

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, JULY 30 TO WEDNESDAY, AUGUST 5, 2026.

SAVE 33%

3⁹⁹

**FARMER'S MARKET™
YELLOW PEACHES**
product of Ontario,
Canada no. 1 grade
pêches jaunes
20826568001_EA



SAVE 52%

1⁹⁹ LB

CHICKEN LEGS
back-attached
cuisses de poulet
4.39/kg
20654709_KG

ONLY

1⁹⁹

NEW CROP

WHITE POTATOES
product of Canada, Canada no. 1 grade
pommes de terre blanches
20600997001_EA

10 LB BAG



SAVE 49%

.24

SWEET CORN
product of Ontario, Canada no. 1 grade
maïs sucré
20131170001_EA



SAVE 60%

.99 LB

GREEN ZUCCHINI
product of Ontario
courgette verte
20426596001_EA



WONDER BREAD 675 g or
BUNS 8's
selected varieties
pain ou petits pains
20276296_EA/20297455_EA

Optimum™

\$2²²

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



SCHNEIDERS REDHOTS or
MAPLE LEAF TOP DOGS
selected varieties, 375 g
saucisses fumées
20602429_EA/21737334_EA

\$3

Earn
500
pts
That's
50¢
value

App exclusive offer



PC® THICK AND JUICY™ or
BLUE MENU® BURGERS
selected varieties, frozen
1.02-1.36 kg
burgers
20941230_EA/20941443_EA

Member Price
\$14

Non-Members
\$18
Members Save
\$4

ONLY

3⁸⁸

INCLUDES
HALAL

GROUND CHICKEN or
HALAL EXTRA LEAN GROUND CHICKEN 454 g
poulet haché ou poulet haché extra maigre halal
21551582_EA/21747293_EA



SAVE UP TO 23%

4⁹⁹

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 sandwiches ou barres
20111532_EA/20323573001_EA



ONLY

4⁹⁹

ARMSTRONG or **PC® SHREDDED CHEESE**
250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou barres de fromage
21286240_EA/21346749_EA



SAVE UP TO 33%

\$3

OCEAN SPRAY CRANBERRY COCKTAIL or
MOTT'S CLAMATO
selected varieties, 1.89 L
cocktail aux canneberges ou jus de palourdes
2030006008_EA/20318955002_EA



SAVE UP TO 38%

1⁶⁹

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



ONLY

2⁹⁹

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA/21663216_EA



ONLY

5⁵⁰

SEAQUEST™ RAW or
COOKED SHRIMP 36-55 per lb 300 g,
BAY SCALLOPS 400 g or
SHRIMP RING 227 g, frozen
crevettes crues ou cuites ou pétoncles ou
couronne de crevettes
21636326_EA/21636352_EA



ONLY

2⁸⁸

**REAL CANADIAN NATURAL
SPRING WATER**
24x500 mL
eau de source naturelle
20154975_C24



SAVE UP TO 42%

2⁷⁷

MCCAIN SUPERFRIES or
SPECIALTY FRIES 454-800 g
or **POCKETS** 300 g
selected varieties, frozen
frites ou pochettes
20324328002_EA/21691504_EA



\$6⁴⁴

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

NESCAFÉ RICH 100-170 g, **SWEET & CREAMY**
16/18's or **ESPRESSO CONCENTRATE** 500 mL
INSTANT COFFEE
selected varieties
café instantané ou concentré d'espresso
20873036_EA

Optimum™



SAVE UP TO 37%

\$5

PC® CHEESE SLICES 140-170 g,
PILGER'S KOLBASSA 250-375 g or
SLICED PEPPERONI 250 g
tranches de fromage ou kolbassa ou
pepperoni tranché
20308469_EA/20350947_EA



SAVE UP TO 33%

\$5

BOURSIN CHEESE 150/220 g,
MARCANGELO CHARCUTERIE 85 g
or **PEPPERONI** 175 g
selected varieties
fromage ou charcuteries ou pepperoni
20116794_EA/21706089_EA



SAVE UP TO 50%

2⁵⁰

RESER'S SALADS 425/454 g or
ZIGGY'S® FRESH PASTA 350/360 g
salades ou pâtes fraîches
21521148_EA/20962398_EA



ONLY

\$3

PC® DIPS 200/227 g or
NAAN DIPPERS 200 g
trempettes ou pains Naan
20584097_EA/21092033_EA



SURPRISE OFFER
4 days only!

Optimum™ Thursday July 30 - Sunday August 2

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 ONTARIO STORES ONLY.

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

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

f nofrills.ca

INFO 1_red27/07/2026_ON

FRESH AT LOW PRICES

3⁹⁹
EA/LB

BLUEBERRIES
product of Canada or U.S.A., no. 1 grade or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade or
CHERRIES
product of Canada or U.S.A., no. 1 grade, 8.80/kg
bleuets, framboises ou cerises
20080137001_EA/20128938001_EA/20159690001_KG

6 OZ CLAMSHELL

PINT

1 LB CLAMSHELL

4⁹⁹

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

1⁹⁹

CANTALOUPE each,
product of Canada or U.S.A.,
no. 1 grade
cantaloup
20167017001_EA



13 LB AVERAGE

5⁹⁹

SUGARBABY WATERMELON
product of Ontario
melon d'eau
20098440001_EA

**FRESH
GUARANTEE**

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

1⁹⁹
LB

BOSC PEARS
product of Argentina,
extra fancy grade
poires
4.39/kg
20287815001_KG

1⁹⁹
LB

PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

1²⁹

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

3⁹⁹

ROMAINE HEARTS
product of Canada
cœurs de romaine
20067389001_EA

1⁹⁹
LB

HAMI MELON
product of U.S.A.
melon Hami
4.39/kg
21051297001_KG

5⁹⁹

KIWI
product of Greece
kiwi
21099138001_EA

3⁹⁹

PINEAPPLE product of Costa Rica or
AVOCADOS product of Mexico, Peru or Colombia
ananas ou avocats
20160992001_EA/21644936001_EA

5⁹⁹

FARMER'S MARKET™ ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
20767998001_EA

4⁹⁹

FARMER'S MARKET™ ORANGES
product of South Africa
oranges
20162945001_EA

1⁹⁹

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

3⁹⁹

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

2⁹⁹

LYCHEE
product of China
litchi
20967707001_EA

1⁴⁹

RED MANGOES
product of Mexico or Brazil
mangue rouge
20059635001_EA

4⁹⁹

FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20795315001_EA

**PRICE
DROP**

3⁹⁹



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

1⁹⁹



RED or GREEN LEAF LETTUCE
product of Canada
laitue à feuilles rouges ou vertes
20133884001_EA/20303726001_EA

3⁹⁹



FARMER'S MARKET™ SWEET PEPPERS
product of Canada or Mexico
poivrons
20117550001_EA

NFO 2 - rad/27/07/2026 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

The McDougall family's six generations of growers have always had the same mission: Deliver freshness and quality. Now that's commitment!



Jordan Station, Ontario
Find additional produce from local growers in store.



FARMER'S MARKET™ YELLOW PEACHES
product of Ontario, Canada no. 1 grade
pêches jaunes
20826568001_EA

3⁹⁹

5⁹⁹



1.5 L

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

2⁹⁹



3 LB BAG

FARMER'S MARKET™ CARROTS
product of Ontario, Canada no. 1 grade
carottes
20600927001_EA

6⁹⁹



1 L

APRICOTS
product of Ontario, Canada no. 1 grade
abricots ou prunes jaunes
20905022001_EA

2⁹⁹



283 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Ontario
tomates raisins
21367888001_EA

1⁹⁹

LB



ROMA TOMATOES
product of Ontario, Canada no. 1 grade
tomates Roma
4.39/kg
20143381001_KG

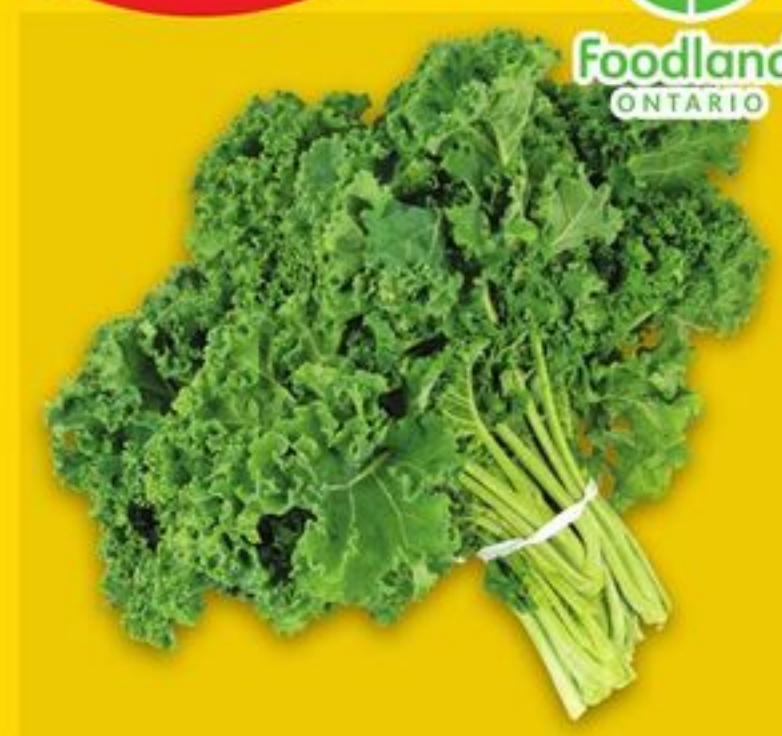
5⁹⁹



2 L

FARMER'S MARKET™ YELLOW NECTARINES
product of Ontario, Canada no. 1 grade
nectarines jaunes
20905336001_EA

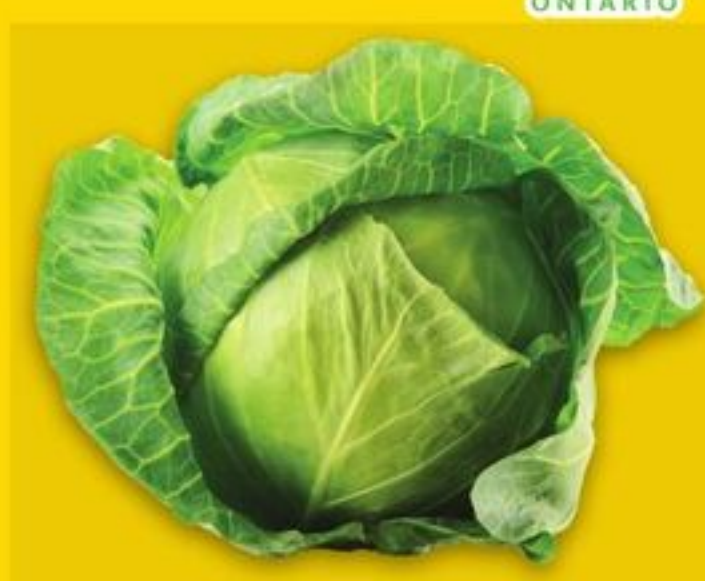
1⁹⁹



KALE
product of Ontario
chou frisé
20138805001_EA

.99

LB



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

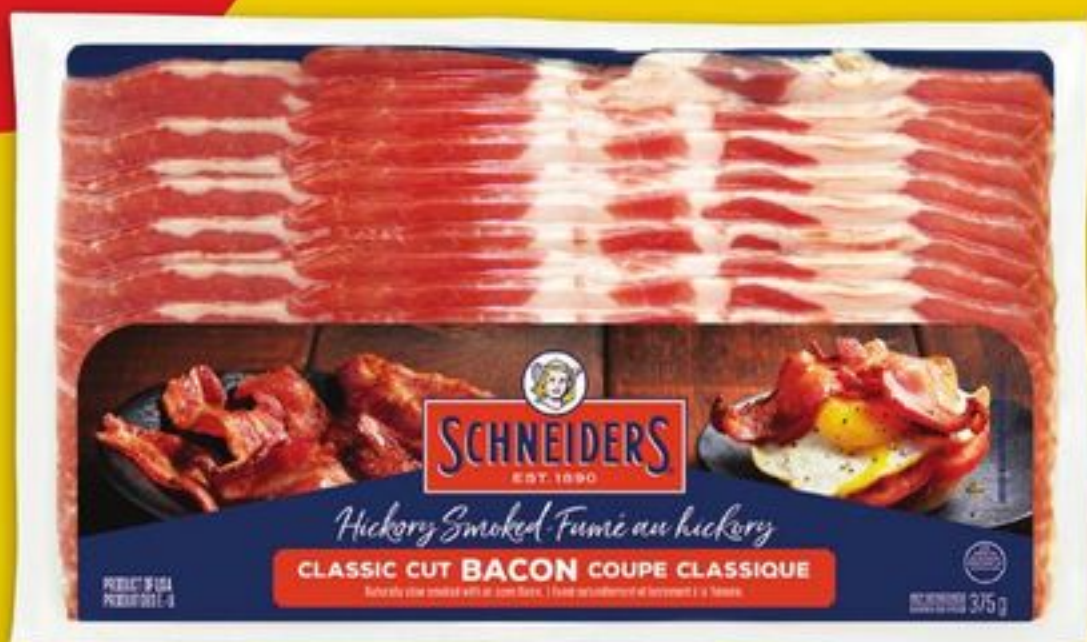
NOFRILLS®

FRESH AT LOW PRICES

PRICE DROP

3⁹⁵

SCHNEIDERS or **MAPLE LEAF PRECOOKED** or **FRESH BACON**
selected varieties
65-375 g
bacon
20772671_EA



PRICE DROP

10⁹⁹ LB

T-BONE or **WING STEAK**
cut from ungraded beef
24.23/kg
bifteck d'aloyau de bœuf
21497508_KG

WHILE QUANTITIES LAST

CLUB SIZE



\$8

EXTRA LEAN GROUND BEEF
grass fed
450 g
bœuf haché extra maigre
21675592_EA

\$9

PC® BLUE MENU® BONELESS SKINLESS CHICKEN BREAST FILLETS
350 g
filets de poitrine de poulet sans peau désossée
21607017_EA

MARCANGELO MARINATED PORK CHOPS
selected varieties
380 g
côtelettes de porc marinées
21741672_EA

9⁴⁹

HALAL



\$3



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

9⁹⁹



LOU'S FRESH FULLY COOKED BEEF, PORK or CHICKEN ENTREES
selected varieties
375/400 g
plats cuisinés de bœuf, porc ou poulet frais entièrement cuits
20078077_EA

ALWAYS

\$10



BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790_EA

4⁵⁰



MARCANGELO DINNER SAUSAGES, BREAKFAST SAUSAGES or ITALIAN GRINDS
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
21724134_EA/21724153_EA

\$7



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

\$9



SEAQUEST® WHOLE TILAPIA 1.36 kg
or **WHOLE POMPANO** 800 g
poisson
21591947_EA/21592084_EA

\$4⁵⁰



Earn 1,000 pts

That's \$1 value

SUMM! SPRING ROLLS
selected varieties
250-350 g
rouleaux de printemps
21114397_EA/21378594_EA

\$6



Earn 1,000 pts

That's \$1 value

AGROPUR SIGNATURE BRIE or CAMEMBERT, OKA CHEESE or MONSIEUR GUSTAV GOUDA
selected varieties, 170/190 g
fromage
20016313_EA/20921279_EA

\$5



SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
craquelins
20948939_EA/20948940_EA

7⁵⁰



LILYDALE DELI MEAT 300-500 g or **PILLER'S SLICED DELI MEAT** 300-350 g
charcuteries tranchées
21624509_EA/21675636_EA

2²⁵



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

\$6



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

no name®

Your
home of
no name®

just low prices
(so switch)

2⁵⁰

NO NAME® SNACKS or CORN CHIPS
selected varieties, 200 g
grignotines
20048210_EA/20322677_EA



6⁵⁰

NO NAME® VEGETABLES
club size,
selected varieties, frozen
2 kg
légumes
20316388_EA

4⁹⁹

NO NAME® MAYONNAISE
selected varieties
890 mL
mayonnaise
20627614002_EA



4⁵⁰

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

2⁴⁸

NO NAME® BREAD
selected varieties
675 g
pain
21509822_EA



\$2

NO NAME® HOTDOG or HAMBURGER BUNS
selected varieties, 8's
pains à hot dog ou hamburger
21509434_EA/21509514_EA



7⁹⁹

NO NAME® 100% PURE CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20028656_EA/20103390_EA



\$9

NO NAME® SMOKED SAUSAGES
club size, selected varieties
900 g
saucisses fumées
20734142_EA



\$11

NO NAME® CLUB PACK CHICKEN STRIPS, NUGGETS or BURGERS
selected varieties, frozen, 1.81 kg
pépites, burgers ou lanieres de poulet panés
21178763_EA



\$20

NO NAME® BEEF BURGERS
frozen
1.36 kg
burgers de bœuf
20114154_EA



\$2

NO NAME® CHOCOLATE BAR
selected varieties
100 g
barres de chocolat
20580726_EA/20580727_EA



\$8

NO NAME® POPSICLES
selected varieties frozen
30's
bâtons glacés
20031065001_EA



\$11

NO NAME® ICE CREAM SANDWICHES or BARS
club size, selected varieties, frozen
24/30's
sandwichs à la crème glacée ou barres
21013432_EA



8⁷⁹

NO NAME® CHEESE BARS
selected varieties
700 g
barres de fromage
20975773_EA



13⁵⁰

NO NAME® SHREDDED CHEESE
club size, selected varieties
900 g
fromage râpé
21200683_EA



\$15

NO NAME® GROUND COFFEE
selected varieties
907 g
café moulu
21707399_EA



App exclusive offers

\$3⁵⁰

Earn
500
pts
That's
50¢
value



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

\$5

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



NO NAME® NATURALLY IMPERFECT MANGOES
product of Mexico
mangues
21624837001_EA

\$4

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



NO NAME® ICE MILK
selected varieties
frozen, 1.65 L
lait glacé
21610174_EA



\$2²⁹

Earn
500
pts
That's
50¢
value



NO NAME® PURE WHITE VINEGAR
club size, 4 L
vinaigre blanc
20102756_EA



NFO 4_rad27/07/2026_ON

FLYER PRICES EFFECTIVE THURSDAY JULY 30 TO WEDNESDAY AUGUST 5, 2026

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 August 2, 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 July 30 to Sunday August 2, 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.

JULY

**HIT
OF THE
MONTH**

\$7.50



**Hershey's King Size
Chocolate Bar**

Selected varieties, 62 - 83 g

Limit: 6, over limit retail \$2

20692713002_EA/21000285_EA

\$7.88



**Dare Breton Crackers, Dare Bites,
Simple Goodness or Vinta Crackers**
(excludes Gluten-free)

Selected varieties, 132 - 225 g

Limit: 6, over limit retail \$3.00

20774684002_EA/21520666_EA

\$4.77



Raw shrimp skewers

31 - 40 count per lb

Frozen, 5 pack, 300g

Limit: 6, over limit retail \$6.00

21723322_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid July 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

5⁵⁰

LIBERTÉ MÉDITERRANÉE
900 g, **KEFIR 1 L** or **YOP**
DRINKABLE 6x200 mL **YOGURT**
selected varieties
yogourt

21719749_EA/21305347_EA



5⁹⁹

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

20763661_EA/21290616_EA

7⁵⁰



KAWARTHA PREMIUM ICE CREAM
selected varieties, frozen, 1.5 L
crème glacée

21591771_EA/21756152_EA



3⁵⁰



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

21022355_EA



8⁹⁹

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

20105368_EA

4⁷⁷



CRACKER BARREL
CHEESE SLICES
selected varieties, 200-240 g
tranches de fromage

21290705_EA

3⁵⁰



PURE LEAF ICED TEA 1.75 L,
TROPICANA LEMONADE or
FRUIT BEVERAGES 1.36 L
selected varieties, refrigerated
thé glacé ou limonade ou
boissons aux fruits

20755752002_EA/21621950_EA

\$4



DORITOS TORTILLA
CHIPS 210/235 g or
CHEETOS 170-285 g
selected varieties
croustilles ou grignotines

21370169_EA/21693042_EA

11⁹⁹



817 BASMATI RICE 4 kg,
GOLD PARBOILED RICE or
LONG GRAIN RICE 8 kg
riz

20787524_EA/21688631_EA

18⁵⁰



POWERADE SPORTS DRINK
24x591 mL
boissons désaltérantes

20854130_C24

6⁵⁰



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

21096722_C10/21097177_C12

2⁵⁰



CAMPBELL'S
READY TO SERVE 515 mL or
HABITANT SOUP 796 mL
selected varieties
soupes

20299690002_EA/21480539_EA

3⁴⁹



KETTLE BRAND POTATO CHIPS
selected varieties, 156/198 g
croustilles

21520652_EA

2⁵⁰



DARE VIVA PUFFS, WAGON
WHEELS, ULTIMATE or **BEAR**
PAWS COOKIES
selected varieties, 168-360 g
biscuits

20974346_EA/21713321_EA

\$4



RIO MARE TUNA SALAD
BOWLS or **RIO MARE**
TUNA IN OLIVE OIL
selected varieties, 160 g
salade

20971498_EA/20971501_EA

1²⁵



NO NAME® WHOLE KERNEL
READY TO SERVE 515 mL or
CREAM-STYLE CORN
selected varieties
341/398 mL
maïs

20296401_EA/20303822_EA

1⁸⁹



KNORR SIDEKICKS
selected varieties
120-162 g
plats d'accompagnement

20321430007_EA/20321430011_EA

\$4



OLD EL PASO DINNER KIT
selected varieties
250-510 g
trousses-repas

20795534_EA

19⁹⁹



COLAVITA
EXTRA VIRGIN OLIVE OIL
1 L
huile d'olive
extra vierge

20617955_EA

4⁹⁹



BICK'S PICKLES
selected varieties
1 L
cornichons

21675037_EA

2⁵⁰



CATELLI SMART or
WHOLE GRAINS PASTA
selected varieties
340/375 g
pâtes

20299819009_EA/20527060_EA



\$4



NESTLÉ DRUMSTICK
or **ROLO CONES**
selected varieties, frozen
4's
friandises glacées

20322380001_EA

4⁹⁹



HÄAGEN-DAZS ICE CREAM
450 mL or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou friandises glacées

20302298001_EA/21513506_EA

\$5



iÖGO FROZEN
YOGURT 946 mL
or **BARIS** 320/400 mL
selected varieties, frozen
yogourt glacé ou barres

21654421_EA/21654551_EA

BRANDS YOU LOVE AT LOW PRICES

6⁹⁹



BECEL MARGARINE
selected varieties
637/800 g
margarine
21747692_EA



\$3



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20308105001_EA

\$5



INTERNATIONAL DELIGHT COFFEE CREAMER
selected varieties
946 mL
colorants à café ou mousse froide
20895480003_EA/20895480004_EA

5⁵⁰



LACTANTIA ULTRAPUR MILK
selected varieties
1.5 L
lait
21694605_EA

\$4



PC® or BLUE MENU® FROZEN ENTRÉES
selected varieties
212-365 g
plats cuisinés surgelés
20219758_EA

5⁵⁰



GENERAL MILLS CEREAL
selected varieties
455-778 g
céréales
21103492_EA/21103495_EA

2⁵⁰



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

7⁵⁰



PEPSI SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
20322361002_C12/21760453_C12

1⁶⁹



MAISON PERRIER or SANPELLEGRINO SPARKLING WATER
selected varieties
1 L
eau pétillante
21577807_EA/21577878_EA

\$4



CHRISTIE PREMIUM PLUS CRACKERS
selected varieties, 450/481 g
craquelins
21109001_EA/21109004_EA

5⁵⁰



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

2⁵⁰



NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
20304672001_EA

4⁵⁰



VITA COCO COCONUT WATER
selected varieties
1 L
eau de noix de coco
20332922_EA

5⁵⁰



SMUCKER'S FRUIT JAM, JELLY or MARMALADE 500 mL or **NO SUGAR ADDED JAM** 310 mL
selected varieties
confiture ou gelée ou marmelade
20308043001_EA/20308043004_EA

6⁹⁹



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

3⁷⁵



EAGLE BRAND SWEETENED CONDENSED MILK
selected varieties, 300 mL
lait condensé
21012618_EA

6⁵⁰



LARABAR FRUIT & NUT ENERGY BARS
selected varieties, 5's
barres d'énergie
20146380001_EA/20146380002_EA

\$3⁵⁰

Earn 1,000 pts

That's \$1 value



PILLSBURY TOASTER STRUDEL 326 g or **TOASTER SCRAMBLES** 204 g **PASTRIES**
selected varieties, frozen
pâtisserie
20172664004_EA

\$40

Earn 4,000 pts

That's \$4 value



PC® COFFEE PODS
selected varieties
72's
capsules de café
21111217_EA

7⁵⁰



NUTELLA HAZELNUT SPREAD
725 g
tartinade de noisettes
20436105_EA

\$8



PC® CHOCOLATE BAR
selected varieties
300 g
barres de chocolat
21689840_EA/21689854_EA

NEW ARRIVAL



KD RAMEN BOWLS
selected varieties
95/97 g
bols de ramen
21751719_EA/21751982_EA/21751918_EA

\$2⁵⁰

That's 25¢ value

Earn 250 pts



\$2²²

Earn 1,000 pts

That's \$1 value

PREPARED IN CANADA

Optimum™

WONDER BREAD 675 g or **BUNS** 8's selected varieties
pain ou petits pains
20276296_EA/20297455_EA

\$3

Earn 500 pts

That's 50¢ value

PREPARED IN CANADA

Optimum™

SCHNEIDERS RED HOTS or **MAPLE LEAF NATURAL TOP DOGS** or **SCHNEIDER RED HOT FRANKS HOT SAUCE HOT DOGS** 375 g selected varieties, 375 g
saucisses fumées
20602429_EA

\$5

PREPARED IN CANADA

PC® CHEESE SLICES 140-170 g, **PILLER'S KOLBASSA** 250 - 375 g or **SLICED PEPPERONI** 175/250 g selected varieties
fromage tranché ou saucisson kolbassa
20308469_EA/20250947_EA

\$6

PREPARED IN CANADA

FARMER'S MARKET™ MUFFINS 6's or **COOKIES** 12's selected varieties
muffins ou biscuits
20566295_EA/21283356_EA

\$3

PREPARED IN CANADA

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

2⁵⁰

PREPARED IN CANADA

ZIGGY'S FRESH PASTA selected varieties 350/360 g
pâtes
21521168_EA

\$3

PREPARED IN CANADA

NO NAME® CREAM CHEESE selected varieties, 227/250 g
fromage à la crème
20308105001_EA

4⁷⁷

PREPARED IN CANADA

CRACKER BARREL CHEESE SLICES selected varieties, 200-240 g
tranches de fromage
21290705_EA

5⁵⁰

PREPARED IN CANADA

LIBERTÉ MEDITERRANEE 900 g or **KEFIR** 1 L **YOGURT** selected varieties
kéfir ou yaourt
21305347_EA

4⁹⁹

PREPARED IN CANADA

ARMSTRONG or **PC® SHREDDED CHEESE** 250-320 g or **ARMSTRONG CHEESE** 400 g selected varieties
fromage râpé ou barres de fromage
21286240_EA/21346749_EA

4⁹⁹

PREPARED IN CANADA

CHAPMAN'S PREMIUM ICE CREAM 2 L or **SUPER SANDWICH, CONES** or **NOVELTIES** 8-20's selected varieties, frozen
crème glacée ou sandwich ou cornets ou friandises glacées
20111532_EA/20323573001_EA

7⁵⁰

PREPARED IN CANADA

KAWARTHA PREMIUM ICE CREAM selected varieties, frozen 1.5 L
crème glacée
21591771_EA/21756152_EA

\$11

PREPARED IN CANADA

NO NAME® ICE CREAM SANDWICHES or **BARs** club size, selected varieties, frozen 24/30's
sandwichs à la crème glacée ou barres
21013432_EA

2⁹⁹

PREPARED IN CANADA

LAY'S POTATO CHIPS selected varieties 177-235 g
croustilles
21241032_EA/21663216_EA

2⁵⁰

PREPARED IN CANADA

CATELLI SMART or **WHOLE GRAINS PASTA** selected varieties, 340/375 g
pâtes
20299819009_EA/20527060_EA

3⁷⁵

PREPARED IN CANADA

EAGLE BRAND SWEETENED CONDENSED MILK selected varieties, 300 mL
lait condensé
21012618_EA

2⁸⁸

PREPARED IN CANADA

REAL CANADIAN NATURAL SPRING WATER 24x500 mL
eau de source naturelle
20154975_C24

7⁹⁹

PREPARED IN CANADA

NO NAME® 100% PURE CANOLA or **VEGETABLE OIL** 3 L
huile de canola ou végétale
20028656_EA/20103390_EA

App exclusive offer

\$2²⁹

Earn 500 pts

That's 50¢ value

PREPARED IN CANADA

NO NAME® PURE WHITE VINEGAR club size, 4 L
vinaigre blanc
20102756_EA

ONLY INFO CAN

FLORAL DEALS

\$10

**SMALL MIXED
BOUQUET**
petit bouquet
mixte
21619952_EA



\$20

**DELUXE
MIXED BOUQUET**
bouquet mixte de luxe
21397546_EA



\$15

DOZEN ROSES
douzaine de roses
21619089_EA
**WHILE
QUANTITIES LAST**



BRANDS YOU LOVE AT LOW PRICES

2⁵⁰

DAWN DISHWASHING LIQUID
selected varieties
366-502 mL
détergent liquide à vaisselle
21516564_EA/21735713_EA



\$4

MR. CLEAN ALL PURPOSE CLEANER 1.21 L, **FEBREZE AIR** 230 g, **BATHROOM** 7.5 mL or **CAR AIR FRESHENER** 2 mL
selected varieties
nettoyant ou désodorisant
21700198_EA/21735410_EA

\$18

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
recharges d'huile parfumée ou troussees
21362106_EA/21398311_EA



\$15

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

\$3

NO NAME® MULTI-PURPOSE CLEANING SPRAY 650 mL or **TOILET BOWL CLEANER** 710 mL
selected varieties
vaporisateurs nettoyeurs ou nettoyant à cuvette
20024033_EA/21207721_EA



19⁹⁹

TIDE LIQUID 3.46/3.9 L, **PODS** or **FLINGS** 45-76's
LAUNDRY DETERGENT
selected varieties
détergent à lessive
21593670_EA/21594986_EA



\$9

PC® PLANET FIRST™ LAUNDRY DETERGENT STRIPS 32's or **TOILET BOWL CLEANER STRIPS** 39's
selected varieties
détergent à lessive en bandes ou nettoyant pour cuvette en bande
21614503_EA/21614582_EA



6⁹⁹

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001_EA/21359461_EA



4⁵⁰

CLOROX BLEACH
selected varieties
2.4 L
eau de Javel
21283179_EA



\$7

PC® MAX™ PAPER TOWELS
3-6 rolls
essuie-tout
21540603_EA



\$4

IRISH SPRING BODY WASH 591 mL or **BAR SOAP** 6x104 g, **SOFTSOAP BODY WASH** 591 mL, **AXE BODY SPRAY** 113 g, **DEODORANT** 76/85 g, **BODY WASH** or **HAIR CARE** 473 mL
selected varieties
nettoyant pour le corps ou pain de savon ou atomiseur pour le corps ou déodorant ou soins capillaires
21219375_EA/21436477_EA



\$9

DOVE BAR SOAP 6x106 g or **BODY WASH** 400-710 mL
selected varieties
pain de savon ou nettoyant pour le corps
21237519_EA/21638572_EA



5⁵⁰

LISTERINE MOUTHWASH
selected varieties
1 L
rince-bouche
21091218_EA/21091222_EA



SAVE UP TO 30%

NATURE'S BOUNTY VITAMINS or SUPPLEMENTS
selected varieties and sizes
60-175's
vitamines ou suppléments
21020231_EA/21180320_EA



\$10

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



5⁵⁰

U BY KOTEX LINERS 34-58's, **PADS** 10-20's or **TAMPONS** 15-16's
selected varieties
protège-dessous ou serviettes ou tampons
21361890_EA/21719758_EA



\$6

POISE PADS or LINERS
selected varieties
14-48's
serviettes ou protège-dessous
20312368_EA/21295307_EA



11⁵⁰

PURINA ONE DRY DOG FOOD
selected varieties
1.6-1.81 kg
nourriture sèche pour chiens
20912587_EA



\$13

PURINA TIDY CATS LIGHTWEIGHT CAT LITTER
selected varieties
2.72 kg
litière pour chat
21206503_EA



\$34⁹⁹

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's
couches
21456640_EA/21663768_EA



ADVIL 16-250's or **ROBAX** 18-60's
TABLETS, CAPLETS or GELS or **VOLTAREN** 30-150 g
PAIN CREAM
selected varieties and sizes
analgésiques ou crème analgésique
20809786_EA/20306766001_EA

\$7

PUREX 1.17-1.94 L, **SUNLIGHT** 1.84 L
LIQUID LAUNDRY DETERGENT, SNUGGLE 1.16 L
LIQUID FABRIC SOFTENER or **DRYER SHEETS** 120's
selected varieties
détergent ou assouplissant liquide ou feuilles pour sècheuse
21737524_EA



\$9⁵⁰

PURINA FANCY FEAST WET CAT FOOD
selected varieties
12x85 g
nourriture humide pour chats
20946804_EA



Optimum™

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

\$50

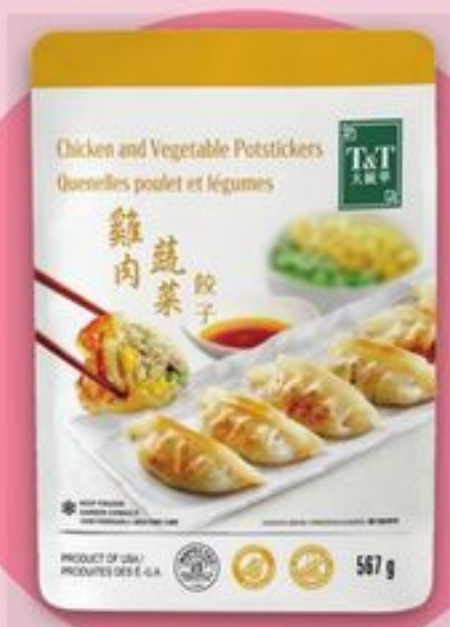
in value

CLICK FOR
THESE COUPONS
AND MORE



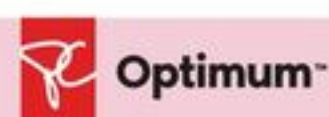
**NO NAME®
CHICKEN WINGS**
908 g
saucisses fumées
de poulet
21045309_EA

Earn
2,500
pts
Until August - 12 - 2016



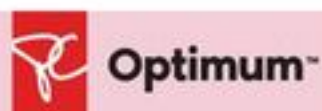
**T&T®
FROZEN
POTSTICKERS**
567 g
quenelles
21495805_EA

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



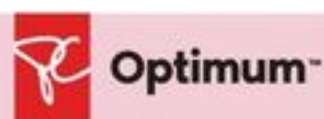
**BLACK
DIAMOND
CHEESTRINGS**
504 g
fromage
21742903_EA

Save
\$2
with digital
coupon



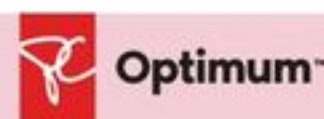
**PC®
BLACK
LABEL
ICE CREAM**
500 mL
glace
21588234_EA

Earn
1,000
pts
Until August - 12 - 2016



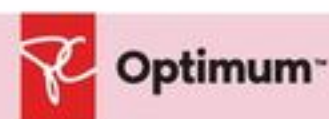
**LACTANTIA
CREAM
CHEESE**
227 g
fromage
à la crème
21740980_EA

Save
\$1.50
with digital
coupon



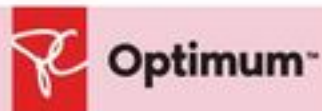
**KELLOGG'S
FROSTED
FLAKES
LESS SUGAR
MULTIGRAIN
CEREAL**
338 g
céréales
21719362_EA

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
20131344005_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

CELEBRATE CARIBBEAN FLAVOURS



.99
EA/LB

CHAYOTE SQUASH
each, product of U.S.A. or
PLANTAINS 2.18/kg,
product of Costa Rica, Colombia,
Honduras or Guatemala
chayote ou plantains

20167837001_EA/20111926001_KG

2⁹⁹

CARIBBEAN AVOCADOS
product of Dominican Republic,
GREEN WATER COCONUTS
product of Costa Rica or
MAYA MANGO
product of Israel
avocats ou noix de coco ou mangues

20119760001_KG/20707992001_KG

3⁹⁹

ATEMOYA
product of Brazil or
YELLOW DRAGON FRUIT
product of Colombia or Ecuador
atemoya ou pitaya

20965690001_KG/20626393001_KG

**SCOTCH BONNET
HOT PEPPERS**
product of Mexico
13.21/kg
piments forts scotch bonnet

20025485001_KG

5⁹⁹
LB

1⁹⁹

**GRACE HOT
PEPPER SAUCE**
170 mL
sauce piquante

20106545_EA



\$13
LB

**ETNICO
BEEF
OXTAIL**
frozen
28.66/kg
queue de
bœuf

20079558_KG



1⁹⁹

**GRACE PURE CREAMED
COCONUT** 141 g, **GRACE
CONDENSED WHITENER**
297 mL or **SUPLIGEN
VANILLA DRINK TIN** 290 mL
noix de coco en crème ou colorant
condensé ou boisson à la vanille

20877966_EA/21416978_EA



\$13

**CHELSEA
BONED
SALTED COD
FILLETS**
frozen
454 g
filets de morue
salée désarêtée

20866456_EA



3⁹⁹

**WALKERSWOOD
JAMAICAN
SEASONING**
selected varieties
280 g
assaisonnement jamaïcain

20213881_EA/21631376_EA



3⁴⁹

PAN CORN MEAL
selected varieties
1 kg
farine de maïs

20945695_EA/20945705_EA



\$2

**GRACE
FESTIVAL
JAMAICAN
DOUGH MIX**
selected varieties
270 g
mélange à pâte
jamaïcain

20601749_EA



2⁹⁹

**MATOUK'S
HOT SAUCE**
selected varieties
300 mL
sauce piquante

20602099001_EA/20602099002_EA



\$4

**COOL
RUNNINGS
SPICES**
selected varieties
500-900 g
épices

20311973_EA



\$2

**DEL MONTE
NECTARS** 960 mL or
BLENDS 1 L
selected varieties
nectars ou mélanges

20894117004_EA/21719280_EA



.99

**GRACE
MACKEREL**
selected varieties
155 g
maquereau

20181114_EA



1²⁵

GRACE EXOTIC CHIPS 75 g
or **POWER MALT EXTRA
ENERGY** 330 mL
lait de coco ou croustilles ou
boisson de malt énergisante

21626383_EA



.99

**GRACE ISLAND
SODA** 355 mL or
PLANTAIN CHIPS
85 g
selected varieties
boissons gazeuses ou
croustilles de plantain

20299652001_EA/20603025_EA



1²⁵

**GRACE
COCONUT
MILK**
400 mL
lait de coco

20047774_EA



EAST ASIAN FLAVOURS
AT LOW PRICES

.99
LB

DAIKON or JUMBO CARROTS
product of China
daikon ou carottes géantes
2.18/kg
20082109001_KG/20851084001_KG



1.99
LB

BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON or BABY NAPA CABBAGE
product of Canada, Mexico or U.S.A.
4.39/kg
petit pak-choï ou ou petit chou nappa ou pak-choï Shanghai ou chou cantonnais
20082279001_KG/20032454001_KG

1.99
LB

GINGER ROOT product of China or
JAPANESE SWEET YAMS product of U.S.A.
4.39/kg
racine de gingembre ou igname japonaise
20179038001_KG/20524922001_KG



3.99
LB

GUAVA
product of Taiwan
8.80/kg
goyave
20162500001_KG

3.88
LB



UTILITY DUCK
frozen
8.55/kg
canard
20143586_KG

5.48
LB



PORK BELLY PORTIONS
fresh
12.08/kg
portions de poitrine de porc
21614914_KG

8.88
LB



BEEF RIB FINGER MEAT
boneless
19.58/kg
viande de bœuf intercostale
20142159_KG

4.50



BASA FILLETS
frozen
400 g
filets de pangasius
21432307_EA

\$6



T&T® HEAD ON SHELL ON RAW SHRIMP 30/40 per lb 400 g or
COOKED 21/25 per lb 300 g
frozen
crevettes
21689820_EA/21689868_EA

2.49



PC® UDON NOODLES
800 g
nouilles udon
20354811_EA

3.88



TASTIE STAR ANISE SPICE
80 g
anis étoilé
21450305_EA

6.29



SKYFLAKES M.Y SANS CRACKERS
selected varieties
800 g
croquelins
21176798_EA

2.99



MARUKAN RICE VINEGAR
selected varieties
355 mL
vinaigre de riz
20137323001_EA/20321753001_EA

8.99



JAYONE SEASONED AND ROASTED SEAWEED
120 g
algues
20699445_EA

4.99



NONGSHIM NOODLES
selected varieties
480-508 g
nouilles
21504161_EA

5.99



O'TASTY FROZEN DUMPLINGS
selected varieties, frozen
567 g
boulettes
20319243001_EA

7.99



SHAO MEI DESSERT BARS
selected varieties, frozen
4's
barres desserts
21309979_EA

5.49



KEWPIE MAYONNAISE
465 mL
mayonnaise
21644268_EA

BEER AND CIDER

\$10

COORS LIGHT or MOLSON CANADIAN BEER
cans
6x 473 mL
bière
20944740_C06/20946471_C06



\$10

BUDWEISER, BUD LIGHT or MICHELOB ULTRA LIGHT BEER
cans
6 x 473 mL
bière
20944739_C06/20955258_C06/21097258_C06



\$18

HEINEKEN or SAPPORO BEER
cans
6 X 500 mL
bière
20955260_C06/21014346_C06



17⁵⁰

MOOSEHEAD LAGER
cans
6 x 473 mL
bière
20955220_C06



\$29

CORONA EXTRA or STELLA ARTOIS
bottles
12 X 330 mL
bière
21336940_C12/21336948_C12



\$12

SOMERSBY PEAR or BLACKBERRY CIDER
cans
4 X 473 mL
cidre de poire ou de mûre
21397773_C04/21397776_C04



\$29

HAPPY DAD HARD SELTZER
cans
12 X 355 mL
seltzer
21595395_C12



\$29

WHITE CLAW HARD SELTZER
variety pack, cans
12 x 355 mL
seltzer
21308871_C12



\$13

BUSCH BEER
cans
selected varieties
6 X 473 mL
bière
21296698_C06



\$16

SLEEMAN BEER
cans
selected varieties
6 X 473 mL
bière
21014347_C06



9⁴⁹

PC® DEALCOHOLIZED LAGER BEER
selected varieties
12x355 mL
bière désalcoolisée
20121729_C12



11⁹⁹

MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER
selected varieties
6x355 mL
bière sans alcool
21706873_C06



PLEASE DRINK RESPONSIBLY. SEE IN-STORE FOR PRODUCT OFFERING AND PRICING

Prices do not include tax and deposit fees.

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO ALC

KITCHEN MUST HAVES

\$2

EVERYDAY ESSENTIALS™
NYLON SLOTTED TURNER

21214163_EA



\$3

EVERYDAY ESSENTIALS™
CAN OPENER

21213665_EA

\$3

PC® MASON JAR

0.25 L

20930748_EA



\$4

EVERYDAY ESSENTIALS™
NESTED TONGS

3's

21162313_EA

\$3



LIFE AT HOME™ CAT COFFEE
MUG

21219093_EA

\$5



SISTEMA SMALL SPLIT TO GO FOOD
STORAGE CONTAINER LUNCH BOX
WITH COMPARTMENTS

350 mL

20976655_EA

\$5



NO NAME® RED PLASTIC PARTY CUPS

pkg of 50

21206261_EA

\$6



PC® CERAMIC BERRY PINT

white

21351928_EA

5.50



PC® PAPER TOWEL HOLDER
EVERYDAY ESSENTIALS™
RECTANGULAR FOOD
STORAGE CONTAINER

3-pack

20005440_EA/21344969_EA

\$6



PC® TWIST AND LOCK FOOD STORAGE
CONTAINER

21160199_EA

\$20



EVERYDAY ESSENTIALS™
COFFEE GRINDER

21702460_EA

\$20

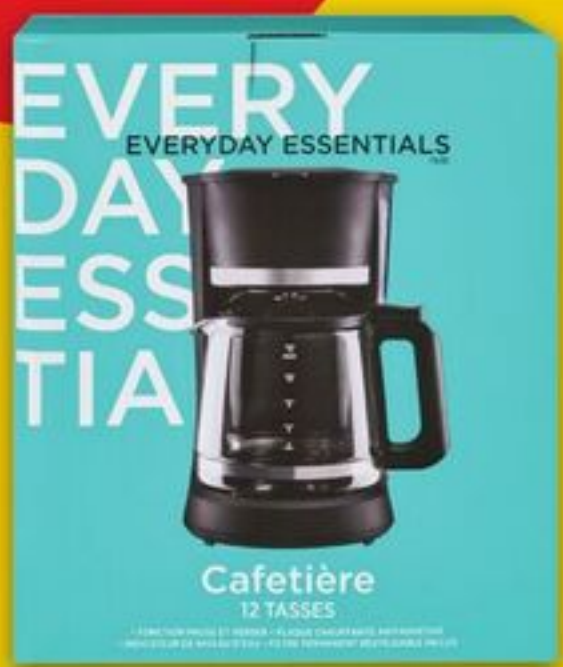


EVERYDAY ESSENTIALS™
CORDLESS KETTLE

white or black

21701467_EA/21701485_EA

\$25



EVERYDAY ESSENTIALS™
12 CUP COFFEE MAKER

WHITE OR BLACK

21701350_EA/21701471_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ONLY

OUR FLYER. YOUR INBOX.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



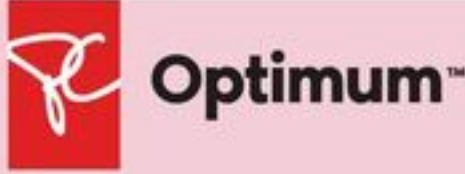
* Standard message and data rates may apply.

†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.

ONL NF PCX

App exclusive offer



July 30-Aug 5, 2026

Earn
10,000
pts

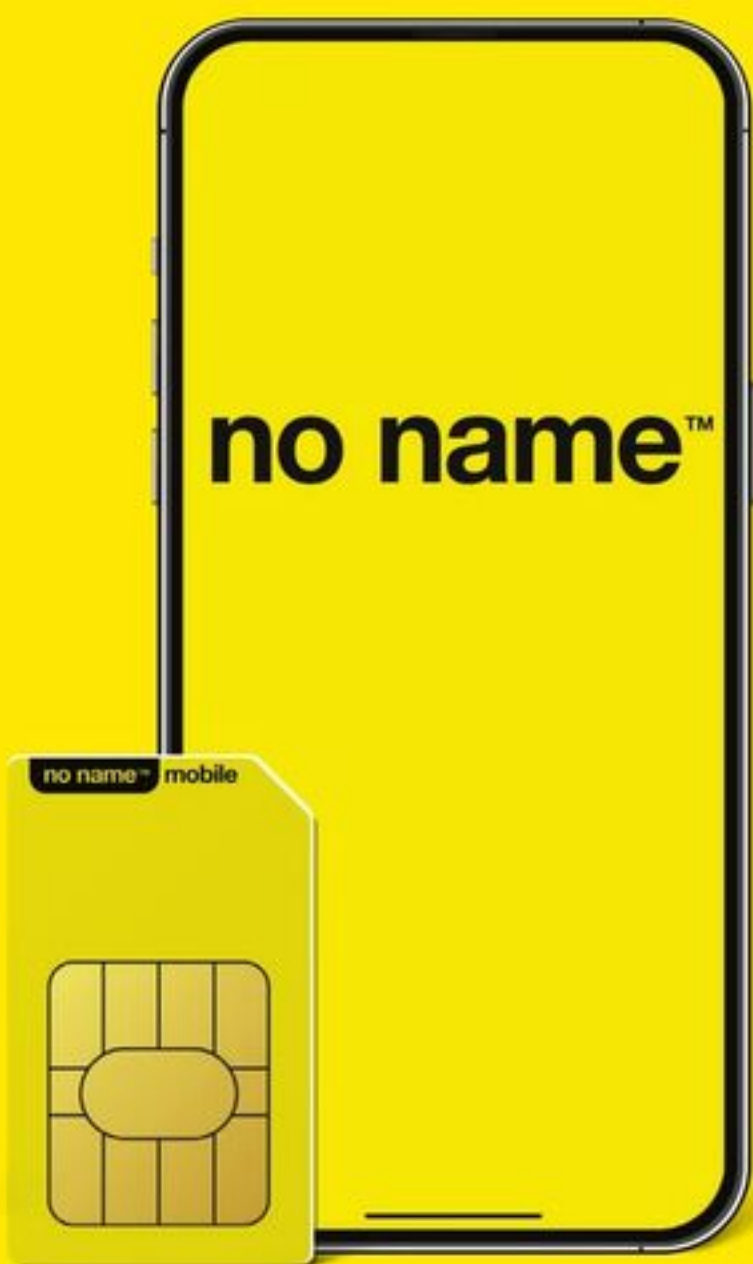
That's
\$10
value

for every \$100* spent on
any any combination of
**O4A Ultimate Choice and
O4A Love, Canada gift cardss.**



* Offer valid in-store only. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on O4A Ultimate Choice and O4A Love, Canada gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

no name™ mobile



25GB data.
\$30/ month.
includes 5GB bonus data.

limited time only. until august 5th.

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 INFO MKT