

# NOFRILLS®

## DEALS FOR DAYS EVENT

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

**ONLY \$4**



**GROUND CHICKEN**  
454 g  
21551582\_EA

**BONELESS, SKINLESS CHICKEN BREAST**  
3 piece  
21747332\_EA

**AIR CHILLED**

**ONLY \$9**



**App exclusive offer** Optimum™

**\$18**

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



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

**6 OZ CLAMSHELL**

**ONLY \$2.49**



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

**ONLY \$2.49 LB**



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

**SAVE 37%**

**\$5**



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

**ONLY \$2.29**

PREPARED IN CANADA



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

**App exclusive offer** Optimum™

**Member Price \$4**

**Non-Members \$5**

Members Save **\$1**



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

**ONLY \$5.97**

PREPARED IN CANADA



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

**ONLY \$.88**

PREPARED IN CANADA



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

**\$2**

Earn **500 pts** That's **50¢** value



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

**SAVE 33%**

**\$1.50**



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

**SAVE 25%**

**\$3**



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

**WOW!**

**30=60 ROLLS**

**12.99**

**6=12 ROLLS**



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

**SAVE 38%**

**70 LOADS**

**7.99**



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

**SAVE 31%**

**12.99**



**TILDA PURE BASMATI RICE**  
4.54 kg  
20153678\_EA

**ONLY \$2.29**

PREPARED IN CANADA



**NO NAME® VINEGAR**  
club size  
4 L  
20102756\_EA

**your home of no name®**

**App exclusive offer** Optimum™

**\$2**

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

**\$8**

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



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

**NO NAME® CHEESE**  
selected varieties  
700 g  
20975773\_EA

**SURPRISE OFFER**  
**4 days only!**

Optimum™ Thursday, April 30 to Sunday May 3

You could get

**30%** or **20%** or **10%**

back in pts

**Open the App to get your offer!\***

Available for new and existing PC Optimum™ members.

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

**NEW  
LOWER  
PRICES**

**3<sup>77</sup>**

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



**\$11**

**PC® BUTTERFLIED SHRIMP**  
frozen  
400 g  
20080117\_EA



**5<sup>50</sup>**

**TRE STELLE TUB**  
selected varieties  
200/475 g  
21364404\_EA



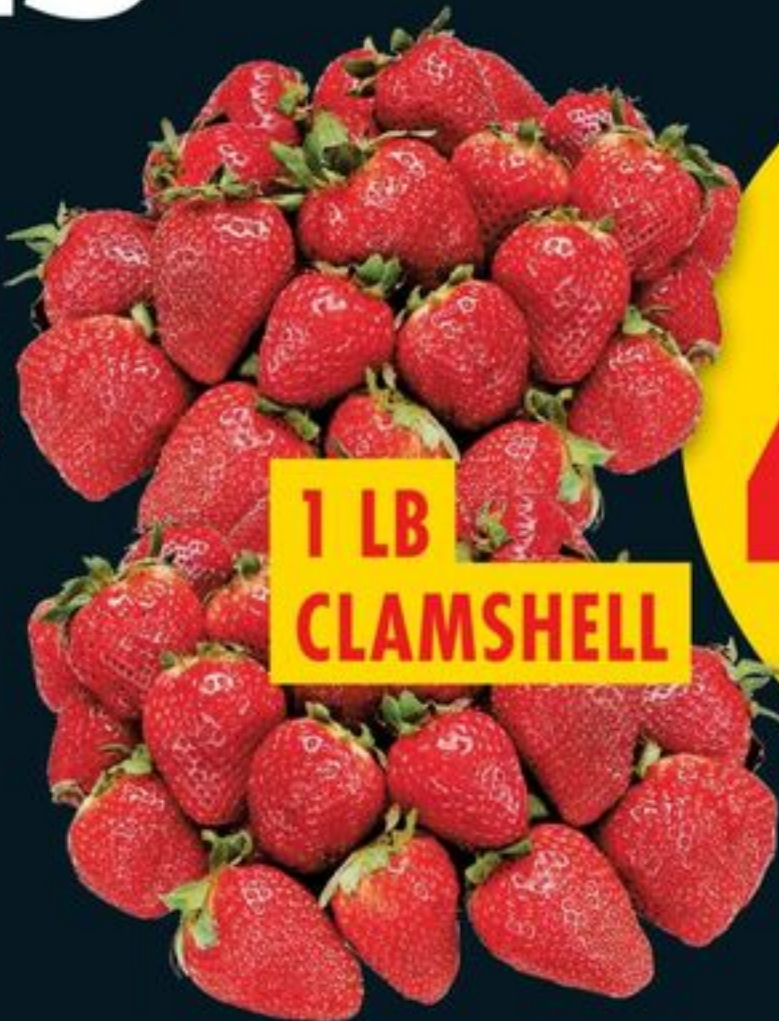
# FRESH AT LOW PRICES

**3<sup>99</sup>**



**6 OZ CLAMSHELL**

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



**1 LB CLAMSHELL**

**4<sup>99</sup>**

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

**3<sup>99</sup>**  
LB



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



**PKG OF 3**

**454 G**

**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**3<sup>99</sup>**

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



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

**5<sup>99</sup>**

**10 LB BAG**

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

**1<sup>99</sup>**  
LB

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

**9<sup>99</sup>**

**11 LB AVERAGE**

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

**4<sup>99</sup>**

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

**2<sup>99</sup>**

**3 LB BAG**

**2 LB BAG**

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

**3<sup>99</sup>**

**680 G**

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

**2<sup>49</sup>**  
LB

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

**4<sup>99</sup>**

**PKG OF 3**

**ANDY BOY**

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

**6<sup>99</sup>**

**5 LB BAG**

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

**6<sup>99</sup>**

**3 LB BAG**

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

**4<sup>99</sup>**

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

**5<sup>99</sup>**

**3 LB BAG**

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

**5<sup>99</sup>**

**681 G**

**907 G**

**PKG OF 11**

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

**NEW LOWER PRICES**

**2<sup>49</sup>**

**2<sup>49</sup>**  
LB

**2<sup>49</sup>**  
LB

**ICEBERG LETTUCE**  
product of U.S.A., no. 1 grade  
2015526001\_EA

**EGGPLANT**  
product of Mexico  
5.49/kg  
20155709001\_KG

**2<sup>49</sup>**  
LB

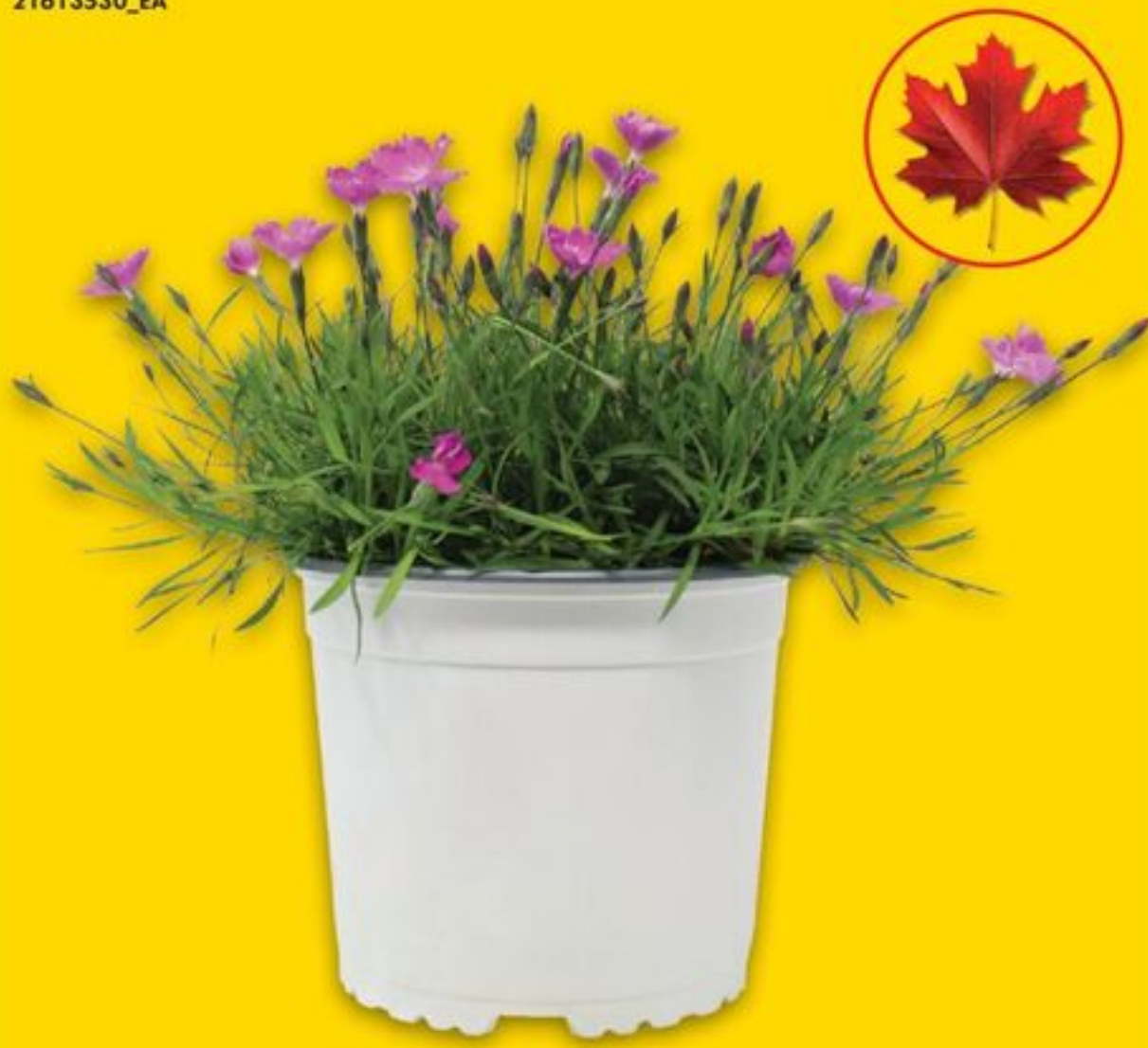
**GREEN ZUCCHINI**  
product of Mexico  
5.49/kg  
20426596001\_KG

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

# GARDEN DEALS

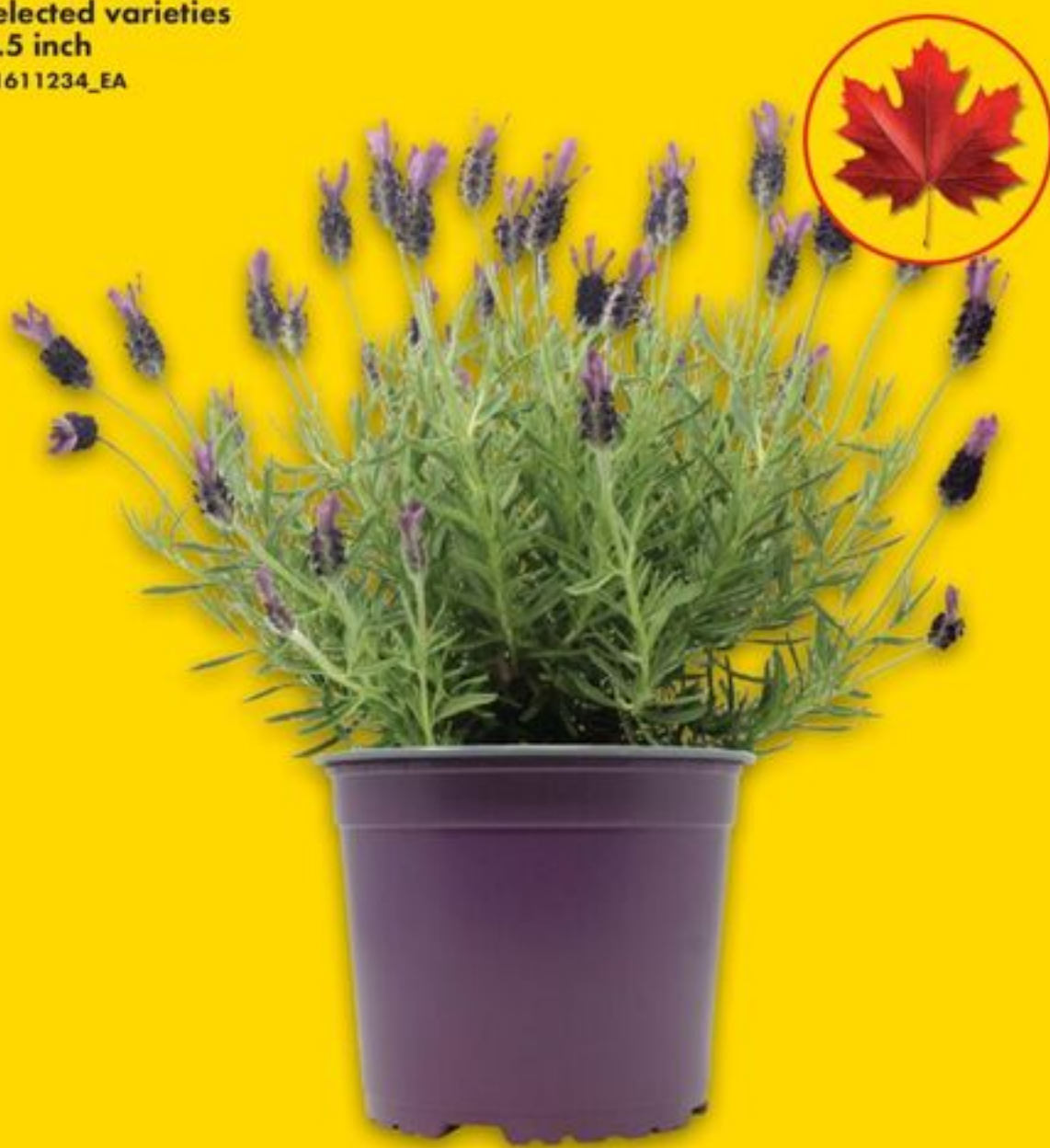
\$10

**LAVENDER**  
selected varieties  
6.5 inch  
21613530\_EA



\$10

**PERENNIALS**  
selected varieties  
6.5 inch  
21611234\_EA



\$9

**ANNUALS**  
selected varieties  
8 inch  
21023616\_EA



# FRESH AT LOW PRICES

**\$10**

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



**13<sup>99</sup>**  
LB

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

**11<sup>99</sup>**



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



**11<sup>99</sup>**

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

**2<sup>50</sup>**



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

**\$10<sup>99</sup>**

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

**LOU'S BBQ PORK BACK RIBS**  
680 g  
21530551\_EA

Optimum

**\$14**

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

**\$4**

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

**\$7**

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

**\$8**

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

**\$12**

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

**\$5**

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

**\$8**

**SUMMER FRESH SALADS**  
selected varieties  
750/800 g  
20094285\_EA

**\$5**

**NATURAL BAKERY RYE BREAD**  
900 g  
20670248\_EA

**2<sup>50</sup>**

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

**5<sup>50</sup>**

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

# DEALS FOR DAYS EVENT

SAVE UP TO 22%

\$7

ONLY

6<sup>25</sup>

**LACTANTIA LACTOSE FREE MILK**  
selected varieties  
2 L  
20301822001\_EA



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

SAVE 37%

\$5

ONLY

\$6

**SIMPLY ORANGE JUICE**  
selected varieties,  
refrigerated  
1.36 L  
21735026\_EA



**TASTIEZ**  
selected varieties, frozen  
311 g  
21691571\_EA

2<sup>25</sup>

**KRAFT SALAD DRESSING**  
selected varieties  
425 mL  
21384850\_EA



\$9

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



5<sup>50</sup>

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



\$2

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



\$4

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



3<sup>50</sup>

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



\$1

**NO NAME MUSHROOMS**  
selected varieties  
284 mL  
20299211\_EA



\$2

**CATELLI GARDEN SELECT SAUCE**  
selected varieties, 600 mL  
21618340\_EA



\$22<sup>99</sup>

**STARBUCKS GROUND COFFEE**  
selected varieties  
793 g  
21169344\_EA



Member Price  
\$22<sup>99</sup>

Non-Members  
\$26<sup>99</sup>

Members Save \$4

2<sup>29</sup>

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



5<sup>50</sup>

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



Earn 4,000 pts  
For every \$20\* spent  
That's \$4 value

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



Earn 4,500 pts  
For every \$20\* spent  
That's \$4.50 value

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



Earn 350 pts  
That's 35¢ value

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
21041420\_EA/21354024\_EA


Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. Members must open their PC Optimum™ App by May 3, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between Thursday, April 30 to Sunday May 3, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. \*\*Must be a registered PC Optimum™ member to get this offer.

**MAY**

**HIT  
OF THE  
MONTH**


**STARTS FRIDAY MAY 1ST**



 Made in Canada

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



 Made in Canada

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



**Takis Rolled Corn Chips**  
Selected varieties, 260 g  
21715466\_EA



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

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

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

# BRANDS YOU LOVE AT LOW PRICES

3.50

\$3



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

**HELIVA GOOD! DIPS**  
selected varieties  
250 g  
20179979002\_EA

5.50

3.75



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

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

\$5

\$4

\$4



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

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

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

3.25

4.25

12.99



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

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

**PC ORGANICS 100% VIRGIN COCONUT OIL**  
860 mL  
20893349\_EA

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

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

2.50

.88

1.50

5.50



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

**SAPPORO ICHIBAN NOODLES**  
selected varieties  
100 g  
20275907001\_EA

**NO NAME® BROTH**  
selected varieties  
900 mL  
21189611\_EA

**BELSOY PUDDING**  
selected varieties  
4x125 g  
20151398003\_EA

2.79

3.29

5.29

2.50



**NO NAME® CROUTONS**  
selected varieties  
145 g  
21096223\_EA

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

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

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

# BRANDS YOU LOVE AT LOW PRICES

3.50



**DAIRYLAND SOUR CREAM**  
selected varieties  
500 mL  
20275966001\_EA



4.79

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

4.99



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



\$4

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

\$5



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

\$4



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

2.50



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

\$1



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

\$3



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

6.99



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

\$24



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

App exclusive offer

Member Price **\$35**

Non-Members **\$40**

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

2.50



**SWIZZELS SQUASHIES**  
selected varieties  
160 g  
21668536\_EA

\$1



**CARNABY SWEET CANDY BAG**  
selected varieties  
125 g  
21219319\_EA

2.50



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

\$10



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

\$3



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

2.50



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

# BRANDS YOU LOVE AT LOW PRICES

**\$13**



**\$17**

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

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

**\$10**



**\$20**

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

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

**2.50**



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

**4.50**



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

**\$16**



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

**\$15**



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

**\$8**



**PC® DINNER NAPKINS** 180's  
20084398\_EA

**\$11**



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

**\$9**



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

**\$34.99**



Earn **2,000 pts**

That's **\$2** value

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

**\$3.50**

App exclusive offer



Earn **1,000 pts**

That's **\$1** value

**PC® YARD WASTE PAPER BAGS** 5's  
20429980\_EA

**\$9**



Earn **1,000 pts**

That's **\$1** value

**DAWN DISHWASHING LIQUID** 1.98 L détergent liquide vaisselle  
21737053\_EA

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



**EVERYDAY ESSENTIALS™ FRIDGE PITCHER**  
PICHET POUR RÉFRIGÉRATEUR  
20654809\_EA

**\$4**



Disney · PIXAR

# FREE STICKER PACK

FOR EVERY \$25 SPENT\*



**\$5**  
UNIQUE  
ALBUM

64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST

©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026.  
EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE  
FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.



Disney · PIXAR

# FREE STICKER PACK FOR EVERY \$25 SPENT\*

**\$5**  
UNIQUE  
ALBUM



64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

**SPEND \$10\*  
ON SELECT**

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

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



**SPEND \$10\*  
ON SELECT**

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

21104047\_EA/21667577\_EA/20316187001\_EA/20306992001\_EA



**SPEND \$15\*  
ON SELECT**

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

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



**SPEND \$15\*  
ON SELECT**

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

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



**SPEND \$12\*  
ON SELECT**

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

21479030\_EA/20300320\_EA/20316052001\_EA/20948940\_EA



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

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

**SPEND \$15\***  
**ON SELECT**

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



**SPEND \$10\***  
**ON SELECT**

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



**SPEND \$15\***  
**ON SELECT**

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



**SPEND \$9\***  
**ON SELECT**

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



**SPEND \$10\***  
**ON ANY**

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



**SPEND \$10\***  
**ON SELECT**

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



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

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS\*

loblawuniverse.ca

2.25

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



\$1

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

2.50

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



\$3

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



4.50

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



\$2.3

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



\$4

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



\$6

LACTANTIA ULTRAPUR MILK selected varieties 1.5 L  
21694529\_EA



\$8

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



2.50

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



\$3

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



4.50

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



7.49

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



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

ONL 04 NFW



**\$5**

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



**\$1**

**\$5**

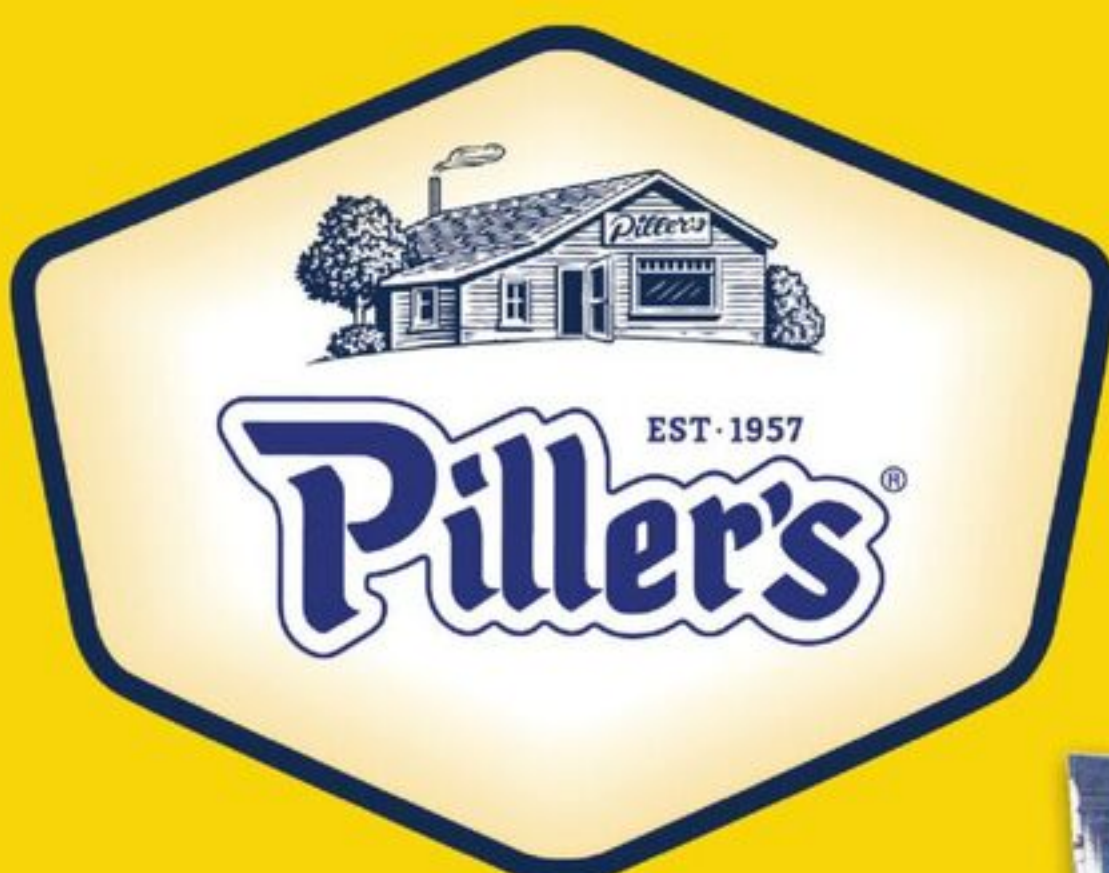
**2.75**



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

**NESTLÉ CHOCOLATE BAG**  
selected varieties  
76-203 g  
21080077\_EA

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



**7.50**

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



**6.50**

**4.50**



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

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

# BUDGETS LOVE YELLOW

(So switch)

your home of no name®

\$20



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

\$11



**NO NAME® SMOKED SAUSAGES**  
selected varieties  
900 g  
20734142\_EA

2.25



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

1.79



**NO NAME® YELLOW MUSTARD**  
550 mL  
21457728\_EA

3.50



**NO NAME® PICKLES**  
selected varieties  
1 L  
20300473\_EA

3.50



**NO NAME® KETCHUP**  
1 L  
20102426\_EA

\$7



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

\$2



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

1.25



**NO NAME® BBQ LIGHTER**  
each  
21379301\_EA

\$6



**NO NAME® PAPER TOWELS**  
6=12 rolls  
21636318\_EA

# App exclusive offers

**More offers  
More points**

**LOAD YOUR DIGITAL COUPONS  
IN 6 EASY STEPS**

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

**Members  
get over**  
**\$25**  
**in value**

**CLICK FOR  
THESE COUPONS  
AND MORE**




 **Optimum™**



**NESTLÉ  
SNACK PACK**  
any variety  
21719355\_EA


**Save  
\$1**  
with digital  
coupon

 **Optimum™**



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

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

 **Optimum™**



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


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

 **Optimum™**



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

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

 **Optimum™**



**PC® FROZEN FRUIT**  
600 g  
21377841\_EA

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

 **Optimum™**



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

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

 **Optimum™**



**PC® DIPS**  
454 g  
20584098\_EA

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

 **Optimum™**



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

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

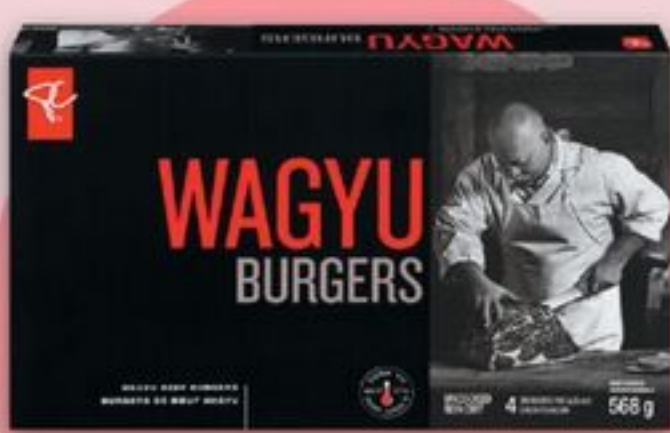
 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

 **Optimum™**



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

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

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

**PC® INSTANT COFFEE**  
80/100 g  
21499826\_EA

Optimum™



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

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



Earn  
**600**  
pts  
Until May - 13 - 2026

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

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

# EID MUBARAK!

عید مبارک!



**5<sup>99</sup>**



**795 G**



**907 G**



**340 G**

**DEGLET NOUR PITTED DATES** or **ORGANIC PITTED DATES** product of Tunisia or **HONEY PITTED DATES** product of Iran  
21562279001\_EA/20772841\_EA

**12<sup>99</sup>**



**SHER DURUM ATTA**  
9.07 kg  
20657367\_EA

**2<sup>79</sup>**



**KHAAS HALAL YOGURT**  
selected varieties  
750 g  
20343515\_EA

**\$13**



**SUFRA® HALAL CHICKEN LEGS**  
back attached  
up to 1.28 kg  
21430676\_EA

**22<sup>99</sup>**



**NANAK DESI GHEE**  
1.6 kg  
20181744\_EA



# HAPPY CINCO DE MAYO



**4<sup>99</sup>**

**PINEAPPLE**  
product of Costa Rica or Mexico  
each  
20160992001\_EA



PKG OF 6



GROWN IN THE WESTERN PROVINCES  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**7<sup>49</sup>**

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



**1<sup>29</sup>**

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

**.69**



**LIMES**  
product of Mexico  
20040489001\_EA

**3<sup>99</sup>**  
LB



**JALAPENO PEPPERS**  
product of Mexico  
8.80/kg  
20088387001\_KG

**4<sup>50</sup>**



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

**6<sup>99</sup>**  
LB



**LEAN GROUND BEEF AND PORK**  
15.41/kg  
20865962\_KG

**6<sup>99</sup>**



**BEYOND MEAT PLANT BASED GROUNDS**  
frozen  
340 g  
21220674\_EA

**2<sup>79</sup>**



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

**2<sup>99</sup>**



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

**\$5**



**PC® SALSA**  
selected varieties  
650 mL  
20309646001\_EA

**1<sup>99</sup>**



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

**3<sup>79</sup>**



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

**\$6<sup>50</sup>**

Earn **1,000 pts**

That's **\$1** value



**CHOLULA HOT SAUCE**  
selected varieties  
150 mL  
21649125\_EA

**\$12**

Earn **1,000 pts**

That's **\$1** value



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



# HAPPY CINCO DE MAYO



**1.25**



**11.99**

**GRACE PLANTAIN CHIPS**  
selected varieties  
85 g  
20602609002\_EA/20603025\_EA

**EL MONTEREY TAQUITOS**  
selected varieties, frozen  
595/684 g  
21022918\_EA



**1.79**

**3.99**

**LA COSTEÑA CHIPOTLE SAUCE**  
220 mL  
20823424\_EA



**LA COSTEÑA GUACAMOLE SALSA** 456 mL or **RED MOLE** 255 g  
selected varieties  
21364453\_EA/21683293\_EA

**2.99**

**4.99**



**HERDEZ SALSA** 453 g or **LA COSTEÑA ENCHILADA SAUCE**  
408 mL  
selected varieties  
20315064004\_EA/21563776\_EA

**LA COSTEÑA WHOLE TOMATILLOS**  
794 g  
20818652\_EA

**3.49**

**4.99**



**PAN WHITE CORN MEAL**  
selected varieties  
1 kg  
20945705\_EA

**LA COSTEÑA ADOBO PASTE**  
234 g  
21563671\_EA

**8.49**

**1.25**

**5.50**



**MASECA INSTANT CORN MASA FLOUR**  
1.8 kg  
21457445\_EA

**JARRITOS DRINKS**  
selected varieties  
370 mL  
20147354007\_EA/21040487\_EA

**TAJIN CLASSIC SEASONING**  
142 g  
20019917\_EA



**Express™**

**Online grocery pickup & delivery**

# SHOP ONLINE, GET IT DELIVERED.

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

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

**SHOP NOW**



No Frills® delivery is available at select stores. Visit [nofrills.ca](http://nofrills.ca) or use the **PC Express** app to see if delivery is available in your area.

# OUR FLYER. YOUR INBOX.

**STRAIGHT TO YOUR EMAIL**

Scan the QR code to sign up.

**STRAIGHT TO YOUR PHONE**

Text "OFFER" to 374557 (FRILLS)\*



\* Standard message and data rates may apply.

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

**no name™ mobile**

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

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



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

# 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](http://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](http://nofrills.ca).

ONL NFW MKT