA/30314639001_EA



SAVE UP TO 38%

\$4

MCCAIN DEEP 'N DELICIOUS CAKE 510 g or **BREYERS CREAMERY STYLE ICE CREAM** 1.41 L, selected varieties, frozen
30319133002_EA/21451149_EA



\$21.49

Earn 3,000 pts

That's \$3 value

MCCAFÉ COFFEE PODS
selected varieties
30's
21240973_EA



SAVE 25%

29.88

ROOSTER® SCENTED JASMINE RICE
18.1 kg
20137232_EA



your home of no name®

App exclusive offer



\$3.50

Earn 500 pts

That's 50¢ value

NO NAME® PIZZA
selected varieties, frozen
350-411 g
21540429_EA



\$6

Earn 1,000 pts

That's \$1 value

NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS
frozen
908 g
21078744_EA



\$3

Earn 750 pts

That's 75¢ value

NO NAME® VEGETABLES
selected varieties, frozen
750 g
20216412_EA

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

nofrills.ca

01 NFW

HAPPY MOTHER'S DAY

\$15

DOZEN ROSES
assorted colours
21663224_EA



\$20

MOTHER'S DAY MIXED BOUQUET IN SEASONAL COLOURS
21663235_EA/21638413_EA
21638423_EA



\$10

MOTHER'S DAY SMALL MIXED BOUQUET IN SEASONAL COLOURS
21593179_EA



FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES product of Mexico or U.S.A. or **RASPBERRIES** product of Mexico or U.S.A., no. 1 grade
20051015001_EA/20128938001_EA



PKG OF 5 OR 6

CANTALOUPE product of Guatemala, Honduras or Brazil, no. 1 grade, **PINEAPPLE** product of Costa Rica or Mexico or **AVOCADOS** product of Mexico
21444936001_EA/20160992001_EA/20167017001_EA

4⁹⁹

3⁹⁹



PKG OF 3

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

454 G

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



PKG OF 3

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

4⁹⁹



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

6⁹⁹

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

PKG OF 6

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

4⁹⁹

PKG OF 4

FARMER'S MARKET™ SWEET CORN product of U.S.A., no. 1 grade
20348977001_EA

5⁹⁹

3 LB BAG

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

3⁹⁹

PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
21347301001_EA / 21347299001_EA

680 G

GROWN IN CANADA

2⁹⁹

BUNCH SPINACH product of Mexico or U.S.A.
20162840001_EA

1⁹⁹

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

1⁷⁹

RED MANGOES product of Mexico
20059633001_EA

3⁹⁹

BLACK PLUMS product of Chile, no. 1 grade
8.80/kg
20316478001_EA

.79

LIMES product of Mexico
each
20040489001_EA

6⁹⁹

3 LB BAG

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

4⁹⁹

PC™ BLUE MENU™ or WONDERFUL PISTACHIOS selected varieties, product of U.S.A.
20940032_EA
20940014_EA

225 G

200 G

6⁹⁹

5 LB BAG

FARMER'S MARKET™ HONEYCRISP or AMBROSIA APPLES product of Western provinces, Canada fancy grade or **BARTLETT PEARS** product of Argentina, extra fancy grade
20620646001_EA/21162869001_EA/21022823001_EA

5⁹⁹

907 G

567 G

FARMER'S MARKET™ GRAPE TOMATOES, PC™ LITTLE BEAUTS VARIETY TOMATOES or PC™ VARIETY TOMATOES product of Canada or Mexico
20840038001_EA/20949846001_EA/21720711001_EA

5⁹⁹

PKG OF 11

FARMER'S MARKET™ MINI CUCUMBERS product of Western Provinces, Canada no. 1 grade
21070679001_EA

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

PRICE DROP

2⁴⁹

GREEN ZUCCHINI product of Mexico or U.S.A.
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

ANNUAL HANGING BASKETS
selected varieties
10 inch
20053146_EA



\$9

ANNUALS
selected varieties
8 inch
21023616_EA



\$17

ANNUAL COMBO BOWL
selected varieties
10 inch
21348171_EA



FRESH AT LOW PRICES

\$14



MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.24 kg
21463882_EA

CLUB SIZE

7.49
LB



LEAN GROUND BEEF
16.51/kg
20981819_XG

\$14



PC® WORLD OF FLAVOURS PORK ROAST
selected varieties
730/900 g
214602234_EA



PC® SAUSAGE, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE
selected varieties
375/500 g
21378210_EA/21584342_EA

4.49



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

\$13



NO NAME® CHICKEN WINGS
selected varieties, frozen
908 g
21045211_EA

\$5.50

Earn **1,000** pts

That's **\$1** value



DAIYA VEGAN CHEESE
selected varieties
200/220 g
21207740_EA

\$9



SEAQUEST® WHOLE POMPANO 800 g or WHOLE TILAPIA 1.36 kg
frozen
21591947_EA/21592064_EA

10.50



FREYBE PEPPERONI STICKS
selected varieties
300/500 g
20322436_EA/20322265_EA

\$7



OKA 190 g, BALDERSON 250/280 g or BARI RICOTTA 500 g
CHEESE
selected varieties
20921279_EA/21495455_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
20027947_EA/20328009_EA/21624901_EA

2.25



NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
21217967_EA/21312119_EA

2.50



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

\$5



FARMER'S MARKET® BUTTER CROISSANTS 260-336 g or LOAF CAKE 344-400 g
selected varieties
20975943_EA/21488954_EA

App exclusive offer

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



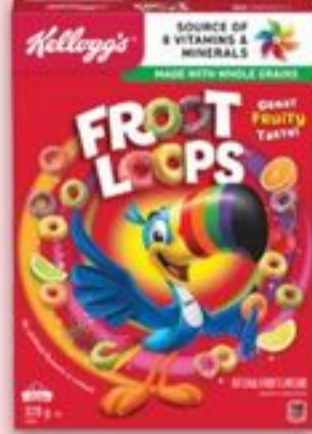
**Moredays
Moredays
Moredays**



Moredays™

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
21535236_EA



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

CHRISTIE CRISPERS
selected varieties
145 g
215358327_EA/215358333_EA

KELLOGG'S CEREAL
selected varieties
250-355 g
21450814_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
21592461_EA/21599921_EA



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

PC® DIPS
selected varieties
200/227 g
20584212_EA

App exclusive offer



PC® BASQUE CHEESECAKE
selected varieties
600 g
21609491_EA

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



KASHI GOACTIVE CEREAL
selected varieties
349-510 g
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
21243340_EA/20328231002_EA

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



DARE CRACKERS
selected varieties
100-225 g
21530682_EA/21530701_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
21538407_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
21706410_EA/21706439_EA

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



EXCEL GUM MULTIPACK
selected varieties
3x18 pieces
21436943_EA/21435058_EA

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

App exclusive offer



ANGIE'S BOOMCHICKAPOP POPCORN or **PUFFS**
selected varieties
136-198 g
20811709_EA

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



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

Member Price
\$25
Non-Members
\$30
Members Save
\$5

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)

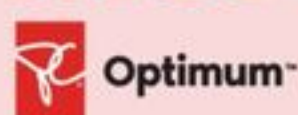
nofrills.ca



no paper, no plastic, no more waste



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
21393188_EA



\$5.79

Earn
1,500
pts

That's
\$1.50
value

YOGI ORGANIC TEA
selected varieties
16x36 g
20317206002_EA



Earn
2,000
pts

For every \$10*
spent

That's
\$2
value

NESTLÉ BASE or ORGANIC SNACKS
selected varieties
28-187 g
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
20031301001_EA/20317500002_EA



\$6.50

Earn
1,000
pts

That's
\$1
value

SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
21715437_EA/21715576_EA



Earn
12,000
pts

For every \$30*
spent

That's
\$12
value

TYLENOL or REACTINE PRODUCTS
selected varieties and sizes
20216432001_EA/20058819001_EA



Earn
5,000
pts

For every \$12*
spent

That's
\$5
value

LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
20548438001_EA/21091218_EA



Earn
3,000
pts

For every \$15*
spent

That's
\$3
value

AVEENO BODY LOTION, FACE CARE, SUNSCREEN, BODY WASH, BABY TOILETRIES
all varieties and sizes
20102022001_EA/20157402002_EA



\$8

Earn
500
pts

That's
50¢
value

DOVE DRY SPRAYS
107/113 g or DEODORANT 74 g
selected varieties
20844323_EA/21330552_EA



Earn
4,500
pts

For every \$20*
spent

That's
\$4.50
value

DOVE HAIR, BODY WASH or DEODORANT
selected varieties and sizes
21220717_EA/21444833_EA



\$14

Earn
4,000
pts

That's
\$4
value

PC NUTRITION FIRST DRY CAT FOOD
selected varieties
2 kg
21303029_EA



Earn
8,000
pts

For every \$16*
spent

That's
\$8
value

SWIFFER STARTER KITS
selected varieties
20900161_EA/21702122_EA



\$8

Earn
4,000
pts

That's
\$4
value

PC HEAVY-DUTY FREEZER BAGS
selected varieties
10-38's
21160679_EA



Earn
3,000
pts

For every \$15*
spent

That's
\$3
value

CETAPHIL FACE or BABY PRODUCTS
all varieties
2115535_EA/2171881A_EA

BRANDS YOU LOVE AT LOW PRICES

\$5



ACTIVIA EXPERT 750 g
or **ACTIVIA DRINKS**
8x93 mL **YOGURT**
selected varieties
21488205_EA

NO NAME®
CHEESE BARS
selected
varieties
200 g
20031973_EA

\$3



550



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



1650

PC® DINNER ENTRÉES
club size, selected
varieties, frozen
2/2.27 kg
20134930_EA

250



FRUITOPIA or PEACE TEA
DRINKS
selected varieties, refrigerated
1.75 L
20347440001_EA/21170481_EA

\$6



LACTANTIA
ULTRAPUR MILK
selected varieties
1.5 L
21494329_EA

350



LAY'S POTATO CHIPS
selected varieties
177-235 g
21241032_EA/21443082_EA

\$4



PC® 100% JUICE BOXES
selected varieties
8x200 mL
21718742_EA

\$2



COCA-COLA or PEPSI
SOFT DRINKS
selected varieties
2 L
203296926002_EA/20316026002_EA

\$1



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

250



STAGG CHILI 425 g or
MONTANA'S SOUP 540 mL
selected varieties
20091906_EA

\$4



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

\$5



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

\$2



NO NAME®
APPLESAUCE
620 mL or
FRUIT 398 mL
selected varieties
21379698_EA

275



DE CECCO PASTA 454 g or
UNICO PASTA SAUCE 680 mL
selected varieties
20416260_EA/21056286_EA

\$5.49

1,000
pts

That's
\$1
value

DARE BEAR PAWS 392/490 g,
WAGON WHEELS 630 g or
GRISSOL MELBA TOAST
350/400 g, selected varieties
20307218001_EA/21713602_EA

1299

BERTOLLI
OLIVE OIL
selected varieties
750 mL/1 L
20156182001_EA

299

UNICO HOT PEPPER RINGS,
PICKLED VEGETABLES 750 mL,
OLIVES 375 mL or **CAPERS** 125 mL
selected varieties
21103523_EA

\$2

PRIMO PASTA
SAUCE 680 mL or
PIZZA SAUCE 375 mL
selected varieties
20097909001_EA/20730715_EA

BRANDS YOU LOVE AT LOW PRICES

\$4



DAIRYLAND COTTAGE CHEESE
selected varieties
500 g
20749835_SA



\$6

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
20759241002_SA



3.50

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



3.50

GREEN GIANT VEGETABLES
selected varieties, frozen
283-750 g
21022302_SA/21022355_SA



\$5

KD ORIGINAL
5x200 g
21594512_SA

Optimum

\$6.99

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

LACTANTIA BUTTER STICKS
selected varieties, 4x113 g/454 g
20056673_SA

Prepared in Canada

7.44

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
21531644_SA

7.50

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

2.50

MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
128-226 g
20318474001_SA/20680714002_SA

4.50

CHRISTIE FAMILY SIZE COOKIES
374-488 g or CAKESTERS 285 g
selected varieties
21014087_SA/21439135_SA

\$4

TOSTITOS TORTILLA
215-295 g or **MISS VICKIE'S POTATO**
190/200 g **CHIPS**
selected varieties
210300573_SA/212340703_SA

\$6

HERSHEY'S CHIPITS
selected varieties
200-270 g
21432844_SA/21432924_SA

Prepared in Canada

9.88

NO NAME® FLOUR
Club Size
selected varieties
10 kg
20022348_SA/20304445_SA

7.99

MAXWELL HOUSE or NABOB TASSIMO DISCS
selected varieties
8-16's
2003494001_SA

Prepared in Canada

\$3

PC® TEA or HERBAL TEA
selected varieties
20's
20008417_SA/20627612001_SA

\$5

AGGA COFFEE CAPSULES 10's or **RED ROSE TEA** 70's
selected varieties
21306879_SA/21492191_SA

5.79

PC® GLUTEN FREE PANCAKE MIX
400 g or **PC® ORGANIC PANCAKE MIX** 900 g
20796973_SA

\$3

FERRERO ROCHER CHOCOLATE BAR
selected varieties
90 g
21432863_SA

2.50

TWIZZLERS CANDY PACK 311-454 g or **JOLLY RANCHER ROPE** 283 g
2002232004_SA

1.75

NESTLE KING SIZE CHOCOLATE BARS
selected varieties
68-85 g
20574272_SA/21448491_SA

\$2

HARIBO CANDY
selected varieties
175 g
21519378_SA

3.50

GENERAL MILLS CEREAL
selected varieties
300-437 g
21104047_SA/21213643_SA

3.50

PEARL MILLING COMPANY SYRUP 710 ml or **PANCAKE MIX**
905 g
selected varieties
21384609_SA/21391619_SA

Prepared in Canada

2.79

LECLERC GO PURE or NUGABAR BARS
selected varieties
140-175 g
21307858_SA/21536598_SA

\$3

NERDS GUMMY CLUSTERS
selected varieties
142 g
21544637_SA

BRANDS YOU LOVE AT LOW PRICES

5⁹⁹



NO NAME® GARBAGE BAGS
selected varieties
30/48's
20299735_EA



\$16

TIDE PODS 57's LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.16 L or SCENT BOOSTERS 680 g
selected varieties
21434815_EA/21552884_EA

5⁵⁰



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



2⁵⁰

DAWN DISHWASHING LIQUID
selected varieties
366-502 mL
21430581_EA/21430590_EA

3⁵⁰

NO NAME® BLEACH
selected varieties
2.4 L
21486532_EA

\$7

PC® MAX PAPER TOWEL
3-6 rolls
21540603_EA

\$10

FLEECY FABRIC SOFTENER
3.5 L or DRYER SHEETS 200's
selected varieties
21311739_EA

\$14

GLADE PLUGS SCENTED OIL REFILL 5 PACK or KIT WITH 2 WARMER WITH 4 REFILLS
selected varieties
21309869_EA/21309880_EA

3⁴⁹

ALCAN FOIL 50 ft, NON-STICK FOIL 25 ft, GLAD PLASTIC WRAP 60 m or REYNOLDS PARCHMENT PAPER 35 ft
selected varieties
20043471_EA/20051862_EA

\$4

LYSOL MULTI SURFACE CLEANER
1.2 L, BATHROOM SPRAY 950 mL or BATHROOM AEROSOL 538 g
selected varieties
20309873002_EA/21231233_EA

\$22

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

\$11

ROYAL OAK STAR GRILL LUMP CHARCOAL 8.8 lb
20772669_EA
LIMIT: 8, AFTER LIMIT RETAIL: \$13.50

\$6

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

\$10

U BY KOTEX PADS, LINERS or TAMPONS
selected varieties, 20-120's
21734867_EA/21291897_EA

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

\$4⁵⁰

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

Optimum®
Earn 500 pts
That's 50¢ value

\$34⁹⁹

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

Optimum®
Earn 2,000 pts
That's \$2 value

2⁷⁹

WHISKAS TEMPTATIONS CAT TREATS
selected varieties
180 g
20298151001_EA

.90

FANCY FEAST 85 g or FRISKIES 156 g WET CAT FOOD
selected varieties
20319657006_EA/20548687001_EA

\$10

NO NAME® CLUMPING CAT LITTER
selected varieties
18 kg
20177169002_EA

8⁵⁰

WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
21588943_EA

**NEW
LOWER
PRICES**

5⁵⁰

TRE STELLE TUBS
selected varieties
200/475g
21364404_EA



2⁵⁰



HOSTESS SNACKCAKES
selected varieties
167-231 g
21283752_EA

\$4



LEAN GROUND PORK
fresh
450 g
21705787_EA

\$5



**MARCANGELO
SLICED DELI MEAT**
selected varieties
85 g
21706089_EA/21706423_EA

\$5



MAPLE LEAF READY CRISP BACON or
FULLY COOKED BREAKFAST SAUSAGE
selected varieties
65/300 g
20144959_EA

\$11



PC® BUTTERFLIED SHRIMP
selected varieties, frozen
400 g
20080117_EA

4²⁵



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

\$4



**PHILADELPHIA
CREAM CHEESE PRODUCT**
selected varieties, 227/250 g
20641267_EA/20866924010_EA

\$5



**AMOOZA! TWISTS
CHEESE SNACKS**
selected varieties
228 g
21403514_EA

3⁵⁰



**OIKOS GREEK
YOGURT**
selected varieties
4x100 g
20419715001_EA/20419715004_EA

6⁵⁰



**EARTH'S OWN
OAT CREAMER**
selected varieties, 946 mL
21576699_EA/21576791_EA

\$4



**PC® ORGANICS
VEGETABLES**
selected varieties, frozen
300-500 g
20414849001_EA/20414849002_EA

\$8



CARBONAUT BREAD
selected varieties, frozen
544/550 g
21294204_EA/21448964_EA

\$3



PILLSBURY POPS 380 g, **SCRAMBLES**
204 g or **TOASTER STRUDEL** 326 g
selected varieties, frozen
20172664001_EA/21435996_EA

**NEW
LOWER
PRICES**



\$5

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

\$5



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



550



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



450

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

450



NANAK PANEER
341 g
21386132_EA

850



**BRAR'S
BBQ
VEGGIE BURGER**
690 g
21436401_EA

275



**NESTLÉ
CHOCOLATE
BARS**
selected varieties
95-105 g
20640280_EA/21648321_EA

\$3



**GOGO SQUEEZ
FRUIT SAUCE POUCHES**
selected varieties, 4x90 g
20323497002_EA

377



OLD EL PASO DINNER KIT
selected varieties, 250-510 g
20793334_EA/20793336_EA

175



**KNORR
SIDEKICKS**
selected varieties
120-162 g
20321430007_EA/20321430011_EA

225



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

\$5



**MAXWELL
HOUSE
INSTANT
COFFEE**
150 g
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**
2006333002_EA/21437042_EA

450



**WINDEX GLASS
CLEANER 765 mL,
SCRUBBING
BUBBLES
946/950 mL or
FANTASTIK 650 mL
selected varieties**
20123323001_EA/21666832_EA

250



**TEMPTATIONS
PURÉES 48 g or
SPOONS 40 g
CAT TREATS**
selected varieties
21479803_EA/21585483_EA

\$6



**HUY FONG
SRIRACHA
SAUCE**
714 mL
20074936_EA

\$5



**ROYALE
BATHROOM
TISSUE 8-16 rolls or
ROYALE FACIAL
TISSUE 6x100 sheets
selected varieties**
20703419_EA/21378374_EA

\$7



**BILLY BEE
HONEY**
500 g
20724504_EA

\$5



**BONNE
MAMAN JAM**
selected varieties
250 mL
20207313001_EA

BRANDS YOU LOVE AT LOW PRICES

5⁵⁰



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



\$9

FLOURISH PANCAKE AND WAFFLE MIX
selected varieties
430 g
21375781_EA

\$3



ALANI PROTEIN SHAKE
selected varieties
355 mL
21448796_EA



\$3

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

\$3



CATELLI PROTEIN+ PASTA
selected varieties
340 g
21461872_EA

2⁷⁵



BEATRICE BFIT
selected varieties
460 mL
21345500_EA

5⁹⁹



HALO TOP FROZEN DESSERT
selected varieties, frozen
473 mL
21086988_EA/21585213_EA

\$5



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

3³³



OIKOS PRO YOGURT
selected varieties
300 mL
21652096_EA

3⁵⁰



SOURCE PROTEIN YOGURT
selected varieties
650 g
21587047_EA

6⁵⁰



SCHNEIDERS BREAKFAST SANDWICH or EGG BITES
selected varieties, frozen
204-288 g
21623187_EA/21623288_EA

4⁵⁰



KELLOGG'S VECTOR CEREAL
selected varieties
306/400 g
20019041_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.pcoexpress.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
2034740001_EA

2.50

NO NAME® MARSHMALLOWS
selected varieties
400 g
20304672001_EA

\$2

NO NAME® CHOCOLATE BAR
selected varieties
100 g
20580737_EA

\$5

NO NAME® PEANUTS
650 g
21191816_EA

\$5

NO NAME® RED PLASTIC PARTY CUPS
21200261_EA

1.57

NO NAME® POTATO CHIPS
selected varieties
200 g
21302821_EA

\$5

NO NAME® LUNCH PAPER PLATE
40's
21390410_EA

\$3

NO NAME® SANDWICH BAGS
selected varieties
100's
20180393_EA



App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS

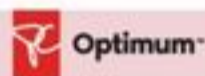
1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE

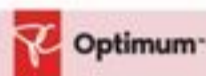


**NESTLÉ
SNACK PACK**
any variety
21719355_EA

Save

\$1

with digital
coupon

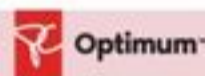


**PC® TORTILLA
CHIPS**
320-350 g
20148817_EA

Earn

500

(pts)
Until May - 13 - 2026

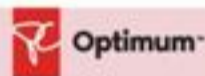


**PC® DIPPED &
CHEWY
GRANOLA
BARS**
120-172 g
20912735_EA

Earn

500

(pts)
Until May - 13 - 2026

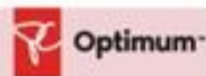


**PC® BLACK LABEL
ICE CREAM**
500 mL
20604543003_EA

Earn

800

(pts)
Until May - 13 - 2026

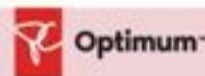


PC® FROZEN FRUIT
600 g
21377841_EA

Earn

1,000

(pts)
Until May - 13 - 2026

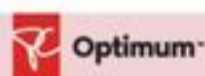


**PC® GREEK
YOGURT**
4 x 100 g
21348028_EA

Earn

750

(pts)
Until May - 13 - 2026

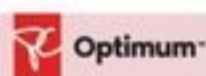


PC® DIPS
454 g
20584098_EA

Earn

1,000

(pts)
Until May - 13 - 2026

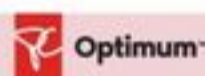


**FARMER'S
MARKET™
CROISSANTS**
260-336 g
20975943_EA

Earn

1,000

(pts)
Until May - 13 - 2026

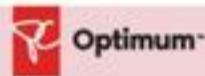


**PC® BRIOCHE
BUNS**
300 g
21094319_EA

Earn

1,000

(pts)
Until May - 13 - 2026

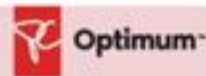


**PC® BLACK LABEL
WAGYU BEEF
BURGERS**
568 g
20766235_EA

Earn

3,000

(pts)
Until May - 13 - 2026

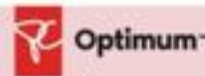


**NO NAME®
BREADED
CHICKEN
BURGERS
FULLY COOKED**
908 g
21178461_EA

Earn

1,200

(pts)
Until May - 13 - 2026



**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

NATURAL FOODS AT LOW PRICES



\$9

379

\$6

EGGLIFE WRAPS
selected varieties
170 g
21653472_EA/21653477_EA

PC* GLUTEN-FREE WAFFLES
selected varieties, frozen
320 g
21419163_EA

PC* ORGANICS TOMATO KETCHUP
575 mL
20021787_EA

\$6



699



550



PC* ORGANICS KEFIR
selected varieties
1 L
20944278_EA/21105766_EA

GOGO QUINOA ORGANIC TRI-COLOUR QUINOA
500 g
21300946_EA

NATURE'S PATH ORGANIC GRANOLA
selected varieties
325/350 g
20311234001_EA

\$5



350



\$4



MADE GOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS
selected varieties
175-200 g
21579643_EA/21678889_EA

PC* ORGANICS APPLE SAUCE CUPS 6x100 g, SQUEEZABLE FRUIT SNACKS 360 g or JUMBO RAISIN SNACK PACK 190 g
selected varieties
20320493001_EA/21170526_EA

SMART SWEETS
selected varieties
50 g
21154474_EA/21572358_EA



275



899



229



BLUE DIAMOND ALMOND BREEZE BEVERAGE
selected varieties, 946 mL
20107219004_EA

KIJU ORGANIC JUICE
selected varieties
1 L, 4x200 mL
20112710002_EA/20333714004_EA

NAKED & SAUCY SOY SAUCE SUBSTITUTE
296 mL
20964029_EA

PC* ORGANICS BROWN RICE PASTA
selected varieties
454 g
20118379001_EA

250



699



450



\$6



CLIF BAR
selected varieties
68 g
20120914002_EA/20707304002_EA

ANNIE'S ORGANIC GRAHAM SANDWICHES or BUNNY FRUIT SNACK PACK
selected varieties
198/226 g
21547813_EA/21547875_EA

PC* ORGANICS ANIMAL COOKIES
selected varieties
250 g
20181028_EA/20304991_EA

RIGHTEOUS GELATO
selected varieties, frozen
473 mL
21574043_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NY

EID MUBARAK!

عيد مبارك!

3⁹⁹
LB

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



1⁹⁹
LB

GINGER ROOT
product of China or
LONG EGGPLANT
product of Mexico
4.39 / kg
20179038001_KG / 20159013001_KG

1²⁹

BUNCH MINT
product of Mexico or Colombia
20139326001_EA



\$2

SANTOSH NAAN
selected varieties
5's
21671462_EA

\$18

AUSTRALIAN LEAN GROUND LAMB
2x350 g
21682482_EA



HALAL

\$10

SUFRA® HALAL CHICKEN STRIPS, NUGGETS, BURGERS or MOZZARELLA STUFFED CHICKEN
selected varieties, frozen
568-840 g
21179710_EA



3⁹⁹

SURAJ® GARLIC AND GINGER PASTE 750 g
VEEDA VEGINAISE, CHUTNEY or SPREADS
300-500 g
selected varieties
21088480_EA / 21632744_EA



8⁹⁹

MOTHER'S MAGIC BASMATI RICE
4.54 kg
21190432_EA



5⁹⁹

SHER BESAN CHANA FLOUR
1.81 kg
20869923_EA



11⁹⁹

AHEEL VEGETABLE GHEE 2 kg
KRITI GOLD EXTRA VIRGIN OLIVE OIL 750 mL
20372876_EA / 20607119_EA



1²⁹

SURAJ® CANNED BEANS
selected varieties
540 mL
20540264_EA



4⁴⁹

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
20558737_EA / 20538867_EA



1⁹⁹

SHANA PARATHA
selected varieties, frozen
400 g
20990533001_EA



\$2

SURATI SNACKS
selected varieties
250/341 g
2022576003_EA



1⁵⁰

KURKURE SNACKS
selected varieties
115 g
20659742_EA



\$5

AHMAD TEA
selected varieties
200 g
20784235_EA





**Express™
Pass**

Get your first year
of *PC Express Pass* for

\$2/month*

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

Use code

PASS76

Learn more

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



OUR FLYER. YOUR INBOX.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



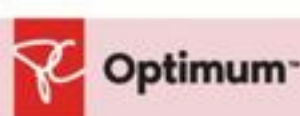
*Standard message and data rates may apply.

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

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

ONE NF PC

App exclusive offer

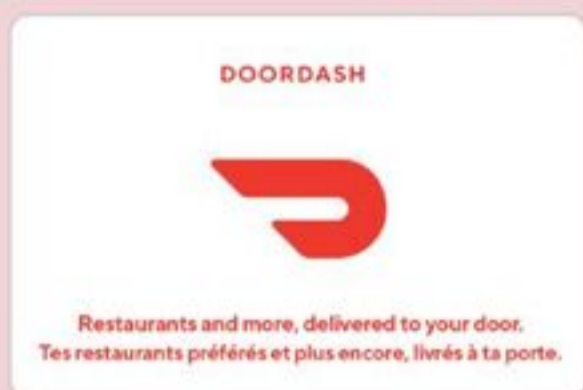


May 7 - 13, 2026

Earn
10,000
pts

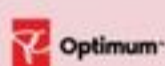
That's
\$10
value

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.

More days More days More days More days More days More days



More days™



App exclusive mystery offer

Earn up to 10¢/L in pts

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

May 7-10

MORE WAYS TO SAVE

**NEW
LOWER
PRICE**

Enjoy these price drops for longer.

**RAIN
CHECK
+ pts**

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

**LOW
PRICE.
ALWAYS.**

Count on low everyday prices.

**FRESH
GUARANTEE**

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

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

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