



SUPER SAVER

GROWN IN CANADA 

1⁹⁷



10 LB BAG

RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001 EA/20601017001 EA

SAVE 25%

2⁹⁹



2 LB BAG

FARMER'S MARKET™ LEMONS
product of Egypt or South Africa
citrons
20793313001 EA

SAVE 20%

3⁹⁹



4 LB BAG

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

SAVE 33%

3⁹⁹



312 G

PC® BABY SPINACH or FIELD GREENS
product of U.S.A.
jeunes épinards ou légumes feuilles des champs
20127207 EA/20322751 EA

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MARCH 20 TO WEDNESDAY, MARCH 26, 2025.

SUPER SAVER



SAVE 61%

1.99
LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
4.39/kg
21644524 EA

WHILE QUANTITIES LAST

SAVE 50%

\$2



SCHNEIDERS LUNCHMATE LUNCH KITS, STACKERS or SNACK KITS
selected varieties 75-120 g
trousses-repas
21310034 EA

SAVE 43%

3.99



JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties, 250-500 g
saucisses ou rondines ou viande hachée
20303844 EA



SAVE 25%

4.99



NEILSON TRUTASTE MILK
selected varieties
4 L
lot
20148677 EA

SAVE 33%

2.77



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties
410 g
tranches de produit de fromage fondu
21323264 EA

SAVE UP TO 52%

2.75



M&M'S or MARS CHOCOLATE POUCHES
selected varieties, 155-193 g
chocolat
21371767 EA/21371768 EA

SAVE UP TO 56%

3.50



ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
mouchoirs
20702419 EA

SAVE UP TO 21%

5.50



DANONE ACTIVIA 12's or **iöGO CREAMY** 16's
yogourt
2030413003 EA/20606778002 EA

SAVE 30%

13.27

9.07 KG



SHER DURUM ATTA FLOUR
farine durum
20617367 EA



Optimum™

Spin to win today!

Play for a chance to unlock bonus offers with the PC Optimum™ app.

No purchase required to play or win. Contest ends at 10:59:59 p.m. ET on April 2, 2025. Visit <https://www.pc optimum.ca/gaming?campaignid=spin-to-win-grocery-2025-q1> for full contest rules.

nofrills.ca

AVAILABLE AT: JOE'S - BELLEVILLE, DANIEL'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SALMA'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, GABE'S - OTTAWA, BRANDON & MEGAN'S - STITTSVILLE, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELLAND

01 INFO TE

MEALS MADE EASY

SAVE 22%

3⁴⁷



**RISTORANTE or
CASA DI MAMA PIZZA**
selected varieties, frozen
320-410 g
pizzas
20296100001 EA/20296424001 EA

SAVE 37%

2⁵⁰



ZIGGY'S® FRESH PASTA 350/360 g or
SALADS 454 g
selected varieties
pâtes ou salades fraîches
20209190 EA/21321168 EA

SAVE 20%

\$4



LA BAGUETTERIE SLICED MICHE
selected varieties
600/800 g
miche tranchée
21146112 EA

ONLY

3⁵⁰

APP EXCLUSIVE OFFER*
Optimum
EARN
1,000 ^{PTS}
= \$1
Value

**ZIGGY'S®
SLICED DELI MEAT**
selected varieties
175/300 g
charcuteries tranchées
21589295 EA/21392441 EA



FRESH AT LOW PRICES

2⁹⁹
LB



1⁹⁹
EA/LB

RED or GREEN SEEDLESS GRAPES
product of Chile or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
6.59/kg
20425773001 KG/20159199001 KG

BROCCOLI CROWNS
each, product of U.S.A. or Mexico or
TOMATOES ON THE VINE 4.39/kg, product of Canada
couronnes de brocoli ou tomates sur vigne
21121540001 EA/20036703001 KG



PKG OF 6

2⁹⁹

325 G

ASPARAGUS product of Mexico,
no. 1 grade or **FARMER'S MARKET™**
MINI CUCUMBERS
product of Ontario, Canada no. 1 grade
asperges ou mini-concombres
2018109001 EA/20127370001 EA



2⁹⁹
EA/LB

PINEAPPLE each, product of Costa Rica,
CANTALOUPE each, product of Guatemala or Honduras,
no. 1 grade or **BLACK PLUMS**
6.59/kg, product of Chile, no. 1 grade
ananas ou cantaloup ou prunes noires
20160992001 EA/20116479001 KG/20167017001 EA



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

1⁴⁹



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20070133001 EA

GROWN IN CANADA

3⁹⁹

10 LB BAG

5 LB BAG

FARMER'S MARKET™
SWEET POTATOES
product of Canada or
YELLOW ONIONS
product of Canada, Canada no. 1 grade
patates douces ou oignons jaunes
20077317001 EA/200609915001 EA



3⁹⁹

1 LB CLAMSHELL

PKG OF 5 OR 6

AVOCADOS product of Mexico or
STRAWBERRIES product of Mexico or U.S.A., no. 1 grade
avocats ou fraises
21444734001 EA/20047779001 EA



1⁹⁹
LB



BARTLETT PEARS
product of South Africa, extra fancy grade
poires
4.39/kg
20172340001 KG

2⁴⁹

**PC® SLICED or WHOLE,
WHITE or CREMINI
MUSHROOMS**
product of Ontario
champignons
20157611 EA/20176229 EA



227 G

2⁹⁹

PKG OF 2

CELERY product of Mexico or U.S.A., no. 1 grade
or **ROMAINE HEARTS** product of U.S.A.
céleri ou cœurs de laitue romaine
20162119001 EA/2006756001 EA



1²⁹



RED MANGOES
product of Peru
mangos rouges
20070220001 EA

2⁹⁹
EA/LB

RAPINI or BROCCOLLINI each,
product of U.S.A.
BRUSSELS SPROUTS
6.59/kg
rapini ou broccolini ou choux de Bruxelles
20154707 EA/20060133001 KG/20060707001 EA



4⁹⁹

**PC® ROASTED
SALTED or PC® BLUE MENU®
ROASTED
UNSALTED
PISTACHIOS**
product of U.S.A.
pistaches
20042102 EA/20042114 EA



225 G

2⁹⁹

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico
20031970001 EA



GROWN IN CANADA

\$3



**PC® LITTLE GEMS™ RED, YELLOW or
MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, jaunes ou assorties
2114700001 EA/21147001001 EA

4⁹⁹

3 LB BAG

FARMER'S MARKET™
NAVEL ORANGES
product of Morocco, Spain or Turkey
oranges navel
2016700001 EA



5⁹⁹

907 G

681 G

FARMER'S MARKET™
**GRAPE TOMATOES or
PC® VARIETY TOMATOES**
product of Canada or Mexico
tomates
2004030001 EA/2007060001 EA



6⁹⁹

4 LB BAG

FARMER'S MARKET™
MANDARINS
product of Morocco
mandarines
20030730001 EA



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

FRESH AT LOW PRICES

**CLUB
SIZE**



\$13

**MAPLE LEAF
PRIME ASSORTED
CHICKEN**
up to 880 g
poulet
30349087 5A



7⁷⁷
LB

**EXTRA LEAN
GROUND BEEF**
fresh
boeuf haché extra maigre
17.13/kg
20327910 4G



\$4

**NO NAME® BREADED
AND STUFFED CHICKEN**
selected varieties, frozen
284 g
poulet pané au farci
30303296 5A



12⁸⁸

**MARCANGELO
SOUVLAKI KABOBS**
selected varieties
480/640 g
brochettes
21041735 5A

2⁸⁸



SEAQUEST® FLAVOURED FLAKES
227 g, **DOM SMOKED STEELHEAD
SALMON** 50 g or **GO RAW** or **COOKED
SHRIMP** 51-70 per lb, 160 g
saumon ou crevettes
21208396 5A/20792840 5A

6⁸⁸



**SEAQUEST® COLOSSAL RAW
WHITE SHRIMP**
16-20 per lb, frozen
300 g
crevettes
21043887 5A

3⁴⁹



ST HUBERT FRESH POT PIE
selected varieties
235/275 g
pies
21439054 5A

5⁵⁰



PC® CHEESE BLOCKS 250 g, **CHEESE SLICES**
140-170 g or **DOUBLE CREAM BRIE** 165/200 g
selected varieties
fromage
20250947 5A/20787327 5A

5⁹⁹



PILLERS KOLBASSA 300/375 g or
SLICED PEPPERONI 250 g or **ZIGGY'S®
CHICKEN** or **TURKEY STRIPS** 150/200 g
selected varieties
kolbassa ou pepperoni tranché ou lanieres de poulet ou dinde
20043323 5A/20558469 5A

2⁴⁴



WONDER BREAD 675 g or **BUNS** 8's
selected varieties
pain ou petits pains
20376296 5A/20297455 5A

3²²



VACHON SNACK CAKES 252-336 g,
PC® CINNAMON RAISIN BREAD 675 g or
HOT CROSS BUNS 8's
selected varieties
petits gâteaux ou pain cannelle et raisins ou brioches
20005728 5A/21577822 5A

6⁷⁷



FARMER'S MARKET® PIES
selected varieties
580 g-1 kg
tortes
21297367 5A

SUPER SAVER

SAVE 39%

2⁸⁸



MCCAIN SUPER FRIES or SPECIALTY FRIES
selected varieties, frozen
454-800 g
fries
20234328002_EA



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromagerie à la crème
20441347_EA/20864928010_EA



SAVE UP TO 29%

3⁸⁸



HEALTHY CHOICE STEAMERS or SIMPLY SINGLE SERVE DINNER ENTREES
selected varieties, frozen
255-306 g
plats cuisinés
202104310009_EA/21406369_EA
20974538_EA



ONLY

6⁸⁸

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002_EA

1²²



NEILSON MILKSHAKES or MILK2GO
selected varieties
310 mL
boîte, frappée ou lait
21040442_EA



3⁴⁹

PEARL MILLING COMPANY PANCAKE MIX 905 g or SYRUP 710 mL
selected varieties
mélange à crêpes ou sirop
21284809_EA/21281619_EA



4⁴⁴



CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage naturel
212940705_EA



3²²



ALLEN'S APPLE JUICE or CRANBERRY COCKTAIL
selected varieties
1.59 L or
fruit cocktail drink boxes
8x200 mL
jus de pomme ou cocktail de canneberge
ou boisson de cocktail de fruits en boîte
2021040401_EA/2023310401_EA



1⁹⁹



CHRISTIE MINI SNAK PACKS
selected varieties
144-200 g
collations
21284879_EA/21281133_EA



2⁹⁹



DARE COOKIES
selected varieties
148-240 g
biscuits
20074386_EA/21080791_EA



3⁷⁷



TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
21040575_EA



1⁷⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
2021040002_EA



2⁴⁴

GATORADE FIT or GATORLYTE SPORT DRINKS
selected varieties
591 mL
boissons électrolytiques
21284879_EA/21281133_EA



2⁴⁴

BODY ARMOR SPORTS DRINK
selected varieties
473 mL
boissons électrolytiques
21284879_EA/21281133_EA



6⁸⁸

SAN PELLEGRINO ITALIAN SPARKLING DRINKS
selected varieties
6x330 mL
boissons pétillantes
21432204_EA



BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points.

Optimum
EARN
3,500 pts

= \$3⁵⁰
Value

for every \$10*
spent on

KELLOGG'S CEREAL
selected varieties
269-355 g
céréales
21430814_EA/214652128_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.

NOFRILLS

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

nofrills.ca



Be proud to recycle your reusable paper



MARCH

**HIT
OF THE
MONTH**



**Christie Oreo Cookies or
Ritz Crackers Grab & Go Snacks**

Selected varieties, 96 g - 113 g
21646362_EA / 21575702_EA



Kraft Dinner Cups

Selected varieties, 58 g
Limit: 6, over limit retail \$1.25
21435104_EA / 20298547001_EA



Mott's or Betty Crocker Fruit Snacks

Selected varieties, 128 g - 226 g
Limit: 6, over limit retail \$2.75
20318474001_EA / 20686716001_EA



Olivieri Skillet Gnocchi

Selected varieties, 280 g - 300 g
Limit: 6, over limit retail \$4.99
21022065_EA



Smartfood Popcorn

Selected varieties, 150 g - 200 g
Limit: 6, over limit retail \$3.00
21084988_EA / 20972859_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from March 1st – 31st, 2025.

We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

GROWN IN CANADA

1⁹⁷

10 LB BAG

RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20401013001 EA/20401017001 EA



10 LB BAG

4 LB

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307212001 EA/2076799001 EA

3⁹⁹

1⁴⁹

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20070132001 EA



10 LB BAG

GROWN IN CANADA

3⁹⁹



FARMER'S MARKET™ SWEET POTATOES or YELLOW ONIONS
product of Canada, Canada no. 1 grade
patates douces ou oignons jaunes
20472121001 EA/20400111001 EA

2⁴⁹



PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons
20757611 EA/207761220 EA



6⁷⁷

FARMER'S MARKET™ PIES
selected varieties
580 g-1 kg
tortes
21297367 EA



2⁵⁰

ZIGGY'S® FRESH PASTA 350/200 g or SALADS 454 g
selected varieties
pâtes ou salades fraîches
20209140 EA/21211146 EA



5⁵⁰

PC® CHEESE BLOCKS 250 g, CHEESE SLICES 140-180 g or DOUBLE CREAM BRIE 165/200 g
selected varieties
fromage
20230947 EA/20770432 EA/20787227 EA



2⁴⁴

WONDER BREAD 675 g or BUNS 8's
selected varieties
pain ou petits pains
20276296 EA/20297433 EA



3²²

VACHON SNACK CAKES 252-336 g, PC® CINNAMON RAISIN BREAD 675 g or HOT CROSS BUNS 8's
selected varieties
petits gâteaux ou pain cannelle et raisins ou brioches
20005728 EA/20630729 EA/21577822 EA



We are Proudly
CANADIAN
OWNED & OPERATED



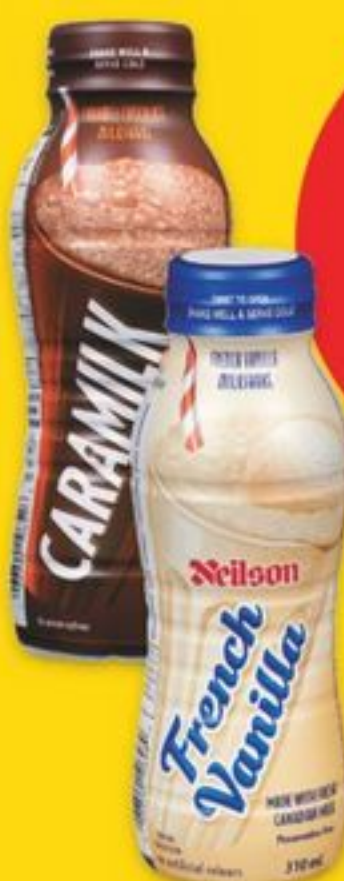
NOFRILLS

5⁵⁰



DANONE ACTIVA 12's or iöGO CREAMY 16's YOGURT
selected varieties
yogourt
20203412003, SA/204666778002, EA

1²²



NEILSON MILKSHAKES™ MILK2GO
selected varieties
310 mL
bouteilles frappées au lait
2104440, SA/2104440, EA

6⁸⁸



BECHEL MARGARINE
selected varieties
637/850 g
margarine
20297818002, EA



CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage naturel
2104440, SA/2104440, EA

4⁴⁴

3³³



NEILSON CREAM 5/10% 1 L or 18/35% 473 mL
selected varieties
crème
20123609, SA/20774223, EA

2⁴⁹



NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure
20299617, EA

\$4



CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or COLLECTION NOVELTIES 8's
selected varieties, frozen
friandises glacées ou crème glacée
20315336010, SA/2033237901, EA

3⁵⁵



HIGH LINER CATCH OF THE DAY
selected varieties, frozen
350 g
poisson
210329119, EA

2⁸⁸



MCCAIN SUPER FRIES or SPECIALTY FRIES
selected varieties, frozen, 600-750 g
frites
20334328002, EA

3⁷⁷



TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
21050573, EA

3⁵⁰



ROYALE FACIAL TISSUE
selected varieties, 6x72/100 sheets
mouchoirs
20702419, EA

8⁹⁹



ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
papier hygiénique
21572800, EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁵

**PC® FROZEN
VEGETABLES** 300-750 g or
**HIGH LINER CATCH
OF THE DAY** 350 g
selected varieties, frozen
légumes surgelés ou poisson
20318915, EA/21020915, EA



SAVE 22%

5⁴⁴

**NESTLÉ DRUMSTICKS
or NOVELTIES** 4-10's or
**CONFECTIONARY
FROZEN DESSERT** 1.5 L
selected varieties, frozen
friandises glacées ou
dessert glacé de confiserie
203228001, EA/21162960, EA



ONLY

3³³

NEILSON CREAM
5/10% 1 L or 18/35% 473 mL
crème
20123609, EA/20774225, EA



SAVE 27%

4²²

KRAFT SINGLES
selected varieties
410 g
fromage en tranches
21188634, EA



1⁴⁴

**OCEAN'S TUNA
or GOLD SEAL
SARDINES**
selected varieties, 125-170 g
thon ou sardines
21004270, EA/21024465, EA



4²²

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
2043966001, EA



5⁹⁹

**KRAFT
PEANUT BUTTER** 750 g/1 kg
or **HAZELNUT SPREAD** 725 g
selected varieties
beurre d'arachide ou hazelnade de noisettes
20039581001, EA/21285418, EA



1⁹⁹

BUSH'S BEST BAKED BEANS
selected varieties
398 mL
fèves
20101318001, EA



2⁴⁹

**UNICO PASSATA
or MOLISANA PASTA** 580 mL or
450 g
selected varieties
poissade ou pâtes
20316481004, EA/20416360, EA



2⁹⁹

CATELLI PASTA
selected varieties
300/340 g
pâtes
207042325, EA



\$2

**PEPPERIDGE
FARM
GOLDFISH
CRACKERS**
selected varieties, 156-227 g
croquantins
20300330, EA/20345560, EA



2⁹⁹

**CHEEZ-IT SNAP'D CRACKERS
or TOWNHOUSE CRACKERS** 213 g or
selected varieties
croquantins
21107403, EA/21451181, EA



2⁵⁵

**NO NAME®
MARSHMALLOWS**
selected varieties
400 g
guimauves
20304672001, EA/20304672002, EA



.88

**WHISKAS
WET CAT FOOD POUCH**
selected varieties, 85 g
sachet de nourriture humide pour chats
21659470, EA



\$10

DENTASTIX DOG TREATS
selected varieties
504 g-1.9 kg
gâteries pour chiens
21081180, EA



12⁷⁷

**PURINA
ONE DRY
CAT FOOD**
selected varieties, 1.45-1.8 kg
nourriture sèche pour chat
21094817, EA



6²⁹

**BUBLY or MONTELLIER
SPARKLING WATER**
selected varieties, 10/12x355 mL
eau pétillante
21096722, C10/21097177, C12



6⁹⁹

**HEFTY
WASTE
BAGS**
selected varieties
20-40's
sacs à déchets
21492924, EA



4⁹⁹

**WINDIX GLASS
CLEANER** 765 mL,
**SCRUBBING
BUBBLES**
710-950 mL/567-623 g,
FANTASTIK 450 mL or
FAMILY GUARD
946 mL/496 g
selected varieties
nettoyant
2012522001, EA/20323853001, EA



14⁷⁷

**ARM & HAMMER
LIQUID
LAUNDRY
DETERGENT**
selected varieties
4.02 L
détergent à lessive
liquide
21517287, EA



BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 36%

2⁵⁵

**CLOVER LEAF
ALBACORE TUNA or
FLAKED PINK
SALMON**
selected varieties
142-170 g
thon ou saumon rose en flocons
20167371 SA/21178602 SA



APP EXCLUSIVE OFFER*

Optimum
EARN
2,000 ^(pts)
=\$2
Value



7⁹⁹

**PC® BLACK LABEL
PIZZA**
selected varieties, frozen
370-420 g
pizza
21031415 SA

ONLY

2⁶⁶

**YOPLAIT SOURCE
PROTEIN 4%
MINIGO 6% or TUBES
0% YOGURT**
selected varieties
yogourt
21291318001 SA/21547395 SA



ONLY

5⁸⁸

**DANONE OIKOS TUBS
650/750 g or ACTIVIA
DRINKS 8% YOGURT**
selected varieties
yogourt ou yogourt à boire
21006634 SA/21108439 SA

2⁷⁷

**CHRISTIE
CRACKERS 180-200 g
or CRISPERS 145 g**
selected varieties
craquelins
21238333 SA/21547024 SA



\$3

GOGO SQUEEZ FRUIT SAUCE 4x90 g or
DOLE FRUIT BOWLS 4x107 mL
selected varieties
purée de fruits ou boîtes de fruits
20218430002 SA/2022847002 SA



5⁴⁴

**CORA CREPE or
WAFFLE MIX 700 g or
BONNE MAMAN
JAM 250 mL**
selected varieties
mélange à crêpes ou
gâteaux ou confiture
2008732006 SA/21450034 SA



1⁶⁶

**KNORR or
LIPTON SOUP MIX**
selected varieties
40-166 g
mélange à soupe
20297314001 SA/20308188001 SA



2⁷⁹

**BEN'S ORIGINAL
BISTRO EXPRESS**
selected varieties
240/250 g
riz
21405342 SA/21405476 SA



2⁹⁹

**VH COOKING
or DIPPING
SAUCES**
selected varieties
341-390 mL
sauces à cuisson ou
trempettes
20308724001 SA/20948412 SA



3⁴⁹

KETTLE CHIPS
selected varieties, 156/198 g
craquelins
21298602 SA/21298607 SA



5³³

**JORDANS MORNING CRISP
or GRANOLA**
selected varieties, 325-400 g
craquelins ou granola
21202028 SA/21461776 SA



16⁹⁹

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
201 SA/20001 SA



2⁵⁰

NO NAME® FOOD STORAGE BAGS
selected varieties
80/100"
sacs de rangement pour aliments
21160293 SA/21160294 SA



Tropicana

4⁵⁰

**TROPICANA
TROPICS**
selected varieties
1.75 L
jus
20129612001 SA



4⁵⁰

**TROPICANA DRINKS
or PURE LEAF TEA**
selected varieties
1.36/1.75 L
boissons ou thé glacé
21921766 SA



\$5

**TROPICANA
ORANGE JUICE**
selected varieties
1.36 L
jus d'orange
21921736 SA



8⁵⁰

**TROPICANA
JUG**
selected varieties
2.63 L
jus
2011074801 SA



1000s OF LOWERED PRICES EVERY DAY!

PRICE
DROP

2⁹⁹

**NATURE VALLEY GRANOLA BARS or
BETTY CROCKER FRUIT SNACKS**

selected varieties, 120-230 g
barres granola ou collations
20315520002 SA/20315520005 SA



4⁹⁹

QUAKER BAKING MIXES or OAT FLOUR

selected varieties, 700/900 g
mélanges à pâtisserie ou farine
d'avoine
20301064001 SA



3⁴⁹

QUAKER INSTANT OATMEAL

selected varieties
232-344 g
gruaux instantanés
21190234 SA/21190260 SA



\$8

PC[®] ORGANICS FLOUR

selected varieties, 2.5 kg
farine biologique
20069335 SA/20303111 SA



2⁴⁹

NO NAME[®] SOUR CREAM

selected varieties
500 mL
crème sure
20299637 SA



1⁶⁹

CAMPBELL'S CONDENSED SOUP

selected varieties, 284 mL
soupe condensée
2029734003 SA



\$4

PC[®] TOPPED HUMMUS

selected varieties, 280 g
hummus garni
20811326 SA/20811384 SA



5⁴⁹

RESER'S MAIN ST BISTRO SIDES

selected varieties, 567-680 g
plats d'accompagnement
20027947 SA/20038009 SA



2²⁹

CHEEZ-IT CRACKERS

selected varieties
191/200 g
croquelines
21214359 SA/21214360 SA



\$6

PC[®] SPLENDIDO[®] SLICED DELI MEAT or ZIGGY'S[®] KOLBASSA

selected varieties
viandes de charcuterie tranchées ou kolbassa
21049131 SA/21050405 SA



\$4

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or COLLECTION NOVELTIES 8's

selected varieties, frozen
crème glacée ou friandises glacées
20315236010 SA/20322757001 SA



12⁹⁹

POGO

frozen
20's
saucisses sur bâtonnet
20065234002 SA



1000s OF LOWERED PRICES EVERY DAY!

PRICE
DROP



no name® sans nom®
aluminum foil
papier d'aluminium

\$5

NO NAME® ALUMINUM FOIL
100 FT
papier d'aluminium
21119986 SA



\$14

**CASCADE AUTO
DISHWASHER TAB**
selected varieties, 30-48's
capsules de détergent pour lave-vaisselle
20440832001 SA/21307156 SA



\$3

NO NAME® BLEACH
7.4 L
eau de Javel
21484532 SA



\$4

CLOROX CLEANING SPRAY
selected varieties
887/946 mL
vaporisateur nettoyant
20644731 SA/20644183 SA

\$5

**DOWNY FABRIC
SOFTENER** 0.78/1.31 L,
PURIFYING RINSE
473 mL or **SCENT
BOOSTERS** 141/150 g,
**BOUNCE DRYER
SHEETS** 40/80's
essouffissant ou rinçage ou
nettoyeur de parfum ou feuilles
20301481001 SA/21548771 SA



10⁹⁹

ALWAYS LINERS 92-162's,
PADS 18-46's or
TAMPAX TAMPONS 22-54's
selected varieties
protège-dessous ou serviettes ou tampons
20943494 SA/21001190 SA



7⁹⁹

**ROYALE TIGER
TOWEL**
2/3x6 rolls
essuie-tout
21484702 SA



8⁹⁹

**ROYALE
BATHROOM
TISSUE**
selected varieties
15x30 rolls
papier hygiénique
21372800 SA



10⁹⁹

**ROYALE
FACIAL
TISSUE**
12x100 sheets
mouchoirs
20705292 SA



DEALS ON HEALTH AND BEAUTY



26⁹⁷

GOODNITES OVERNIGHT DIAPERS
selected varieties
28-44's
couches
20963841 SA



29⁹⁹

PAMPERS ECONO PACK DIAPERS
size N-8, selected varieties
58-180's
couches
31551645 SA/31551661 SA



34⁹⁹

HUGGIES ECONO PACK DIAPERS
size N-8, selected varieties
68-168's
couches
21456433 SA



2⁹⁹

HUGGIES 1X WIPES
selected varieties
56/64's
lingettes
20557396 SA

4⁴⁹

GERBER INFANT CEREAL
selected varieties
227 g
céréales
20782985 SA/21034946 SA



31⁴⁷

GOOD START POWDER BABY FORMULA
selected varieties, 900 g
préparation pour bébés
21399330 SA/21399642 SA



34⁹⁷

ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT
selected varieties
907 g
supplément nutritif pour nourrisson
21407931 SA/21407971 SA



5⁴⁹

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



4⁵⁰

IVORY BAR SOAP BODY WASH
10x90 g or 621 mL
selected varieties
pains ou nettoyant pour le corps
20347887002 SA/20860346001 SA



9⁹⁹

PEDIASURE COMPLETE
selected varieties
4x235 mL
supplément nutritionnel
20323414002 SA/21371922 SA



Optimum[®] EARN 10,000 pts
= \$10 Value
when you spend \$50* or more on

BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES
all sizes and varieties
couches ou lingettes ou préparation pour nourrisson ou aliments ou articles ou accessoires
20304618007 SA/20557396 SA/20709163 SA/20963841 SA/21407931 SA/21407971 SA/21456433 SA/21456435 SA/21340731 SA/21551537 SA/21551645 SA



BIG EASTER DEALS

6⁹⁹

LINDOR MILK CHOCOLATE EGG POUCHES

selected varieties
180 g
sachets d'œufs en chocolat au lait
21428541 SA

WHILE QUANTITIES LAST



7⁹⁹

CADBURY CREME EGG 204 g or PC® CHOCOLATE EGG DECORATING KIT 171 g

selected varieties
œufs ou trousse de décoration pour œufs
21314007 SA

WHILE QUANTITIES LAST

6⁹⁹

HERSHEY'S EGGIES

selected varieties
400 g
œufs
20143480 SA

WHILE QUANTITIES LAST



2⁹⁹

JOLLY RANCHER JELLY BEANS or TWIZZLERS BUNNIES

selected varieties, 200 g
friandises gélifiées ou lapins
21429131 SA

WHILE QUANTITIES LAST

\$2

CARNABY SWEET EASTER EGGS

150 g
œufs de Pâques
21043004 SA

WHILE QUANTITIES LAST



4⁹⁹

FERRERO CHOCOLATE EGGS

selected varieties
90/100 g
œufs en chocolat
21444703 SA

WHILE QUANTITIES LAST

2⁹⁹

CADBURY CREME or LINDOR EGGS or PEEPS MARSHMALLOW CHICKS

selected varieties
54-102 g
œufs ou guimouves
21443294 SA

WHILE QUANTITIES LAST



3⁹⁹

LINDT MINI EGGS, KINDER HOLLOW BUNNY or MINI FRIENDS or DARE REAL FRUIT BUNNIES

selected varieties, 75-225 g
mini-œufs ou lapins
20716499 SA

WHILE QUANTITIES LAST

11⁹⁹

KINDER MAXI EGG

selected varieties
116/150 g
œuf
20012895 SA

WHILE QUANTITIES LAST



1⁵⁰

CARNABY SWEET MILK CHOCOLATE BUNNY

100 g or KINDER JOY 20 g
selected varieties
lapin en chocolat ou friandise
21041783 SA/21045190 SA

WHILE QUANTITIES LAST

AVAILABLE AT SELECT LOCATIONS ONLY

ONL CONF NFO

RAMADAN KAREEM

رمضان كريم

1⁹⁹

POMEGRANATE
product of Peru
granade
20134767001 EA



9⁹⁹

2 LB TUB
MEDJOOL DATES
product of U.S.A.
dates
20001684 EA



1⁹⁹

DEGLET NOUR UNPITTED DATES
product of Tunisia or
DRIED APRICOTS or FIGS
product of Turkey
dates ou abricots séchés ou figes
21362270001 EA/20027490 EA

400 G

200 G

200 G



1²⁹
LB

OPO SQUASH
product of Dominican Republic
courage ope
2.84/kg
20142033001 KG



\$1

CEDAR PITA
selected varieties
330 g
pita
21309230 EA



3⁹⁹

SABRA HUMMUS 283 g or
PC® NAAN DIPPERS 200 g
selected varieties
hummus ou bouchées Naan
20001858 EA/21092033 EA



1⁹⁹

PRAN FROZEN SAMOSA or SPRING ROLL or SHANA PARATHAS
selected varieties
400 g
samosas ou rouleaux de printemps ou parathas
2099523001 EA



7⁹⁹

AL SAFA CHICKEN BREAST NUGGETS
frozen
600 g
pièces de poitrine de poulet
21632417 EA



\$9

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh, 840 g
piliens de poulet halal
21427940 EA



13⁹⁹
LB

PC® FREE FROM® AUSTRALIAN LAMB LOIN CHOPS
côtelettes de longe d'agneau
30.84/kg
20664237 KG



1²⁹

SURAJ® CANNED BEANS
selected varieties
540 mL
légumineuses en conserve
20540284 EA



2²⁹

SURAJ® GROUND TURMERIC
400 g
curcuma moulu
20617737 EA



5⁵⁰

ALFA PUFF PASTRY
850 g
pâte feuilletée
21609958 EA



9⁹⁹

QUALITY BROWN SUGAR
4.55 kg
cassonade
20718432 EA



11⁹⁹

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 mL
huile d'olive extra vierge
20572876 EA



11⁹⁹

NANAK DESI GHEE
800 g
ghee
20062263 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

1.99
LB

GINGER ROOT
product of China or
LONG EGGPLANT
product of Mexico, 4.25/kg
racine de gingembre ou
aubergine longue
2017903001 RG/20139013001 RG



1.79
EA/LB

INDIAN EGGPLANT
3.95/kg, product of Mexico or
METHI LEAF
product of Mexico or U.S.A., each
aubergine indienne ou feuilles de fenugrec
2005982001 RG/20139499001 EA

.99

BUNCH MINT
product of Morocco or Mexico or
CILANTRO
product of U.S.A., Mexico or Dominican Republic
menthe ou coriandre en botte
2013932001 EA/20091823001 EA



3.99
EA/LB

PC® RED THAI, GREEN THAI or FINGER HOT PEPPERS, product of Dominican Republic, Mexico or Vietnam or
OKRA 8.80/kg, product of U.S.A. pinents
21434748001 EA/21434549001 EA

2.99

CRISPY NAMAK PARA
360 g
namak para
21443491 EA



3.99

CRISPY CAKE RUSK
selected varieties
650-750 g
petits gâteaux
20419926 EA



2.29

HANS DAIRY DAHI
selected varieties
750 mL
dahi
20092811 EA



4.50

NANAK PANEER
341 g
paneer
11206158 EA



5.99

BRAR'S FROZEN SAMOSAS
selected varieties
624 g
samosas surgelés
21000033 EA



.99

BRITANNIA GOOD DAY BISCUITS
selected varieties
75 g
biscuits
20840892002 EA



6.99

QUALITY PRIYA BASMATI RICE
3.63 kg
riz basmati
20542349 EA



4.49

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots secs
20558757 EA



\$7

BRAR'S DESSERT GULAB JAMUN
frozen
850 g
gulab jamun
20367557 EA



\$9

BRAR'S DESSERT RASMALAI
selected varieties, frozen
850 g
dessert rasmalai
2036990002 EA



3.99

DABUR MUSTARD OIL
500 mL
huile de moutarde
21000033 EA





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*Offer valid from March 6 to April 2, 2025. Conditions apply. See site for details.



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PC Money™ Account

Earn
3.5%
interest on
your savings*

Open account

*Annualized rate, calculated daily & paid monthly.
Conditions and exclusions apply to all offers and benefits.



THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



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



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on select items.

The  **NOFRILLS** thing to do.

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

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