

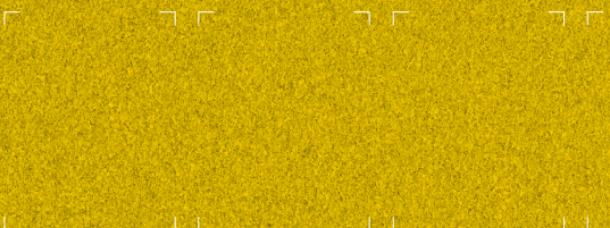
NEW IN OUR NEIGHBOURHOOD.

It's the people
that make this
place great.

LOCAL EVENTS



STORE NEWS



KEVIN AND APRIL SHEA
Kevin and April's No Frills®
Owners Since 2010

No Frills Owner Elevation Signage Score Board



BANANAS
Per Pound

.67



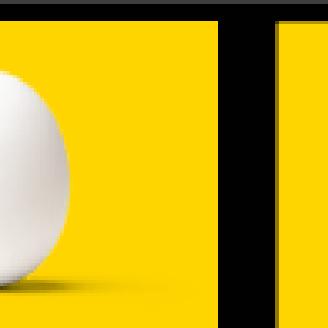
MILK
4 Litre

455



BUTTER
No Name 454 g

397



EGGS
One Dozen

189

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BEAT FREE.**

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\$10 worth of free stuff!

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No Frills Owner Elevation Signage
Wall Banner



FRESH IS NOT A FRILL.

KEVIN AND APRIL SHEA No Frills® Owners

ALL GOOD ADVICE



DIETITIAN SERVICES

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What can I do to support my immune system this cold and flu season?

Eating a balanced diet that includes foods from all food groups can help maintain health, but to give your immune system extra support, be sure to include vegetables and fruits, beans and lentils, and nuts and seeds. The bottom line: include a variety of foods at each meal to get the most immune support out of your diet!



In-Store Dietitian

Registered in-store dietitians can guide you through the store, showing you how to make healthier choices in the grocery aisle.

[Find a Dietitian](#)

[Download Weekly Meal Planner](#)

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Dietitian Tips & Meal Ideas

Maintaining health during the cold and flu season might be easier than you think, it just takes a little planning. Keep these tips in mind when planning meals and snacks this cold and flu season:

- Probiotics are the good bacteria found in foods like kefir, and in addition to being good for gut health they can help support your immune system. When using kefir, do not heat it as heat will destroy the good bacteria.
- Vitamin A and zinc are nutrients that contribute to normal function of the immune system. This nutrient is found in orange vegetables like carrots, sweet potato, and butternut squash in the form beta carotene, which is converted in the body to vitamin A. Zinc is found in nuts and seeds like almonds and pumpkin seeds as well as legumes like beans and lentils. Include these foods regularly to reap their benefits!
- *Per 100g serving, carrots provide 1380 RE Vitamin A (140% DV), Sweet Potato 1418 RE Vitamin A (140% DV), Butter nut Squash 732 RE Vitamin A (10% DV).
- *Per 100g serving, almonds provide 3 mg Zinc (35% DV), Pumpkin Seeds 10 mg Zinc (110 % DV), Kidney Beans provide 3 mg (30% DV), and 3 mg (35% DV).
- In addition to eating well, getting enough sleep and washing hands regularly are strategies to help prevent illness.

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Loblaws

Dietitian Tip: Create weekly menus using seasonal produce, and look for products made in your province. [#WellnessWednesday](#)



All Good Advice | Loblaws In-Store Dietitians

LOBLAWS.CA

1,910 people reached

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Deborah Chamberlain, Christina Rogers and 7 others

1 share



Write a comment...





Loblaws

Dietitian Tip: ask your kids to wash, chop, mix and assemble your locally grown produce to increase their interest in new foods and learn new cooking skills. #WellnessWednesday



All Good Advice | Loblaws In-Store Dietitians

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National Banana Day Cover Image

No Frills

Whitney Home 20+ 

 **NOFRILLS**

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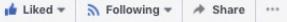
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May 2 at 3:50pm · 

I never met a dollar sale I didn't like. Don't miss your sneak peek at this week's flyer. See flyer for details.



Like Comment Share

3.3K Top Comments

558 shares

 Write a comment... 


Angela Grant Yesterday at 1:23am 
Hi. I am disappointed that there was a limit on your cake sale. I wa... See More

3 Comments Like · Comment 


Agnes Drake May 2 at 4:23pm 
awesome dollar deals!

1 Like Like · Comment 


Christine Purday April 30 at 2:11pm 
Hello my name Christine PURDAY I love the price/sales amazing thank you very much I appreciate your help

2 Likes 



No Frills

April 15 at 7:17am ·

We just couldn't wait till Easter morning. Some treats are just too ear-resistible. #HappyEaster



Love

Comment

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You, Maham Shakeel and 2.2K others

Top Comments ▾

269 shares



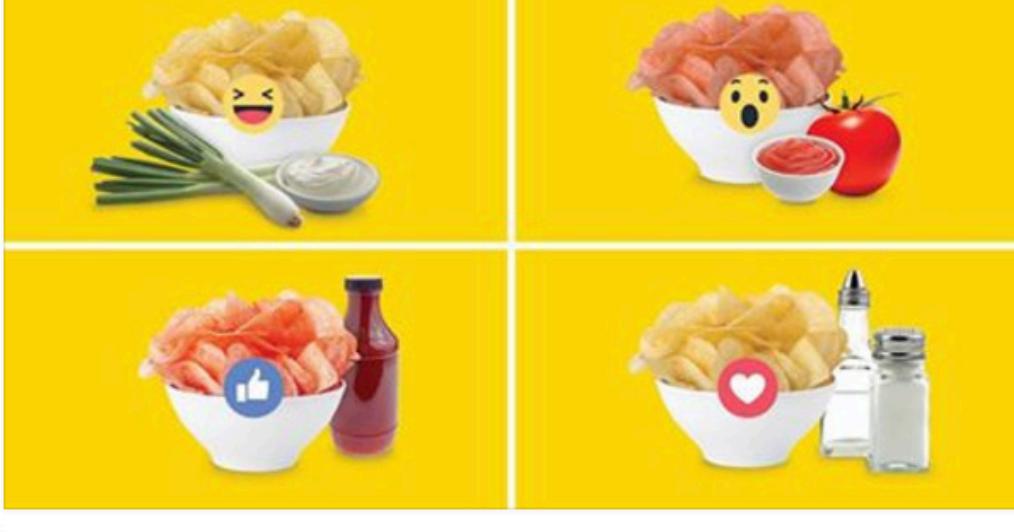
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No Frills

February 24 ·

Who brought the flavour best in 2016? Vote for the best supporting chip flavour in a snack motion picture!



Wow

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Top Comments ▾

22 shares

99 Comments



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No Frills

February 26 ·

This chip brought a salty performance with a flavour that could almost bring us to tears. And the winner is... no name Salt and Vinegar chips.



Wow

Comment

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Top Comments ▾

28 shares

45 Comments



Write a comment...



No Frills

February 27 ·

Actually...the winner really is no name Sour Cream & Onion. We blame Steve Harvey for this 😱 #Oscars



Like

Comment

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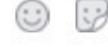


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CAULIF LOWER



197
EA

See flyer for details.

LOW MATO SOUP



2 FOR
100

See flyer for details.

PEPPERLOW NI PIZZA



2/\$5

See flyer for details.

BERRY LOW PRICES



197

See flyer for details.