

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, JULY 16 TO WEDNESDAY, JULY 22, 2026.

HOT SUMMER SALE

SAVE 50%

1⁹⁹
LB

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
4.39/kg
raisins verts ou rouges sans pépins
20425775001_KG/20159199001_KG

ONLY

1⁵⁰

227 G

PC® WHOLE WHITE MUSHROOMS
product of Ontario
champignons blancs entiers
20776239_EA

ONLY

1⁹⁹

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-concombres
20737570001_EA

PKG OF 6

ONLY

2⁹⁹

3 LB BAG

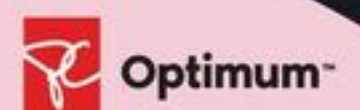
FARMER'S MARKET™ LEMONS or ORANGES
product of South Africa
citrons ou oranges
20795315001_EA/20162945001_EA

2 LB BAG



NO NAME® CHEESE BARS
selected varieties
700 g
barres de fromage
20975773_EA
LIMIT: 4, AFTER LIMIT RETAIL: \$8

App exclusive offer



Member Price

\$6

Non-Members

\$8

Members Save

\$2

CLUB SIZE



CHICKEN DRUMSTICKS
fresh
4.39/kg
pilons de poulet
20654051_KG

SAVE 50%

1⁹⁹
LB

SAVE UP TO 50%

3⁹⁹
LB

PORK BACK RIBS
fresh, cryovac package
2's
8.80/kg
côtes de dos de porc
20289672_KG

WHILE QUANTITIES LAST

ONLY

2⁹⁹
LB

LOU'S KITCHEN PEAMEAL BACON
6.59/kg
bacon enrobé de farine de pois
20145616_EA

SAVE UP TO 33%

9⁹⁹

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
1 kg or **WATSON RIDGE CHICKEN BREASTS** frozen, 800 g
selected varieties
saucisses italiennes ou boulettes de viande ou poitrines de poulet
21741388_EA/20867488_EA

ONLY

9⁹⁹
LB

FRESH ATLANTIC SALMON FILLET
22.02/kg
saumon frais
20339767_KG



SAVE UP TO 26%

2⁹⁹

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



ONLY

4⁹⁷

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20311582001_EA



ONLY

5⁹⁷

ACTIVIA YOGURT
selected varieties
12x100 g
yogourt
20303412001_EA/20640892_EA



SAVE 33%

\$6

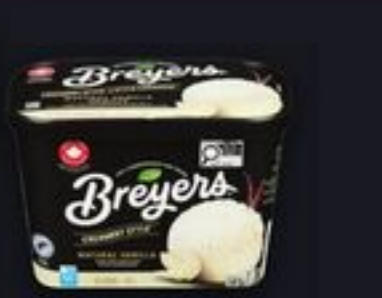
HIGH LINER FAMILY FISH
selected varieties, frozen
315-700 g
poisson gefilte
20303200001_EA



SAVE UP TO 27%

\$4

BREYERS CREAMERY STYLE ICE CREAM 1.41 L FUDGSICLE NOVELTIES 12's or PC® FROZEN FRUIT 300-600 g
selected varieties, frozen
fruits surgelés ou barres desserts ou crème glacée ou dessert laitier
20312227_EA/21651169_EA



SAVE UP TO 52%

1⁷⁵

MAPLE LEAF FLAKED MEAT 156 g or HOLIDAY CANNED LUNCHEON MEAT 340 g
selected varieties
viande en flocons ou pain de viande en conserve
20298273001_EA/20618778_EA



ONLY

12⁹⁹

JASMINE GOLD THAI JASMINE RICE
8 kg
riz au jasmin
21496274_EA



SAVE UP TO 50%

5⁹⁹

CHARMIN BATHROOM TISSUE 8=24 rolls or BOUNTY PAPER TOWELS 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA



PRICE DROP

8⁹⁹

GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
huile d'olive
20105368_EA



\$1²⁵

Earn 250 pts

That's 25¢ value



KD ORIGINAL
200 g
macaroni au fromage
21549526_EA

\$19⁹⁹

Earn 1,000 pts

That's \$1 value



TIDE LIQUID 3.46/3.9 L or PODS or FLINGS 45/57/76's LAUNDRY DETERGENT
selected varieties
détergent à lessive
21593670_EA/21593706_EA

NFO 1_rati3/07/2026_ON

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

nofrills.ca

FRESH AT LOW PRICES

1 LB CLAMSHELL

PINT

11 LB AVERAGE

WHOLE SEEDLESS WATERMELON
product of U.S.A.
melon d'eau
20067326001_EA

5⁹⁹

2⁹⁹

BLUEBERRIES product of Canada or U.S.A., no. 1 grade or STRAWBERRIES product of Mexico or U.S.A., no. 1 grade
bleuets ou fraises
20080137001_EA/20049778001_EA

3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20160992001_EA



3⁹⁹ LB

CHERRIES
product of U.S.A., no. 1 grade
cerises
8.80/kg
20159690001_KG

FRESH
GUARANTEE

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

1²⁹



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



2⁹⁹



LYCHEE
product of China
litchi
20967707001_EA

3⁹⁹



ROMAINE HEARTS
product of Canada
cœurs de romaine
20067389001_EA

3⁹⁹

PKG OF 5



AVOCADOS
product of Mexico, Peru or Colombia
avocats
21644936001_EA

7⁹⁹

TRIUMPH PERSIMMONS
product of South Africa
kaki
21612817001_C01

CASE



\$5

312 G



PC® BABY SPINACH or
SPRING MIX product of U.S.A.
jeunes épinards ou mélange printanier
21204386_EA/21204385_EA

1⁷⁹ LB



CANARY or
HAMI MELONS
product of U.S.A.
melons
3.95/kg
21022511001_KG/21051297001_KG

4⁹⁹

600 G



KIWI
product of Greece
kiwi
21099138001_EA

2⁴⁹



POMEGRANATES
product of Peru
grenades
20134767001_EA

3⁹⁹

2 LB BAG



FARMER'S MARKET™ MANDARINS
product of South Africa
mandarines
20099819001_EA

1⁹⁹ LB



PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

1⁴⁹



ATAULFO MANGOES
product of Mexico
mangues ataulfo
20121509001_EA

PRICE
DROP

3⁹⁹



CAULIFLOWER
product of Ontario, Canada no. 1 grade
chou-fleur
20135377001_EA



1⁹⁹



GREEN or RED
LEAF LETTUCE
product of Canada
laitue
20133884001_EA/20305726001_EA

3⁹⁹



FARMER'S MARKET™ SWEET PEPPERS
product of Ontario
poivrons doux
20117550001_EA



PKG OF 4

NFO 2_rad13/07/2026_ON

*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.

LOCAL AT LOW PRICES

Featured growers from **Ontario**

Award-winning and sustainable farming practices, Mucci Farms is local all year round!



**MUCCI
FARMS**

Kingsville, Ontario

Find additional produce from local growers in store.



**Foodland
ONTARIO**

1.99
LB

TOMATOES ON THE VINE
product of Ontario
tomates sur vigne
4.39/kg
20026703001_KG

4.99



3 L

DILL CUCUMBERS
product of Ontario
cornichons à mariner
20062076001_EA

2.49



BROCCOLI CROWNS
product of Canada
couronnes de brocoli
21121560001_EA

5.99



1.5 L

YELLOW PLUMS
product of Ontario,
Canada no. 1 grade
prunes jaunes
20905339001_EA

3.99



10 LB BAG

RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001_EA

1.69
LB



GREEN, GREY or YELLOW ZUCCHINI
product of Ontario
courgettes vertes, grises ou jaunes
3.73/kg
20426596001_KG/20036780001_KG

1.99



KALE
product of Ontario
chou frisé
20138805001_EA

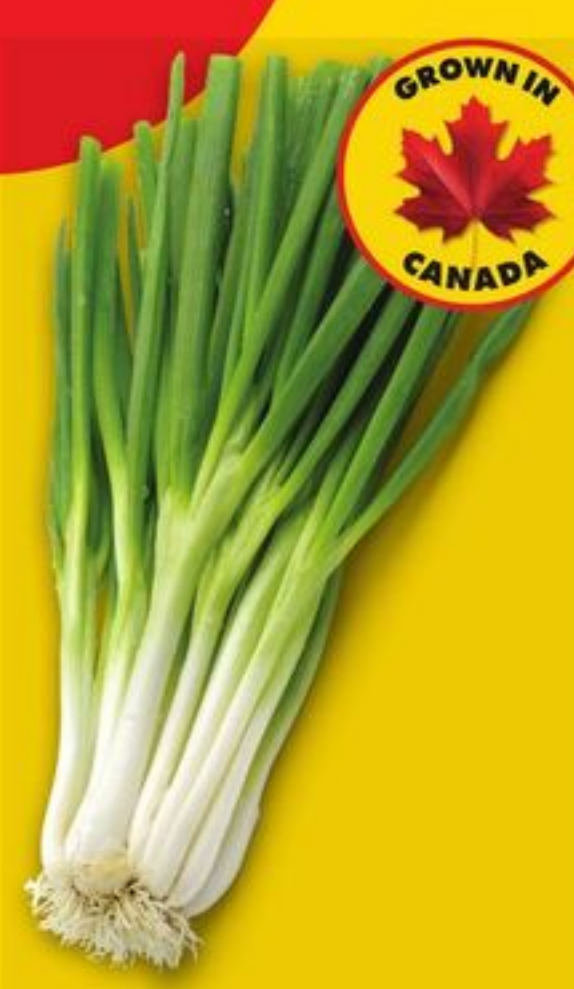
4.99



4 LB BAG

**FARMER'S MARKET™ GOLDEN
DELICIOUS or RED PRINCE APPLES**
product of Ontario, Canada fancy grade
pommes
20713921001_EA/20631352001_EA

1.29



GREEN ONIONS
product of Canada
oignons verts
20107500001_EA

.99
LB



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

NOFRILLS[®]

FRESH AT LOW PRICES

\$13^{LB}

\$13

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202_EA



**BEEF STIR-FRY STRIPS
INSIDE ROUND**
cut from Canada AA or USDA
select grade beef or higher
lanières à sauter
28.66/kg
21189996_KG

949



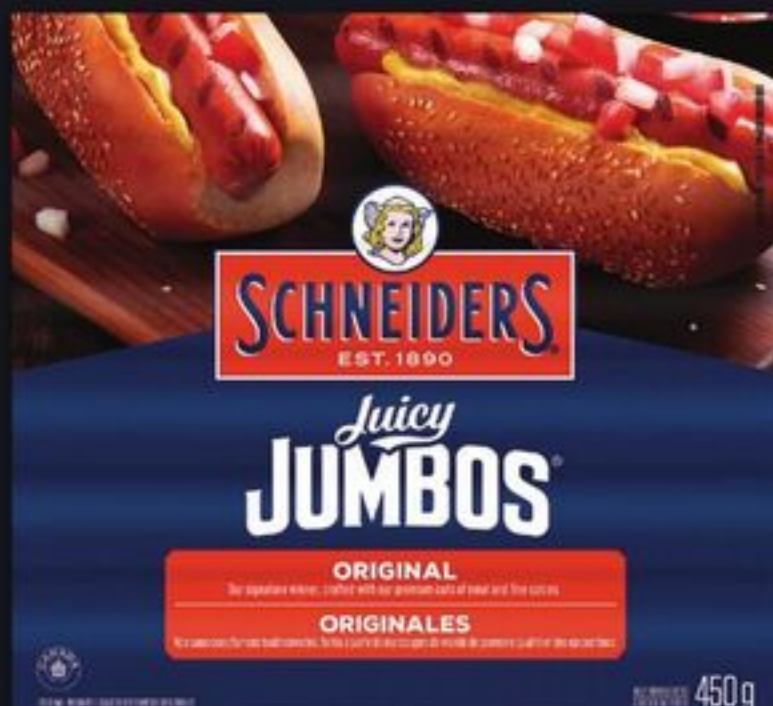
MARCANGELO CHICKEN BURGER
fully cooked, selected varieties
450 g
burger de poulet
21741560_EA



649

PC[®] PORK SAUSAGES 375/500 g or
**MAPLE LODGE FARMS ULTIMATE
DINNER or BREAKFAST CHICKEN
SAUSAGES** 375/500 g
selected varieties
saucisses de porc ou de poulet
21584342_EA/21539969_EA

\$6



SCHNEIDERS JUICY JUMBOS HOT DOGS 375/450 g
or **GRILL'EMS SMOKED SAUSAGES** 375 g
saucisses à hot dog ou saucisses fumées
20105611_EA

1199



**JANES CHICKEN BONELESS BITES, TENDERS, FILLETS
or CRISPY CHICKEN SANDWICH**
selected varieties, frozen
710-750 g
bouchées de poulet désossées ou filets ou lanières ou sandwich au poulet croustillant
21440340_EA/21740799_EA

750

**SUSHI POCKET
SALMON TERIYAKI**
frozen
528 g
pochette de sushi
21702921_EA



\$7



SEAQUEST[®] RAW or COOKED SHRIMP 36-55 per lb,
300 g or **BAY SCALLOPS** 400 g
frozen
crevettes ou pétoncles
21636326_EA/21636352_EA

\$7



SEAQUEST[®] FISH FILLETS
selected varieties, frozen
400 g
filets de poisson
20153570_EA/20036614_EA

650



PC[®] DIPS
selected varieties
454 g
trempettes
20584098_EA/20584001_EA

750



**PILLER'S PEPPERONI STICKS or
SMOKED TURKEY SAUSAGE BITES**
selected varieties
300/500 g
bâtonnets de pepperoni ou bouchées de
saucisson de dinde fumée
21099391_EA

\$6



PC[®] BRIE or CAMEMBERT 165-200 g
or **HENRI WILLIG GOUDA** 200 g
selected varieties
fromage
20787327_EA/21345050_EA

\$550

1,000 pts

That's \$1 value



**RESER'S MAIN ST BISTRO
MAC AND CHEESE or MASHED
POTATOES** 567/680 g or
DAIYA VEGAN CHEESE 200/220 g
selected varieties
macaroni au fromage ou purée de
pommes de terre ou simili-fromage végétal
20027947_EA/21207740_EA

225



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

\$3



**COUNTRY HARVEST
BREAD** 600 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178597_EA/21178642_EA

\$4



D'ITALIANO GARLIC TOAST
selected varieties
555 g
toast à l'ail
21582930_EA

450



ACE[®] ROLLS
selected varieties, 400-530 g
petits pains
21724898_EA

NFO_3_rad13/07/2026_ON

**HOT
SUMMER
SALE**

ONLY

6⁵⁰

**OIKOS GREEK or
ACTIVIA EXPERT YOGURT**
selected varieties, 650/750 g
yogourt
21006634_EA/21688205_EA

ONLY

7⁹⁹

SIMPLY ORANGE JUICE
selected varieties, refrigerated
2.25 L
jus d'orange
21679478_EA



T-BONE or WING STEAK
cut from ungraded beef
bifeck d'aloyau de bœuf
24.23 / kg
21497508_KG
WHILE QUANTITIES LAST

**CLUB
SIZE**



PRICE DROP

10⁹⁹
LB

ONLY

3⁹⁹

**BECEL or BECEL PLANT
BASED BRICKS**
selected varieties, 400/454 g
beurre ou margarine
21747653_EA



3⁹⁹

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
20659606001_EA



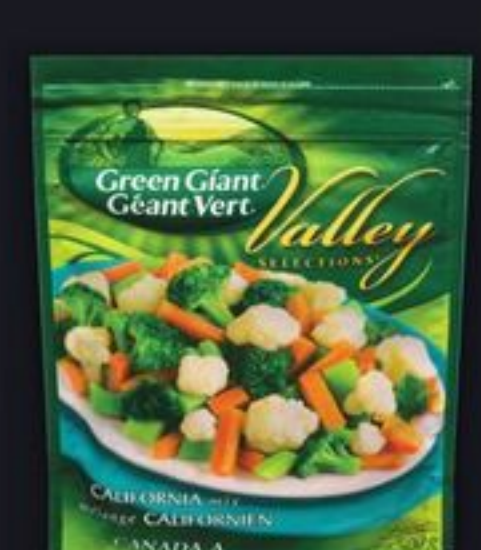
7²⁵

**NEILSON TRUTASTE 3.25%
MICROFILTERED or
CHOCOLATE MILK**
selected varieties, 4 L
lait ou lait au chocolat
20091686_EA



3⁵⁰

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



\$5

**MCCAIN DEEP'N
DELICIOUS CAKE**
selected varieties, frozen
510 g
gâteau
20310132001_EA



2²⁹

MCCAIN FRIES or HASHBROWNS
selected varieties, frozen, 800 g
frites ou galettes de pommes de terre
21521173_EA



3⁸⁸

**SUNCHIPS
MULTIGRAIN
SNACKS 205 g or
MUNCHIES SNACK
MIX 250 g**
selected varieties
grignotines
21370317_EA/21370415_EA



2⁷⁹

PC® TORTILLA CHIPS
selected varieties
320-350 g
croustilles de tortillas
20148817_EA



\$2

**OASIS JUICE,
DEL MONTE NECTAR or
ARIZONA ICED TEA 960 mL
or FRUITE BEVERAGES 2 L**
selected varieties
jus ou nectar ou
thé glacé ou boissons
20340058005_EA/20894117004_EA



\$2

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



1⁵⁰

CLARK BEANS
selected varieties
398 mL
légumineuses
21235336_EA/21308477_EA



3⁴⁹

**KELLOGG'S EGGO WAFFLES or
PANCAKES 280 g or
FRENCH TOAST STICKS 270 g**
selected varieties, frozen
gaufres ou crêpes ou
bâtonnets de pain doré
20302779_EA



\$4⁹⁹

Earn
250
pts

That's
25¢
value

**HEINZ KETCHUP 750 mL/1 L or
MIRACLE WHIP 650/890 mL**
selected varieties
ketchup ou mayonnaise
20069080_EA/20298681001_EA



\$5

PC® INSTANT COFFEE
selected varieties
80/100 g
café instantané
21499826_EA/21500188_EA



2⁵⁰

**DARE VIVA PUFFS,
WAGON WHEELS or
ULTIMATE COOKIES**
selected varieties
290-360 g
biscuits
20974343_EA/20974346_EA



3⁵⁰

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



no name®

Your home of
no name®

App exclusive offers

Optimum™

just low prices
(so switch)

\$6

Earn
2,000
pts

That's
\$2
value

2.2 LB BAG

**NO NAME®
NATURALLY
IMPERFECT™
AVOCADOS**
product of Mexico
avocats
21699907001_EA



\$3⁵⁰

Earn
500
pts

That's
50¢
value



**NO NAME®
BRIOCHE
HAMBURGER
BUNS**
8's
pains à hamburger
21718067_EA

Earn
3,000
pts

For every \$15*
spent on

That's
\$3
value



**NESTLÉ or
GERBER BABY
CEREALS**
selected varieties
céréales pour bébé
21670835_EA/20358339006_EA

\$34⁹⁹

Earn
3,000
pts

That's
\$3
value



PAMPERS ECONO PACK DIAPERS
size N-8, 58-200's, selected varieties
couches
21551525_EA/21692756_EA

Optimum™

FLYER PRICES EFFECTIVE THURSDAY, JULY 16 TO WEDNESDAY, JULY 22, 2026.

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rain checks 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.

NOFRILLS

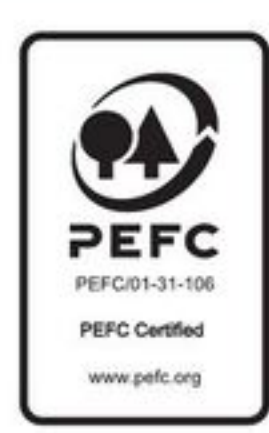
CUSTOMER RELATIONS 1-866-98-5MILE (76453)

nofrills.ca



This product contains
post consumer recycled
paper

**proudly
Canadian**



NFO 4_rad13/07/2026_ON

BABY ESSENTIALS AT LOW PRICES

26⁹⁹

PAMPERS SUPER BIG PACK DIAPERS
selected varieties
38-120's
couches
21370843_EA/21370844_EA



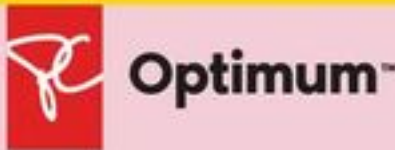
34⁹⁹

HUGGIES ECONO PACK DIAPERS, SIZE N-8, 60-208's,
selected varieties or **KENDAMIL TODDLER FORMULA, 800 g**
couches ou préparation
21456640_EA/21699613_EA



\$24

HUGGIES BABY WIPES
selected varieties
560-1152's
lingettes pour bébé
21541191_EA



App exclusive offer

Member Price

50¢

Non-Members

\$1

Members Save

50¢



PC® ORGANICS BABY FOOD POUCHES
selected varieties
128 g/mL
aliments pour bébé en sachets
20651248002_EA/20666167008_EA



Earn
10,000
pts

For every \$50*
spent on

That's

\$10
value

DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES IN THE BABY DEPARTMENT
selected varieties and sizes
couches ou lingettes ou préparation ou aliments ou produits ou accessoires pour bébé
21172500_EA/21540721_EA/21551645_EA/21699547_EA/20322414002_EA/20358339007_EA

BABY ESSENTIALS AT LOW PRICES

26⁹⁹

PAMPERS SUPER BIG PACK DIAPERS
selected varieties
38-120's
couches
21370843_EA/21370844_EA



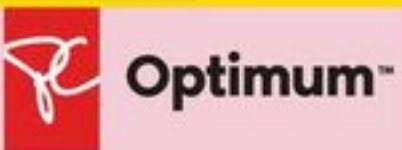
34⁹⁹

HUGGIES ECONO PACK DIAPERS, SIZE N-8, 60-208's,
selected varieties or **KENDAMIL TODDLER FORMULA**, 800 g
couches ou préparation
21456640_EA/21699613_EA



\$24

HUGGIES BABY WIPES
selected varieties
560-1152's
lingettes pour bébé
21541191_EA



Member Price

50^c

Non-Members

\$1

Members Save

50^c

PC® ORGANICS BABY FOOD POUCHES
selected varieties
128 g/ mL
aliments pour bébé en sachets
20651248002_EA/20666167008_EA



Earn

10,000

pts

For every \$50*
spent on

That's

\$10

value



DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES IN THE BABY DEPARTMENT
selected varieties and sizes
couches ou lingettes ou préparation ou aliments ou produits ou accessoires pour bébé
21172500_EA/21540721_EA/21551645_EA/21699547_EA/20322414002_EA/20358339007_EA

BRANDS YOU LOVE
AT LOW PRICES

3⁵⁰

iögo NANÖ DRINKABLE
6x93 mL **BUBBLES** or
POUCHES
4x90/100 g **YOGURT**
selected varieties
yogourt à boire

20609687001_EA/21719786_EA



5⁹⁹

CRACKER BARREL CHEESE SHREDS
320 g or **BLACK DIAMOND CHEESTRINGS** or
SNACKS 252/336 g
selected varieties
fromage

20763661_EA/21290616_EA

6⁵⁰

CHAPMAN'S PREMIUM ICE CREAM 2 L,
SUPER SANDWICHES 12's,
SUPERCONES 8's or **FUDGE BARS** 18's
selected varieties, frozen
crème glacée ou friandises glacées

20111532_EA/20323573013_EA



\$4

HEALTHY CHOICE VH STEAMERS
or **SIMPLY DINNER ENTRÉES**
selected varieties, frozen
259-306 g
plats cuisinés

21406269_EA

4⁹⁹

LACTANTIA PURFILTRE MILK
selected varieties
2 L
lait

21424991_EA



7⁵⁰

DEL MONTE JUICE BLENDS
selected varieties,
refrigerated
2.5 L
mélange de jus

21595736_EA



2⁵⁰

PC® KETTLE COOKED, RIPPLED, LOADS OF or WORLD OF FLAVOURS POTATO CHIPS
selected varieties
200 g
croustilles

21549769_EA/21712110_EA



\$3

Earn
1,000
pts

That's
\$1
value

KOOL-AID JAMMERS 10x180 mL
or **MIO, CRYSTAL LIGHT or KOOL-AID LIQUID WATER ENHANCERS** 48 mL/24-56 g
selected varieties
boissons ou rehausseurs d'eau

20079976006_EA/20663423_EA



6⁵⁰

BUBLY 12x355 mL or **MONTELLIER**
10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante

21096722_C10/21097177_C12



1⁵⁰

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
soupe condensée

20297246002_EA



\$2

OLD EL PASO COMPONENTS or REFRIED BEANS
selected varieties
125-311 g / 398 mL
produits ou haricots froids

20306992001_EA/20314171001_EA



2²⁵

GOLDFISH CRACKERS
selected varieties
167-200 g
craquelins

20303320_EA/20306994003_EA



1⁶⁹

UNICO TOMATOES 796 mL or
BEANS 540 mL
selected varieties
tomates ou légumineuses

20313447001_EA/20314629001_EA



2⁵⁰

CLOVER LEAF ALBACORE TUNA
170 g or **CLOVER LEAF SALMON** 80 g
selected varieties
thon ou saumon

2032638001_EA/21734357_EA



2⁷⁹

BEN'S BISTRO EXPRESS RICE
selected varieties
240/250 g
riz

21405242_EA/21405476_EA



4⁹⁹

HEINZ PICNIC PACK
3x375 mL
condiments

20552158_EA



\$6

JACK LINK'S JERKY
selected varieties
65-81 g
jerky

20501983002_EA



7⁹⁹

NO NAME® 100% PURE CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale

20028656_EA/20103390_EA



3⁷⁹

PC® BLUE MENU® BEANS or LENTILS
selected varieties
900 g
légumineuses ou mélange de soupe

20629153_EA/20629676_EA



BRANDS YOU LOVE
AT LOW PRICES

5⁵⁰

**LACTANTIA
ULTRAPUR MILK**
selected varieties
1.5 L
lait
21694605_EA



4⁵⁰

**NO NAME® NATURAL
CHEESE SLICES**
selected varieties
210/230 g
tranches de fromage naturel
21614277_EA

4⁵⁰

**PC® BLACK LABEL
ICE CREAM**
selected varieties, frozen
500 mL
crème glacée
20604543004_EA/21578921_EA



**PATTY KING JAMAICAN
STYLE BEEF PATTIES**
selected varieties, frozen
9's, 1.17 kg
galettes de bœuf à la
jamaïcaine
20313668002_EA

\$9



1⁵⁰

NO NAME® ICE CREAM CONES or CUPS
selected varieties
75/80 g
cornets ou coupes pour crème glacée
21203883_EA



\$2

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



2⁵⁰

**NO NAME® LEMONADE or
ICED TEA**
selected varieties,
refrigerated
1.75 L
limonade ou thé glacé
21666536_EA/21666561_EA



9⁴⁹

**NATURE'S PATH ORGANIC
CEREAL**
selected varieties
650-907 g
céréales
20312067001_EA



3⁷⁹

PC® POPCORN
selected varieties
220/250 g
maïs soufflé
20555781_EA/21287661_EA



\$3

**SENSIBLE PORTIONS
VEGGIE CHIPS**
selected varieties
120-142 g
croustilles de légumes
20377204001_EA



\$8⁹⁹

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

TWININGS TEA
selected varieties, 50's
thé
20006148001_EA/21111078_EA



\$5⁵⁰

Earn
500
pts
that's
50¢
value

**ROBIN HOOD or
FIVE ROSES FLOUR**
selected varieties, 2/2.5kg
farine
20039497001_EA/20148914001_EA



5⁵⁰

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



1²⁵

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



6⁴⁹

**TIM HORTONS
ICED COFFEE
SYRUP**
selected varieties
470 mL
sirop pour café
glacé
21721637_EA



17⁹⁹

**DONUTY HOUSE, KRISPY KREME or
TIMOTHY'S K-CUP COFFEE PODS**
selected varieties
30's
capsules de café
21007380_EA/21433555_EA



3⁵⁰

**MADE GOOD BARS, COOKIES, or
MINI'S, CRISPY SQUARES or
CRUNCHY SQUARES**
selected varieties, 110-150 g
barres
21107621_EA/21352121_EA



9⁵⁰

KELLOGG'S JUMBO CEREAL
selected varieties
700 g-1.05 kg
céréales
20072706_EA/21651842_EA



4⁵⁰

NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide
20296985001_EA/20296985002_EA



\$13

**PC® 100% PURE MAPLE
SYRUP**
amber
500 mL
sirop d'érable
20049221_EA



\$5

**CADBURY CARAMILK, MINI EGGS or
DAIRY MILK CHOCOLATES**
selected varieties
4x50 g/144-200 g
chocolats
20690539_EA/21648537_EA



BRANDS YOU LOVE AT LOW PRICES

\$16

TIDE PODS 32/43/57's LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.16 L or SCENT BOOSTERS 680 g
détergent à lessive ou assouplissant textile ou rehausseur de parfum
21454815_EA/21549939_EA



\$3

NO NAME® ALL PURPOSE SPONGES 4's, HEAVY DUTY SPONGES 2's, SPIRAL SCRUBBERS 3's, ALL-PURPOSE REUSABLE CLOTHS 10's, DISINFECTANT ALL-PURPOSE CLEANER 650 mL or TOILET BOWL CLEANER 710 mL
selected varieties
éponge ou chiffons ou nettoyant ou désinfectant
20181003_EA/21207721_EA

\$9

PC® LAUNDRY DETERGENT or TOILET CLEANER STRIPS
selected varieties
32/39's
détergent à lessive ou nettoyant pour cuvette
21614503_EA/21614582_EA



2¹⁹

PC® 3-PLY FACIAL TISSUES WITH ALOE LOTION
60's
mouchoirs
21668309_EA

\$5



TIDE DETERGENT 887 mL/1 L, PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's or CASCADE AUTO DISHWASHER TABS 10-15's
selected varieties
détergent à lessive, capsules, assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou agent de rinçage
20301481001_EA/21360153_EA/21579685_EA

4⁵⁰

CLOROX BLEACH
selected varieties
2.4 L
eau de Javel
21283179_EA



\$15



GAIN LIQUID 4.25 L or FLINGS 42's LAUNDRY DETERGENT, BEADS 598/680 g or DRY SHEETS 240's
selected varieties
détergent ou perles ou feuilles d'assouplissant
20959627_EA/21671135_EA

\$4



NO NAME® OXY-BURST 651 mL or OXY-PRO STAIN REMOVER 680 g
détachant
21375912_EA

\$15



CASCADE AUTO DISHWASHER TABS
selected varieties
30-45's
capsules de détergent pour lave-vaisselle
20660832001_EA/21507156_EA

\$8



LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 539 g or DUAL ACTION WIPES 75's
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou lingettes
20822648_EA/21238361_EA

4⁵⁰

ZIPLOC STORAGE BAGS
selected varieties
10-90's
sacs de rangement
20871415_EA/20871443_EA



2⁵⁰



COLGATE PREMIUM TOOTHPASTE 70-150 mL or MANUAL TOOTHBRUSH 1 ea
selected varieties
each
dentifrice ou brosse à dents manuelle
20306410002_EA/21166685_EA
LIMIT: 6, OVER LIMIT RETAIL: \$4

\$10



BANANA BOAT SUNSCREEN
selected varieties
141-226 g/75-315 mL
écran solaire
21176211_EA/21646594_EA



VASELINE HAND or BODY LOTION or PETROLEUM JELLY
all sizes and varieties
lotion pour les mains ou lotion pour le corps ou gelée de pétrole
20184304001_EA/21085011_EA



HUGGIES PULL UPS/GOODNITES CLUB PACK TRAINING PANTS
selected varieties, 24-74's
culottes d'entraînement
20963841_EA/21371199_EA

HOT FINDS

Savings like these are kind of a big deal.

\$12



SISTEMA STARTER KIT 6 PK
TROUSSE DE DÉPART
21758105_EA

\$10



PC® BIGGER SIP BOTTLE 1 L
BOUTEILLE
213455968_EA/21345530_EA

**NEW
LOWER
PRICES**



\$5

**BOURSIN
CHEESE**
selected varieties
150/220 g
fromage
20116794_EA

\$3

PC® GIGANTICO™ BUNS
selected varieties
6/8's
petits pains
20627037_EA/21431179_EA



5.50

**MAPLE LEAF
NATURAL
SELECTIONS
SLICED DELI MEAT**
selected varieties
150/175 g
charcuteries franchées
20009282_EA/20065285_EA



**MAPLE LEAF PRIME
CHICKEN WINGS**
up to 880 g
ailes de poulet
21185158_EA

\$2



**MAPLE LODGE FARMS or ZABIHA
HALAL CHICKEN WIENERS**
selected varieties
450 g
saucisses de poulet halal
20062715_EA

\$5



SEAQUEST® SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
21592029_EA

\$6



**WATSON RIDGE CHICKEN STRIPS or
TA'AAM HALAL CHICKEN NUGGETS**
frozen
800 g
lanières ou pépites de poulet halal
21305249_EA/21669901_EA

\$7



STOK COLD BREW COFFEE
selected varieties
1.42 L
café
21203739_EA/21475792_EA

\$5



**PHILADELPHIA CREAM
CHEESE PRODUCT**
selected varieties
340 g
trempeuse ou produit de fromage
à la crème
20866929002_EA

\$4



KRAFT SINGLES
selected varieties
410 g
fromage
21188654_EA

\$4



ACTIVIA PROBIOTIC YOGURT
selected varieties
8x100 g
yogourt
20325384003_EA/21726103_EA

\$3



LIBERTE GREEK YOGURT
selected varieties
4x100 g
yogourt grec
20801752001_EA/20801752003_EA

3.75



SILK NON-DAIRY BEVERAGES
selected varieties
1.75/1.89 L
boissons non laitières
20308979_EA/20328231002_EA

\$5



**INTERNATIONAL
DELIGHT COFFEE
ENHANCER**
selected varieties
946 mL
rehausseur pour café
20895480003_EA/20895480004_EA

\$6



**SO DELICIOUS DAIRY FREE
DESSERTS**
selected varieties, frozen
272-544 mL
dessert sans produits laitiers
20931171_EA

\$4



**CRAVE DINNER ENTRÉES
200-340 g or KRAFT DELUXE
MAC & CHEESE 340 g**
selected varieties, frozen
plats cuisinés surgelés ou
macaroni au fromage surgelé
21085515_EA

3.50



CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
frites
20318419001_EA

8.50



POGO CORN DOGS
selected varieties, frozen
600/750 g
saucisses sur bâtonnet
20053302001_EA

\$4



**DR. OETKER RISTORANTE or
CASA DI MAMA PIZZA**
selected varieties, frozen
320-410 g
pizza
20296100001_EA/20296424001_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL 05 NFO

**NEW
LOWER
PRICES**



\$4

**CHAPMAN'S CANADIAN
COLLECTION NOVELTIES**
selected varieties, frozen
8's
friandises glacées
20323757001_EA

\$7



SUMMER FRESH SALADS
selected varieties
700/750 g
salades
20094285_EA/21307193_EA

\$5



iögo FROZEN YOGURT
946 mL or **BARs** 320/400 mL
selected varieties, frozen
yogourt glacé ou barres
21654421_EA/21654551_EA



\$7

**PC® BATHROOM
TISSUE** 12=24 rolls or
FACIAL TISSUE 6x126 sheets
mouchoirs ou papier hygiénique
20181283_EA/21450718_EA

\$5



**MELONA FROZEN
DESSERT BARS**
selected varieties, frozen
560 mL
barres de dessert glacé
21622903_EA

2.25



**MAYNARDS
CANDY**
selected varieties
135-154 g
friandises
21545554_EA/21694186_EA

2.50



CHRISTIE MINI COOKIES
selected varieties
144-200 g
biscuits
21584976_EA/21585155_EA

\$2



BARILLA PASTA
selected varieties
340/410 g
pâtes
21404904_EA/21404912_EA

1.33



**MONTELLIER
SPARKLING
WATER**
selected varieties
1 L
eau pétillante
20662284_EA

\$5



MARS CHOCOLATE BAG
selected varieties
155-170 g
friandises
21571767_EA/21571768_EA

1.75



**ANNIE'S
MACARONI &
CHEESE**
selected varieties
170 g
macaroni au fromage
20316187001_EA

4.50



CORA CREPE, PANCAKE or WAFFLE MIX 700 g
or **MUFFIN MIXES** 450 g
selected varieties
mélange à crêpes ou gaufres ou mélanges à muffins
21456024_EA/21687639_EA

\$3



**NATURE VALLEY GRANOLA BARS or
GENERAL MILLS CEREAL BARS**
selected varieties
120-210 g
barres
2031552006_EA/21675909_EA

\$2



**PALMOLIVE
DISHWASHING
LIQUID**
selected varieties
828 mL
détergent liquide à
vaisselle
20861400_EA/20861442_EA

\$7



**CALEDON FARMS SWEET POTATO CHEWS
or BEEF LIVER BITES FREEZE DRIED**
selected varieties
150/265 g
gâteries pour chiens
20339693_EA/20550003_EA

\$2



RUBICON JUICE
selected varieties
1 L
jus
20029236001_EA

NO

YELLOW CARDS
YES YELLOW DEALS

5⁴⁷

Kellogg's

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales

21651640_EA/21450811_EA



2⁵⁰

Mondelēz International

CHRISTIE CRACKERS
selected varieties
162-200 g
craquelins

21030647_EA/21547034_EA

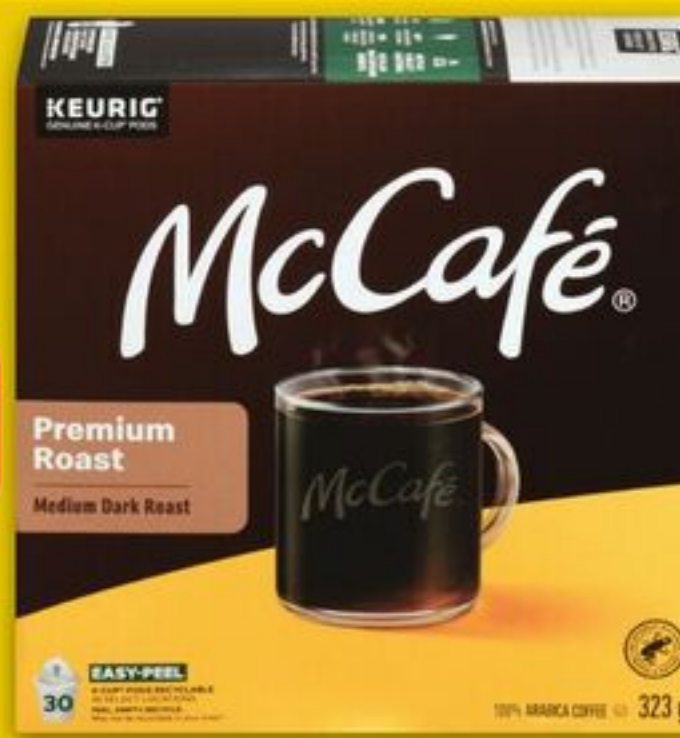


22⁹⁹

McCafé

MCCAFÉ K-CUP COFFEE PODS
selected varieties
30's
capsules de café

21240975_EA



\$4

TACO BELL

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

21661774_EA/21663637_EA



\$2

HERSHEY'S

HERSHEY'S CHOCOLATE BAR 90-120 g or
JOLLY RANCHER CANDY
BAG 182/198 g
selected varieties
sacs de friandises

20078139_EA/20683743_EA



3²⁵

FritoLay CANADA

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles

21241032_EA/21664492_EA



\$1

Mondelēz International

CADBURY CHOCOLATE BAR
selected varieties
38-50 g
chocolats

20691851_EA/21671710_EA



2⁷⁹

Leclerc

LECLERC GO PURE BARS
140-175 g, **NUGABAR BARS**
175 g, **MUFFINMAX BAR**
223 g, or **CELEBRATION**
COOKIES 200/240 g
selected varieties
biscuits ou barres

20930314_EA/21680155_EA



\$10⁹⁹

Earn
1,000
pts

That's
\$1
value

SCHNEIDERS DIPS 530 g, **SCHNEIDERS SCHNITZEL**
450 g or **PRIME CHICKEN MEATBALLS** 700 g
selected varieties, frozen
trempelettes ou schnitzel ou boulettes de poulet

21703397_EA/21703461_EA



Optimum™

HEALTH AND WELLNESS AT LOW PRICES

UP
TO **50%
OFF**

**JAMIESON VITAMINS
AND SUPPLEMENTS**
selected sizes and varieties
vitamines et suppléments

20299993_EA/20311899_EA



\$12

**LIQUID I.V.
HYDRATION
MULTIPLIER
ELECTROLYTE
DRINK MIX**
selected varieties
6's
mélange à boisson
avec électrolytes

21592485_EA/21592512_EA



\$18

**POISE PADS or
DEPENDS
UNDERWEAR**
selected varieties and sizes
12-66's
serviettes ou sous-vêtements

21099790_EA/21126314_EA



\$21

**REACTINE 24-40's or
BENADRYL 36-100's or
BENADRYL KIDS
LIQUID 250 mL**
selected varieties
comprimés ou caplets
contre les allergies

21367017_EA/20339897_EA



\$13

**ADVIL PAIN or ADVIL
CHILDREN'S TABLETS,
CAPLET, CHEW 40-100's or
LIQUI-GELS 230 mL,
ROBAX 18EA or
VOLTAREN GEL or
CREAM 100 g-150 g**
selected varieties and sizes
médicaments pour enfants

20503588_EA/20077169001_EA



BABY ESSENTIALS
AT LOW PRICES

2⁸⁰



HOT KID-MUM-MUM ORGANIC RICE BISCUITS or BABY MUM-MUM RICE BISCUITS
selected varieties
50-70 g
biscottes de riz
20316680001_EA/21100129_EA

\$5



PC® BABY WIPES
selected varieties
300's
lingettes pour bébé
21540716_EA/21550950_EA

27⁹⁹



HUGGIES SUPER BIG PACK DIAPERS
selected varieties
sizes 1-6, 42-96's
couches
21371074_EA



PAMPERS EASY UPS or NINJAMA'S TRAINING PANTS 34-74's
selected varieties
culottes d'entraînement
21089401_EA/21089456_EA

\$50



SIMILAC PRO-ADVANCE STEP 1 or 2 POWDER FORMULA
selected varieties
837/859 g
préparation en poudre
21436985_EA

49⁹⁹



ENFAMIL A+ NEUROPRO GENTLEASE BABY FORMULA POWDER TUB 0-12 MONTHS 553/587 g
selected varieties
contenant de poudre
21589230_EA

3⁵⁰



GERBER ORGANIC or PREMIUM SNACKS
selected varieties
28-160 g
collations pour bébé
21097119_EA/21720392_EA

4⁵⁰



BABY GOURMET MELTIES BABY SNACKS
selected varieties
23 g
collations pour bébé
20653107001_EA/20653107002_EA

7⁹⁹



HUGGIES BABY WIPES
selected varieties
112-192's
lingettes pour bébé
20558604_EA/21086935_EA

\$9⁹⁹



Optimum

Earn
1,000
pts

That's
\$1
value

DOVE BABY WASH or LOTION
selected varieties
591 mL
nettoyant ou lotion pour bébé
21017298_EA

UP TO
25%
OFF



EUCERIN AQUAPHOR BABY OINTMENT, CLEANSER or RASH CREAM
selected varieties
85-500 g
onguent ou nettoyant ou crème pour l'érythème fessier
21482435_EA

**PRICE
DROP**

**1000s OF
LOWERED PRICES
EVERYDAY!**

3⁵⁰



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

\$5

**SENSODYNE or
PRONAMEL
TOOTHPASTE**
selected varieties
75/100 mL
dentifrice
20301179001_EA

\$6



**HEAD & SHOULDERS
HAIR CARE**
selected varieties
315-370 mL
soins capillaires
21505016_EA/21505044_EA

\$7



TRESEMMÉ HAIR CARE
selected varieties
198-311 g/168-828 mL
soins capillaires
20315303016_EA/21170103_EA

5⁵⁰



**L'ORÉAL PARIS HAIR
EXPERTISE HAIR CARE**
selected varieties
150-375 mL
soins capillaires
21647134_EA/21647145_EA

\$11



**AVEENO LOTION or
BABY NEEDS**
selected varieties
532/568 mL
lotion ou produits pour bébé
20102023001_EA/20157402002_EA

\$15



**CETAPHIL FACIAL CLEANSERS or
MOISTURIZERS**
selected varieties
120-473 mL
nettoyants pour le visage ou hydratants
21718816_EA

\$4



**OLD SPICE or
SECRET DEODORANT**
selected varieties
73-85 g
déodorant
20098094_EA/20663349003_EA

9⁵⁰



**TYLENOL CHILDREN'S or
INFANTS' PAIN RELIEF
PRODUCTS**
selected varieties and sizes
16-20's/24-100 mL
produits de soulagement
de la douleur
20329139001_EA

\$12



**BOOST READY TO
DRINK SHAKES**
selected varieties and sizes
boissons frappées
20304429002_C06/20986361_C06

\$10



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

13



**NATIVE HAIR CARE,
177/487 mL, or
BODY WASH 532 mL or
DEODORANT 75 g**
selected varieties
soins capillaires ou nettoyant
pour le corps ou déodorant
21435048_EA/21505267_EA

3⁵⁰



**LADY or MEN'S SPEED
STICK DEODORANT**
selected varieties
45-85 g
déodorant
20348223001_EA/20847071_EA

\$5



**LIFE BRAND®
LIQUID HAND SOAP REFILL**
selected varieties, 2 L
recharge de savon liquide
pour les mains
21357613003_EA/21357613004_EA

\$5



IVORY or OLAY BODY WASH
621-364 mL or
IVORY 10-BAR 90 g
BAR SOAP
selected varieties
nettoyant pour le corps
ou pain de savon
20860346001_EA/21716909_EA

NATURAL FOODS AT LOW PRICES

5⁴⁹

SILK COFFEE CREAMERS
selected varieties
890 mL
colorant à café
21245361_EA/21423292_EA



6⁹⁹

ROLLING MEADOW GRASS FED MILK
selected varieties
2 L
lait
20835553001_EA/21212714_EA

4⁵⁰

THE GOOD CRISP CHIPS
selected varieties
160 g
croustilles
21535581_EA



3⁵⁰

PC® ORGANICS APPLE JUICE
1.36 L
jus de pomme
21209313_EA

\$4

EARTH'S OWN NON-DAIRY BEVERAGES
selected varieties
1.75/1.89 L
boisson aux amandes ou
avoine ou soya
20299698001_EA/21037799_EA



\$3

KIJU ORGANIC JUICE
selected varieties
1 L/4x200 mL
jus
20312710001_EA/20333714001_EA



\$17

SALT SPRING ORGANIC COFFEE
selected varieties
400 g
café biologique
20313949001_EA



4⁵⁰

PC® ORGANICS ANIMAL COOKIES
selected varieties
250 g
biscuits en animaux
20304981_EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS 6x100 g, SQUEEZABLE FRUIT SNACKS 360 g or JUMBO RAISIN SNACK PACK 196 g
selected varieties
purée de pomme ou collations de fruits ou
raisins secs biologiques
20320493001_EA/21170526_EA



\$9

HEALTHY CRUNCH CHOCOLATE COVERED SUPERFOODS
235 g
superaliments enrobés de chocolat
21426228_EA



2⁵⁰

SILK NON-DAIRY BEVERAGES
selected varieties
946 mL
boissons non laitières
20555265002_EA



\$5

LACROIX SPARKLING WATER
selected varieties
8x355 mL
eau pétillante
21392631_C08



\$9

BRAGG ORGANIC APPLE CIDER VINEGAR
946 mL
vinaigre de cidre
20983004_EA



5²⁹

MUIR GLEN ORGANIC CANNED TOMATOES
selected varieties
796 mL
tomates en conserve biologiques
20946120_EA



\$11

RX BAR MINIS or 5 PACK
selected varieties
208-275 g
barres
21541007_EA



\$12

SIMPLY PROTEIN STACKED BARS
selected varieties
4x45 g
barres
21707077_EA



6⁵⁰

RIGHTEOUS GELATO or SORBETTO
selected varieties, frozen
473 mL
sorbetto
21575850_EA



\$5

WHOLLY VEGGIE VEGGIE BURGERS
selected varieties, frozen
284 g
végéburgers
21619786_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFO

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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!

CLICK FOR
THESE COUPONS
AND MORE



Members
get over

\$50

in value



**PC®
BURGERS**
568 g-1.36 kg
burgers
20941230_EA

Earn
2,500
(pts)
Until August - 12 - 2016



**NO NAME®
CHICKEN
WINGS**
908 g
saucisses fumées
de poulet
21045309_EA

Earn
2,500
(pts)
Until August - 12 - 2016



**T&T®
FROZEN
POTSTICKERS**
567 g
quenelles
21495805_EA

Earn
1,500
(pts)
Until August - 12 - 2016



**CAVENDISH
FARMS
FRIES**
400-750 g
frites
21400506_EA

Save
\$1
with digital
coupon



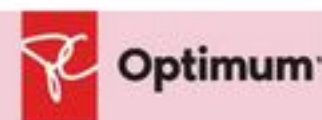
**PC®
SMOKIES**
1 kg
saucisses
20732535_EA

Earn
3,000
(pts)
Until August - 12 - 2016



**NO NAME®
DINNER
ROLLS**
420 g
petits pains
21431228_EA

Earn
500
(pts)
Until August - 12 - 2016



**CRACKER
BARREL
CHEESE
SPREADS**
200 g
Tartinades
de fromage
21742881_EA

Save
\$1
with digital
coupon



**BLACK
DIAMOND
CHEESTRINGS**
504 g
fromage
21742903_EA

Save
\$2
with digital
coupon



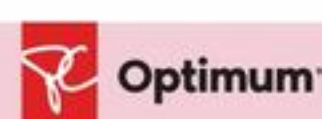
**PC®
BLACK
LABEL
ICE CREAM**
500 mL
glace
21588234_EA

Earn
1,000
(pts)
Until August - 12 - 2016



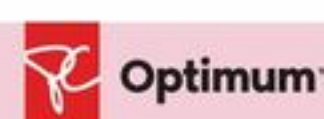
**LACTANTIA
CREAM
CHEESE**
227 g
fromage
à la crème
21740980_EA

Save
\$1.50
with digital
coupon



**KELLOGG'S
FROSTED
FLAKES
LESS SUGAR
MULTIGRAIN
CEREAL**
338 g
céréales
21719362_EA

Save
\$1.50
with digital
coupon



**PC®
MAPLE
SYRUP**
500 mL
Sirop d'érable
3538418_EA

Earn
2,000
(pts)
Until August - 12 - 2016



**PC®
SOFT
DRINKS**
12x355 mL
boissons
non alcoolisées
20690671001_EA

Earn
750
(pts)
Until August - 12 - 2016



**PC®
INSTANT
COFFEE**
80-100 g
Café instantané
21499826_EA

Earn
1,000
(pts)
Until August - 12 - 2016



**PC®
PASTA
SAUCE**
410-650 mL
sauce pour pâtes
21734544_EA

Earn
500
(pts)
Until August - 12 - 2016



**PC®
SPLENDIDO®
OLIVE OIL**
1 L
Huile d'olive
20081865_EA

Earn
2,000
(pts)
Until August - 12 - 2016

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until August - 12 - 2026

PC® SALAD DRESSING
475 mL
assaisonnement
20628488006_EA

Optimum



Earn
750
pts

Until August - 12 - 2026

PC® WINE VINEGAR
500 mL
vinaigre
20114879001_EA

Optimum



Earn
1,000
pts

Until August - 12 - 2026

PC® PICKLES
1 L
cornichons
20433560001_EA

Optimum



Earn
750
pts

Until August - 12 - 2026

NO NAME® CANNED TOMATOES
796 mL
tomates en conserve
20326215005_EA

Optimum



Earn
750
pts

Until August - 12 - 2026

NO NAME® CHOCOLATE BAR
100 g
chocolat
20580727_EA

Optimum



Save
\$1
with digital
coupon

**TWINNINGS SUPER
BLENDS TEA**
18's
thé
21427825_EA

Optimum



Save
\$2
with digital
coupon

**NESCAFÉ ESPRESSO
CONCENTRATE**
500 mL
concentré d'espresso
21665027_EA

Optimum



Save
\$4
with digital
coupon

**STARBUCKS BY
NESPRESSO**
10's
café
21730329_EA

Optimum



Save
\$3
with digital
coupon

**NESCAFÉ ICED
INSTANT COFFEE**
100 g
café instantané glacé
21619448_EA

Optimum



Save
\$3
with digital
coupon

**NESCAFÉ SWEET &
CREAMY ICED**
16 x 15 g
café glacé doux et crémeux
21619448_EA

Optimum



Save
75¢
with digital
coupon

**MELITTA BAMBOO
#4 COFFEE FILTERS**
80's
filtres à café
20176554_EA

Optimum



Earn
750
pts

Until August - 12 - 2026

NO NAME® 1-PLY NAPKINS
250's
serviette
20997492_EA

Optimum



Earn
2,500
pts

Until August - 12 - 2026

**PC® SUPER SOFT
BATHROOM TISSUE**
30 = 100 rolls
papier toilette doux
21450846_EA

Optimum



Save
\$1
with digital
coupon

**MILK-BONE SALMON
RECIPE DOG TREATS**
252 g
friandises pour chiens
21733170_EA

Optimum



Earn
750
pts

Until August - 12 - 2026

NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EA

Optimum



Save
\$4
with digital
coupon

PERSIL
3.72 L
détergent
21701918_EA



Thai United
FOOD TRADING LTD

2⁵⁰



KOSA COCONUT WATER
1 L
eau de noix de coco
21176899_EA



KOSA RICE VERMICELLI
selected varieties
400 g
vermicelles de riz
21446288_EA / 21446289_EA

10⁹⁹



KNORR CHICKEN BOUILLON
1 kg
bouillon au poulet
20154074_EA

KOSA RICE FLOUR
or **GLUTINOUS RICE FLOUR**
selected varieties
400 g
farine de riz ou farine
de riz gluant
21412730_EA

.98



4⁴⁹

PUCK LABNEH
400 g
labneh
21624037_EA

\$2



PUCK THICKENED CREAMY PRODUCT
160 g
produit crémeux épaissi
21449248_EA



PUCK HALLOUMI LACTOSE FREE
180 g
halloumi
sans lactose
21586261_EA

5⁵⁰



TRE STELLE PANEER
300 g
paneer
21664545_EA

4⁴⁹

BRAR'S™

7⁵⁰



BRAR'S DAIRY DAHI
3.25%
1.8 kg
dahi
21576316_EA



8⁴⁹

BRAR'S BBQ VEGGIE BURGER
frozen
690 g
burger végété
21636401_EA



BRAR'S MALAI PANEER
375 g
paneer
20283164_EA

\$5



BRAR'S DESI GHEE
1.6 kg
ghee
20869883_EA

24⁹⁹

KITCHEN MUST HAVES

\$2



EVERYDAY ESSENTIALS™
NYLON SOLID TURNER

21214127_EA

\$3



EVERYDAY ESSENTIALS™
CAN OPENER

21213665_EA

\$4



EVERYDAY ESSENTIALS™
STAINLESS STEEL TONGS

2's
21421691_EA

COOKWARE

\$12



EVERYDAY ESSENTIALS™
12 INCH NON-STICK
SKILLET

21345661_EA

\$14



EVERYDAY ESSENTIALS™
12 INCH NON-STICK WOK

21345889_EA

\$24



EVERYDAY ESSENTIALS™
NON-STICK SKILLETS

3's
21345884_EA

KITCHEN NEEDS \$12 AND UNDER

\$5



PC® SOFT GRIP
NYLON TURNER

21352772_EA

\$8



PC® POTATO MASHER

21190088_EA

\$8



EVERYDAY ESSENTIALS™
SALAD SPINNER

20079221_EA

\$12



EVERYDAY ESSENTIALS™
WOOD CUTTING BOARD

16x11"
20105525_EA

\$10



PC® SOFT GRIP
GARLIC PRESS

21190093_EA

\$12



PC® SOFT GRIP
MESH STRAINER

21351504_EA

\$10



PC® 4-SIDED GRATER

21345400_EA

\$12



PC® SALT AND PEPPER
MILL SET

21065214_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY FOR HE



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](https://www.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. 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](https://www.nofrills.ca).

ONL NF PCX

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.

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ONL NFO MKT