

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, AUGUST 27 TO WEDNESDAY, SEPTEMBER 2, 2026.

THE BIG SALE!

SAVE 52%

1⁹⁹
LB

CHICKEN LEGS

back attached
cuisses de poulet

4.39/kg

20654709_EA



UNICO VEGETABLE OIL or
NO NAME® CANOLA OIL
3 L
huile végétale
20098102_EA/20028656_EA

WOW!

5⁹⁹

SAVE 53%

5⁵⁵

ONLY

8⁸⁸
LB

T-BONE or
WING STEAK
cut from ungraded beef
bifeck
19.58/kg
21497508_EA

SAVE 33%

1⁹⁹

CANTALOUPE
product of Canada,
Canada no. 1 Grade
cantaloup
20167017001_EA



6 OZ CLAMSHELL

RASPBERRIES
product of Canada, U.S.A.
or Mexico, no. 1 grade
framboises
20128938001_EA

ONLY

8⁸⁸

SAUCE ROMA
TOMATOES
product of Ontario,
Canada no. 1 grade
tomates pour sauce
21104476001_EA

APPROX 25 LB CASE



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

ONLY

1⁴⁹

SAVE 51%

.24

ONLY

3⁴⁷

Oikos GREEK YOGURT or
ACTIVIA EXPERT YOGURT
selected varieties, 4x100 g
yogourt
20419715001_EA/20625055_EA



SAVE 30%

2⁹⁷

BLACK DIAMOND
SLICES PROCESSED
CHEESE PRODUCT
selected varieties
410 g
produit de fromage fondu
21252564_EA



ONLY

4⁹⁹

CHAPMAN'S PREMIUM ICE CREAM 2 L
or YUKON NOVELTIES 5-8's
selected varieties, frozen
crème glacée ou friandises glacées
20223573001_EA/21012281_EA



SAVE 37%

1²⁵

GREEN GIANT
VEGETABLES
selected varieties
341/398 mL
légumes
21021224_EA/21021485_EA



SAVE UP TO 37%

1⁵⁰

UNICO BEANS 540 mL or
TOMATOES 796 mL
selected varieties
légumineuses ou tomates
20313447001_EA/20314629001_EA



SAVE UP TO 52%

1⁷⁵

HOLIDAY LUNCHEON MEAT 340 g or
MAPLE LEAF FLAKES 156 g
selected varieties
poin de viande ou flocons
20298273001_EA/20618779_EA



ONLY

2⁹⁷

CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20323609003_EA/21618217_EA



SAVE 33%

1⁹⁹

LANTIC GRANULATED
SUGAR
2 kg
sucre granulé
20145033_EA



ONLY

11⁹⁷

ROBIN HOOD or
FIVE ROSES
ALL PURPOSE
FLOUR
club pack
10 kg
farine
20134743_EA/20251651_EA



SAVE UP TO 43%

\$7

PC® or BLUE MENU® ENTRÉES 770 g-1.13 kg or
SWANSON SKILLET MEALS 1.19 kg
selected varieties, frozen
plats cuisinés
21004538_EA/21359210_EA



SAVE 42%

7⁹⁹

QUALITY
BASMATI RICE
3.63 kg
riz basmati
20787290_EA



ONLY

12⁹⁹

GAIN LIQUID 4.25 L or FLINGS 42's LAUNDRY
DETERGENT, BEADS 598/680 g or DRYER
SHEETS 240's, selected varieties
détergent à lessive ou perles ou feuilles d'assouplissant
215533069_EA/21671135_EA/21671139_EA



Optimum

App exclusive offer

Member Price

\$1

Non-Members

\$1.25

Members Save

25¢



NO NAME®
EVAPORATED MILK
selected varieties, 354 mL
lait évaporé
21040510_EA/21040543_EA

App exclusive offer

Member Price

\$1

Non-Members

\$1.50

Members Save

50¢



NO NAME® PURE
WHITE VINEGAR
club-size, 4 L
vinaigre blanc
20102756_EA
LIMIT 6, AFTER LIMIT RETAIL \$1.50

Earn

2,000

pts

That's

\$2

value



KD ORIGINAL
5x200 g
macaroni au fromage
21740440_EA

Member Price

\$1

Non-Members

\$1.75

Members Save

75¢



PALMOLIVE
DISHWASHING LIQUID
selected varieties, 591/828 mL
détergent liquide à vaisselle
20861400_EA/20861642_EA

App exclusive offer

Member Price

\$15

Non-Members

\$19

Members Save

\$4



PC® BATHROOM
TISSUE
club size, 30=100 rolls
papier hygiénique
21450846_EA

INFO GTA 1 rad24/08/2026_ON

FLYER PRICES EFFECTIVE AT AVAILABLE AT: JEROME & ALISHA'S - AJAX, JOE & VAL'S - AURORA, ADIL'S - BRAMPTON, DAVE'S - BRAMPTON, HECTOR & ALCIA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HERB'S - ETOBICOKE, JEFF'S - ETOBICOKE, AMININDER'S - MARKHAM, PETER & SUZI'S - MARKHAM, ROB'S - MARKHAM, VANSALL'S - MARKHAM, JOHN'S - MILTON, DANIEL'S - MISSISSAUGA, HASIB'S - MISSISSAUGA, MARC'S - MISSISSAUGA, MIKE'S - MISSISSAUGA, RAMAN'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YAKA'S - MISSISSAUGA, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, VISCONTI'S - NOBLETON, ANAND & SHYVONNE'S - NORTH YORK, CARLOS - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LUTROS - NORTH YORK, CLEGG'S - OAKVILLE, DEAN'S - OSHAWA, JOLANS - OSHAWA, MIKE'S - OSHAWA, NADIM'S - OSHAWA, DAKOSTAS - PICKERING, ASHLEY'S - RICHMOND HILL, FRASER & MELISSA'S - RICHMOND HILL, IAN'S - RICHMOND HILL, AJMAL'S - SCARBOROUGH, AUSTIN - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, HANNAH'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, YI & YU LING'S - SCARBOROUGH, MICHAEL'S - STOUFFVILLE, AJ & ASHLEY'S - TORONTO, AUSTIN'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DAMIAN'S - TORONTO, DANIEL & ALEXANDRA'S - TORONTO, DARREN'S - TORONTO, GEORGE'S - TORONTO, GINO'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCAS - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, SAM'S - TOTTENHAM, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITBY, LIZ'S - WHITBY, QAI'S - WHITBY, MIKE'S - WOODBRIDGE

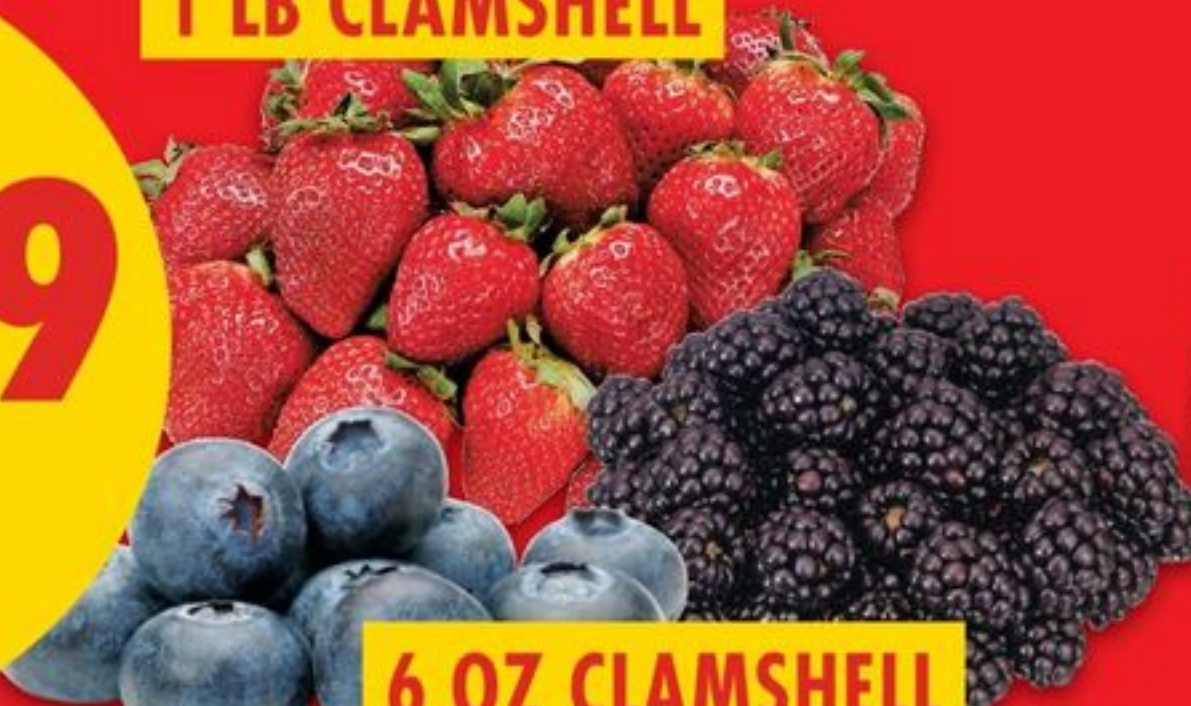
ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

f nofrills.ca

FRESH AT LOW PRICES

3⁹⁹

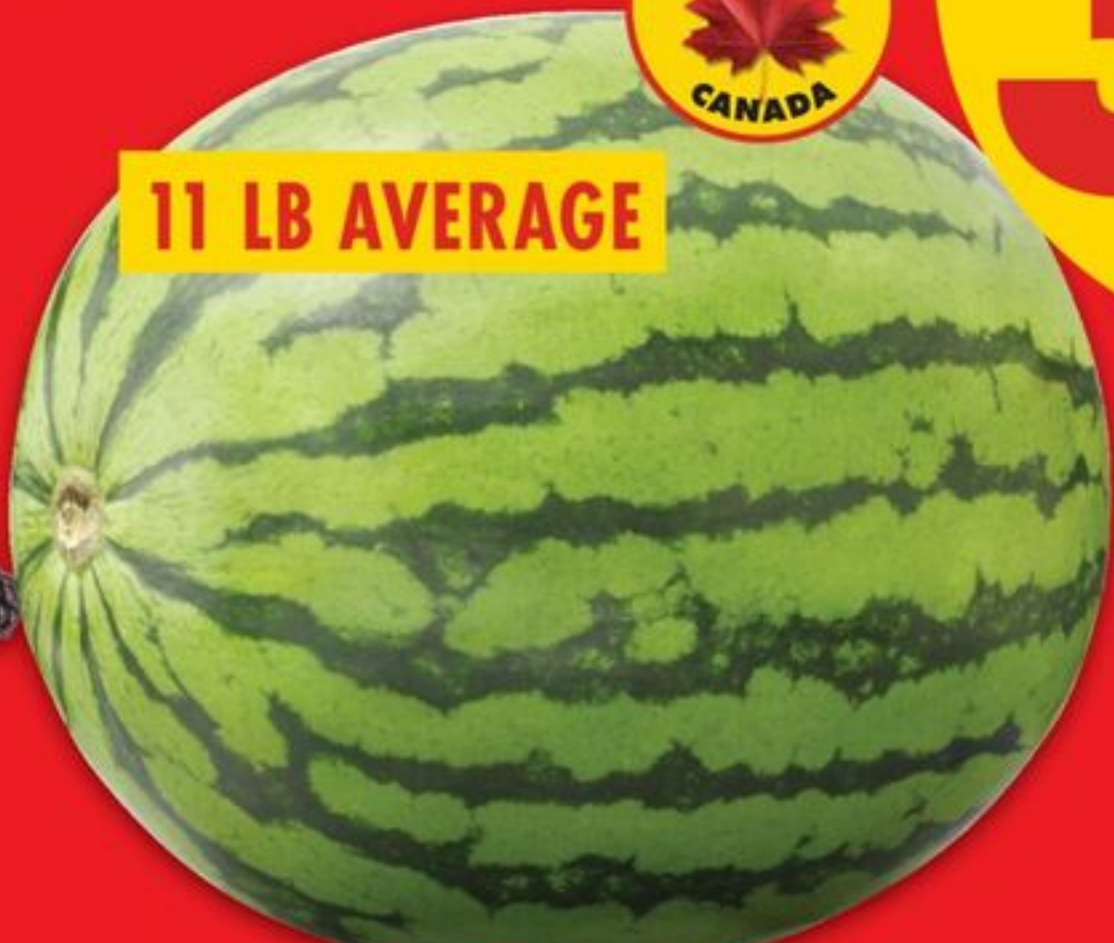
1 LB CLAMSHELL



6 OZ CLAMSHELL

STRAWBERRIES product of U.S.A., no. 1 grade or BLUEBERRIES product of Canada or Peru, no. 1 grade or BLACKBERRIES product of Canada, U.S.A. or Mexico fraises, bleuets ou mûres 20051015001_EA/20152465001_EA/20049778001_EA

11 LB AVERAGE



WHOLE SEEDLESS WATERMELON product of Canada melons d'eau sans pépins 20067326001_EA

2⁴⁹



CELERY product of Ontario, Canada no. 1 grade céleri 20163119001_EA

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



3⁹⁹





FRESH GUARANTEE

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

1⁹⁹

LB



BARTLETT PEARS product of U.S.A., fancy grade poires Bartlett 4.39/kg 20172240001_KG

3⁹⁹



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



4⁹⁹

LB



CHERRIES product of Canada, Canada no. 1 grade cerises 11.00/kg 20159690001_KG



3⁹⁹

PKG OF 5



AVOCADOS product of Mexico, Peru or Colombia avocats 21644936001_EA

2⁴⁹

227 G

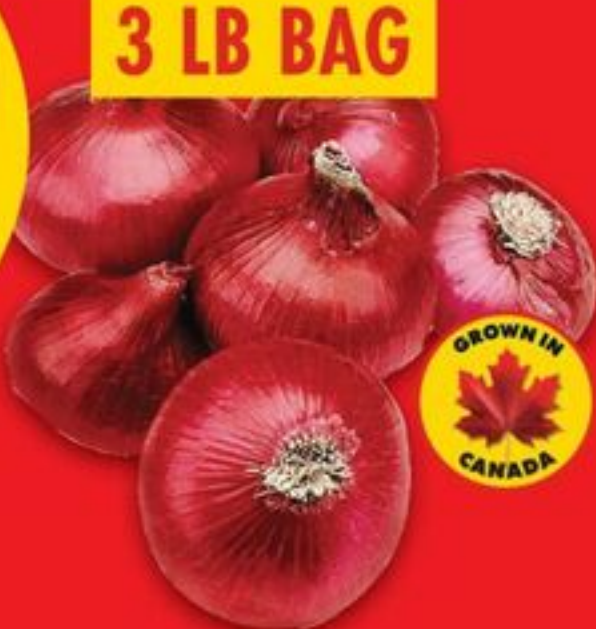


PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS product of Ontario champignons blancs ou cremini tranchés ou entiers 20775803_EA/20776239_EA



3⁹⁹

3 LB BAG



RED ONIONS product of Canada, Canada no. 1 grade oignons rouges 20811362001_EA



2⁹⁹

LB



GREEN or YELLOW BEANS product of Ontario haricots verts ou jaunes 6.59/kg 20142683001_KG/20098126001_KG



3⁹⁹

680 G



ROMAINE HEARTS or PC® LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES product of Canada cœurs de romaine ou pommes de terre 20067389001_EA/21247299001_EA/21247300001_EA



2⁹⁹

283 G



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



1⁷⁹

LB



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

4⁹⁹

2 LB BAG



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

2⁴⁹

397 G



PC® COLESLAW or GARDEN SALAD product of U.S.A. salade de chou ou jardinière 21204248_EA/21204304_EA

340 G

4⁹⁹

200-225 G



PC®, BLUE MENU® or WONDERFUL PISTACHIOS selected varieties, product of U.S.A. pistaches 20940332_EA/20339219_EA

4⁹⁹

1 LB CLAMSHELL



ZESPRI SUNGOLD KIWI product of New Zealand kiwi 21111368001_EA

PRICE DROP

1⁹⁹



BROCCOLI CROWNS product of Ontario couronnes de brocoli 21121560001_EA

3⁹⁹

PKG OF 4



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

.99

LB



GREEN CABBAGE product of Ontario, Canada no. 1 grade chou vert 2.18/kg 20793054001_KG



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

NFO 2_rad24/08/2026_ON

LOCAL AT LOW PRICES

Featured growers from **Ontario**

The name says it all! Fresh root veggies
from their family to yours.



Paint Court, Ontario

Find additional produce
from local growers in store.



3 LB BAG

2⁹⁹

**FARMER'S MARKET™ CARROTS
or YELLOW ONIONS**
product of Ontario, Canada no. 1 grade
carottes ou oignons jaunes
20600927001_EA/20811994001_EA



6⁹⁹



3 L

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



5⁹⁹



1.5 L

**BLUE PLUMS or FARMER'S MARKET™
YELLOW NECTARINES**
product of Ontario, Canada no. 1 grade
prunes bleues ou nectarines jaunes
20911284001_EA/20905336001_EA



2⁹⁹
LB



**ORANGE, RED or YELLOW
SWEET FIELD PEPPERS**
product of Ontario
poivrons
6.59/kg
20166880001_KG/20007535001_KG



4⁹⁹



2 L

BLUE GRAPES product of Ontario,
no. 1 grade or **FARMER'S MARKET™
BARTLETT PEARS**
product of Ontario, Canada no. 1 grade
raisins bleus
20917963001_EA/21111368001_EA



12⁹⁹



**APPROX
11 LB CASE**

EGGPLANT
product of Ontario
aubergine
20877654001_EA



4⁹⁹



3 L

DILL CUCUMBERS
product of Canada or
SMALL WHITE POTATOES
product of Canada, Canada no. 1 grade
concombres à mariner ou
petites pommes de terre blanches
20062076001_EA/20185658001_EA



10⁹⁹



**APPROX
13 LB CASE**

GREEN PEPPERS
product of Ontario
poivrons verts
20044159_EA

9⁴⁸



PC® OUTDOOR FALL MUMS
selected varieties
9.5 inch
chrysanthèmes d'automne
d'extérieur
20213995_EA

MAY NOT BE AVAILABLE AT ALL LOCATIONS



1⁴⁹
LB



FIELD TOMATOES
product of Ontario,
Canada no. 1 grade
tomates des champs
3.28/kg
20025417001_KG



5⁹⁹



340 G

STRAWBERRIES
product of Ontario,
Canada no. 1 grade
fraises
21194339001_EA



.99



GREEN ONIONS
product of Ontario
oignons verts
20107500001_EA

NOFRILLS®

FRESH AT LOW PRICES

\$4

LEAN GROUND PORK
fresh
450 g
porc haché maigre
21646160_EA

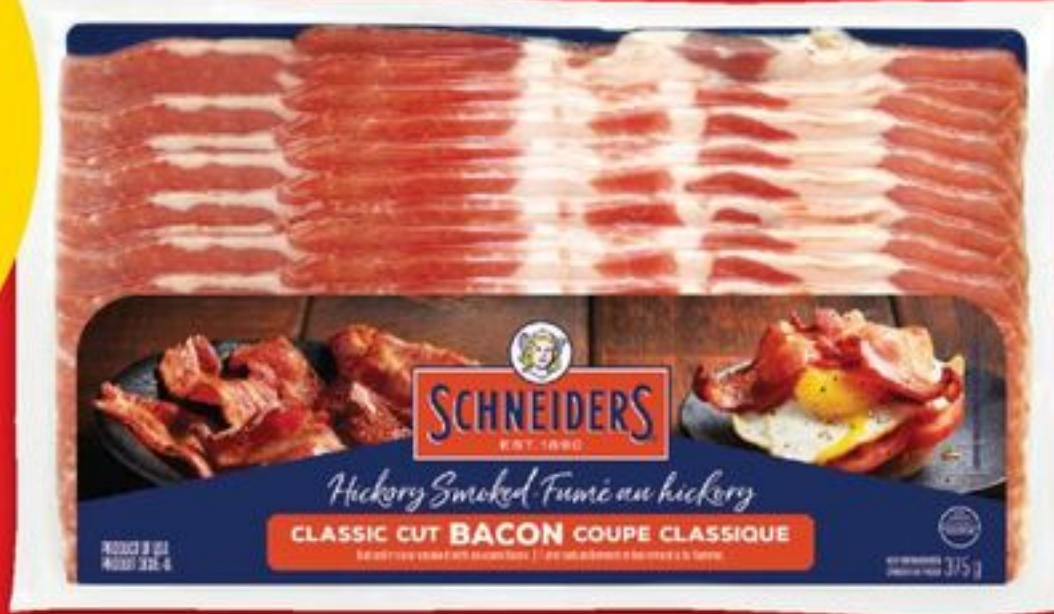


\$9

PC® BLUE MENU® GROUND CHICKEN or
MINCED TURKEY
454 g
poulet haché ou hachis de dinde
21100092_EA

3⁹⁵

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



6⁴⁹

MAPLE LODGE FARMS ULTIMATE CHICKEN BREAKFAST SAUSAGES
selected varieties
375 g
saucisses de poulet à déjeuner
21539969_EA

12⁹⁹

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
21041735_EA



11⁹⁹

MARCANGELO PORK SAUSAGES or **MEATBALLS**
value pack, fresh
selected varieties
1 kg
20867488_EA



App exclusive offer

Optimum™

\$7

Earn
3,000
pts

That's
\$3
value



ZIGGY'S® SUB TRIO SLICED DELI MEAT
selected varieties
300 g
trio de tranches pour
sous-marin
21596517_EA

\$2⁵⁰

Earn
1,000
pts

That's
\$1
value



Optimum™

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

2⁵⁰

GO WHITE SHRIMP
COOKED 61-90 per lb or RAW 51-70 per lb
frozen, 160 g
crevettes
21208591_EA/21208596_EA



\$8

SEAQUEST® PACIFIC WHITE SHRIMP
frozen
16-20/lb, 300 g
crevettes
21043887_EA



9⁹⁹

LOU'S BEEF, CHICKEN or
PORK FULLY COOKED ENTRÉES
selected varieties, fresh, 375/400 g
plats cuisinés
20078077_EA/21740369_EA



4⁵⁰

ZIGGY'S® FRESH PASTA 600 g,
MOISHES SALADS 454 g or
SWISS CHALET SALADS
400/454 g, selected varieties
pâtes ou salades fraîches
21522093_EA/21672121_EA



\$6

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



6⁵⁰

LILYDALE CARVED MEATS 300 g,
SLICED DELI MEAT 400/500 g or
PILLER'S SALAMI or **SLICED
DELI MEAT DUOS** 300/350 g, selected varieties
poulet ou dinde, salami ou duos de viande
21206377_EA/21624509_EA



2⁴⁸

SUNRISE TOFU
selected varieties
350-500 g
tofu
20022239_EA/20570507_EA



2⁴⁸

NO NAME® BREAD
selected varieties
675 g
pain
21509822_EA



5⁵⁰

FARMER'S MARKET® COOKIES 12's or 8 INCH
PIES 680/750 g
selected varieties
biscuits ou tartes
20566295_EA/21297473_EA



OLYMEL®

2⁵⁰

OLYMEL BOLOGNA
250 g
bologna
21760882_EA



\$8

OLYMEL MEAT PROTEINS
400/450 g
protéines de viande
21743731_EA/21743906_EA



\$8

PINTY'S CHICKEN STRIPS
or **FLINGS** 450 g
lanières ou morceaux de poulet
21732983_EA



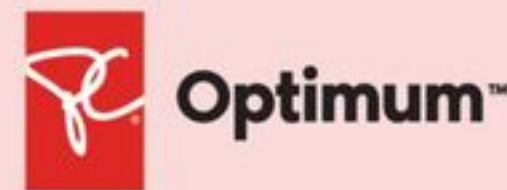
NFO 3_rad24/08/2026_ON

App exclusive offer



PILLSBURY FROZEN ITEMS 326-760 g (excludes 1.59-2.8 kg sizes) or
PILLSBURY REFRIGERATED DOUGH 200-496 g
selected varieties
produits surgelés ou pâte réfrigérée
20172664001_EA/21436071_EA

Moredays



Moredays™

AUGUST 27 - SEPTEMBER 2

Earn
5,000
pts

For every \$10*
spent

That's
\$5
value

App exclusive offer



Earn
4,000
pts

For every \$10*
spent

That's
\$4
value

EGGO WAFFLES 280-560 g, **NUTRI-GRAIN** 295 g,
POP TARTS 384 g, **SPECIAL K BARS** 125-165 g or
RICE KRISPIES SQUARES 154-352 g
selected varieties
gaufres ou pâtisseries ou barres ou carrés
20099730004_EA/20126567001_EA/20302779_EA/21290111_EA

App exclusive offer



\$2.99

Earn
1,500
pts

That's
\$1.50
value

PKG OF 6

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

App exclusive offer



Earn
5,000
pts

For every \$10*
spent

That's
\$5
value

**NATURE VALLEY PROTEIN, LUNCH BOX,
CRUNCHY, TRAIL MIX, BISCUITS or SWEET & SALTY**
selected varieties
130-210 g
barres ou biscuits
20315520005_EA/20686988001_EA

App exclusive offer



Earn
5,000
pts

For every \$9*
spent

That's
\$5
value

**CHAPMAN'S SUPER PREMIUM
PLUS ICE CREAM**
selected varieties, frozen
500 mL
crème glacée
21511147_EA

App exclusive offer



\$4

Earn
1,500
pts

That's
\$1.50
value

PC® MINI MUFFINS
selected varieties, 12's
mini-muffins
21488839_EA

App exclusive offer



\$4.50

Earn
1,500
pts

That's
\$1.50
value

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

App exclusive offer



Earn
5,000
pts

For every \$10*
spent

That's
\$5
value

BOVRIL LIQUID BOUILLON
250 mL, **KNORR CUBES** 63/69 g,
DRY SAUCE MIX 17-48 g, **ZERO**
SALT 72 g, **OXO** 72/225 g or
VELOUTINE GRAVY MIX 250 g
selected varieties
bouillon ou mélange à sauce ou
épaississant pour sauce
20069590_EA/20311529001_EA/20323323004_EA



Earn
3,000
pts

For every \$10*
spent

That's
\$3
value

**BETTY CROCKER PREMIUM
BAKING MIXES or FROSTING**
selected varieties
263-550 g
mélanges à gâteau ou glaçage
20136507001_EA/20325452001_EA



Earn
3,000
pts

For every \$10*
spent

That's
\$3
value

**FRENCH'S, FRANK'S or
CHOLULA SAUCE**
selected varieties
150 mL-1 L
moutarde ou sauce piquante
20083238_EA/20187632001_EA/21392271_EA



Earn
3,000
pts

For every \$12*
spent

That's
\$3
value

**SIMPLY LEMONADE or
JUICE DRINKS**
selected varieties, refrigerated
1.5 L
limonade ou boissons
21170784_EA/21170793_EA



\$4

Earn
1,000
pts

when you
buy 2

That's
\$1
value

**ORVILLE REDENBACHER MICROWAVE
POPCORN** 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs soufflé ou grains
20308686_EA/20629532003_EA



Earn
4,000
pts

For every \$10*
spent

That's
\$4
value

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



\$10

Earn
1,000
pts

That's
\$1
value

GENERAL MILLS JUMBO CEREAL
selected varieties, 825 g-1.3 kg
céréales
20679390_EA/21347133_EA



\$5.49

Earn
1,000
pts

That's
\$1
value

PRANA ORGANIC GRANOLA
selected varieties
300 g
granola
21393188_EA

NFO 4_rnd24/08/2026_ON

FLYER PRICES EFFECTIVE THURSDAY, AUGUST 27 TO WEDNESDAY, SEPTEMBER 2, 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.



CUSTOMER RELATIONS 1-866-98-SMILE (764533)

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



Moredays



Moredays™

AUGUST 27 - SEPTEMBER 2, 2026

Get
\$8.49

Get
1,500
pts

That's
\$1.50
value



TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.63 L
jus d'orange

20119736001_EA



OASIS SMOOTHIE
selected varieties, refrigerated
4x300 mL
boissons fouettées

21741929_C04/21742032_C04

\$7

Get
1,000
pts

That's
\$1
value

Get
3,500
pts

For every \$15*
spent

That's
\$3.50
value



CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING
selected varieties and sizes
épices ou assaisonnements ou extraits ou colorants alimentaires

20134601_EA/20308006002_EA/20321740001_EA



CAVENDISH FARMS CLUB PACK
selected varieties, frozen
1-2.25 kg
quartiers de pommes de terre

20728378_EA

\$8

Get
1,000
pts

That's
\$1
value



Get
3,000
pts

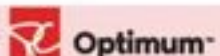
For every \$15*
spent

That's
\$3
value



CETAPHIL FACE or BABY PRODUCTS
all sizes & varieties
produits pour le visage ou bébé

21115535_EA/21718816_EA



Get
3,000
pts

For every \$15*
spent

That's
\$3
value



AVEENO BODY LOTION, FACE CARE, SUNSCREEN, BODY WASH or BABY TOILETRIES
all sizes and varieties
lotion pour le corps ou soins pour le visage ou écrans solaires ou nettoyant pour le corps ou articles de toilette pour bébé

20102023001_EA/20157402002_EA



Get
2,500
pts

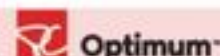
For every \$10*
spent

That's
\$2.50
value



AXE or DEGREE BODY WASH or DEODORANT or VASELINE HAND or BODY LOTION or PETROLEUM JELLY
selected varieties and sizes
nettoyant pour le corps ou déodorant ou lotion pour les mains ou le corps ou gelée de pétrole

20296452001_EA/20304331002_EA/21042611_EA/21085011_EA



Get
5,000
pts

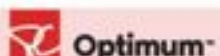
For every \$30*
spent

That's
\$5
value



FINISH or ADDITIVES
selected varieties
détergent pour lave-vaisselle

21561337_EA/21737252_EA



Get
3,000
pts

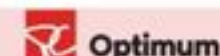
For every \$10*
spent

That's
\$3
value



SCENTIVA SPRAY 709 mL, WIPES 75's or TOILET BOWL CLEANER 709 mL
selected varieties
vaporisateur ou lingettes ou nettoyant à cuvette

21734510_EA/21734618_EA



Get
5,000
pts

For every \$15*
spent

That's
\$5
value



LYSOL CLEANING PRODUCTS
all sizes and varieties
produits nettoyants

20310677001_EA/21238361_EA/21449826_EA



Get
20,000
pts

For every \$40*
spent

That's
\$20
value

SWIFFER PRODUCTS
selected sizes and varieties
produits

20900161_EA/21627654_EA/21629789_EA



App exclusive offer

Get
4,000
pts

For every \$10*
spent

That's
\$4
value



DOWNY PURIFYING RINSE or UNSTOPPABLES UNLIMITED COLLECTION SCENT BOOSTER
all sizes and varieties
rinçage purifiant ou rehausseur de parfum

21738731_EA/21635322_EA



App exclusive offer

Get
8,000
pts

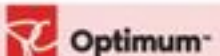
For every \$20*
spent

That's
\$8
value



IAMS CAT or DOG FOOD
selected varieties
900 g-13.6 kg
nourriture pour chats ou chiens

21027553_EA/21659684_EA



Get
5,000
pts

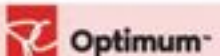
For every \$12*
spent

That's
\$5
value



LISTERINE MOUTHWASH
selected varieties
1 L
rinçage-bouche

21091218_EA/21091222_EA



Get
4,000
pts

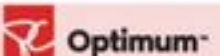
For every \$20*
spent

That's
\$4
value



ALL CREST TOOTHPASTE, SCOPE MOUTHWASH or ORAL-B PRO 300 TOOTHBRUSHES, OLD SPICE, AUSSIE, PANTENE, GILLETTE, SECRET, IVORY, OLAY & JOY PRODUCTS
excludes electric shave products
rinçage-bouche

20948747_EA/21163485_EA/21431192_EA/21716909_EA



Get
12,000
pts

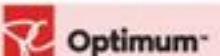
For every \$30*
spent

That's
\$12
value



TYLENOL or REACTINE PRODUCTS
selected varieties and sizes
analgésique ou médicament contre les allergies

20310804002_EA/20329139001_EA



Get
7,500
pts

For every \$20*
spent

That's
\$7.50
value



CENTRUM, EMERGEN-C, NEOCITRAN, VOLTAREN, ADVIL, TUMS, BENEFIBER, SENSODYNE, POLIDENT or POLIGRIP PRODUCTS
selected varieties and sizes
produits

21719594_EA/21235884_EA/20301179003_EA/21372442_EA/21223300_EA

AUGUST

**HIT
OF THE
MONTH**



\$1.75

Nestle Kit Kat, Aero or Crunch tablets

Selected varieties, 95 - 105 g

Limit: 6, over limit retail \$2.50

20640580_EA / 21648521_EA



\$1.88

**Christie Triscuits, Good Thins
or Wheat Thins Crackers**

Selected varieties, 100 - 200 g

Limit: 6, over limit retail \$3.00

21030647_EA / 21547049_EA



\$3.50

**Bolthouse Farms Smoothies
or Juice**

Selected varieties, 946 ml

Limit: 6, over limit retail \$4.50

20280429_EA / 20316397_EA



\$3.50

**Clif ZBar 5x36 g
or Clif Energy Minis 5x28 g**

Selected varieties

Limit: 6, over limit retail \$5.00

21729442_EA / 20872366003_EA

**LOWEST PRICES
BEST DEALS**

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

FLORAL DEALS

\$10

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



\$20

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



\$10

SUNFLOWERS
tournesols
21620052_EA



BRANDS YOU LOVE AT LOW PRICES

\$7

LIBERTÉ GREEK 650/750 g,
MEDITERRANÉE 900 g or **YOPLAIT**
SOURCE 16x100 g **YOGURT**
selected varieties
yogourt
20317317001_EA/20642273_EA



\$6

SAPUTO
MOZZARELLISSIMA 500 g
or **ARMSTRONG**
SHREDDED CHEESE
250-320 g, **ARMSTRONG**
CHEESE 400 g
selected varieties
fromage
20759241002_EA/21346749_EA



5.50



DR OETKER GIUSEPPE THIN CRUST
or **RIISING CRUST PIZZA**
selected varieties, frozen
480-785 g
pizza
21106361_EA



2.50

NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure
20299657_EA

\$8

HIGH LINER
FAMILY FISH
selected varieties, frozen
315-700 g
poisson
20303206001_EA



9.99



BASKIN ROBBINS
ICE CREAM 946 mL or
SANDWICHES 4's
selected varieties, frozen
crème glacée ou sandwichs
21721501_EA/21721551_EA

5.97



KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA

4.50



CHRISTIE FAMILY SIZE COOKIES 374-488 g
or **CAKESTERS** 285 g
selected varieties
biscuits
21014087_EA/21520747_EA

1.50



SNACK PACK
PUDDING or
JUICY GELS
selected varieties
4x99 g
pouding ou gelée
20310707001_EA/20310707006_EA

\$1



CAMPBELL'S
CONDENSED SOUP
selected varieties
284 mL
soupe condensée
20176214004_EA/21690590_EA

6.50



BUBLY 12x355 mL or **MONTELLIER**
10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante
21096722_C10/21097177_C12

12.99



PEPSI **SOFT DRINKS**
selected varieties
24x355 mL
boissons gazeuses
20306687002_C24

\$1



NO NAME® CHUNK or
FLAKED LIGHT TUNA
selected varieties, 170 g
thon pâle
20521647_EA/20521648_EA

2.50



BEN'S ORIGINAL
BISTRO EXPRESS
RICE
selected varieties
240/250 g
riz
21405242_EA/21405476_EA

3.99



OLD EL PASO **DINNER KIT**
selected varieties, 250-310 g
trousses-repas
20793334_EA

\$5



NO NAME® INSTANT COFFEE 150 g
or **HOT CHOCOLATE MIX** 500 g
selected varieties
café instantané ou
mélange à chocolat chaud
21180125_EA/20760278_EA

\$5



BONNE MAMAN
JAM
selected varieties
250 mL
confiture
20307313001_EA/20307313006_EA

\$3



KELLOGG'S NUTRI-GRAIN
BAR 295 g, **POP-TARTS** 384 g,
RICE KRISPIES SQUARES
154-198 g or **SPECIAL K** **FRUIT**
CRISPS 125 g, selected varieties
barres ou pâtisseries ou carrés ou
barres croustillantes
20126567001_EA/21290111_EA

NEW
LOWER
PRICES

2.50



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

\$5



NESTLÉ CONFECTIONARY FROZEN
DESSERT 1.5 L or **NOVELTIES** 4-10's
selected varieties, frozen
dessert glacé ou friandises glacées
21583194_EA/20324737003_EA

\$2



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

\$4



MARZETTI DIPS
product of U.S.A., selected varieties
trempettes
20204684_EA/20222970_EA

BRANDS YOU LOVE AT LOW PRICES

3²⁷



ASTRO YOGURT TUBS 650/750 g,
iögo YOGURT TUBS 650 g or
NANO POUCHES 4x90 g
selected varieties
yogourt
20165226001_EA/21719786_EA



5⁹⁹

PHILADELPHIA CREAM CHEESE
selected varieties
450 g
fromage à la crème
20866923001_EA

5⁵⁰



CHAPMAN'S FROZEN YOGURT or SORBET
selected varieties, frozen
2 L
yogourt surgelé ou sorbet
20314434001_EA/20529120001_EA



\$4

HEALTHY CHOICE VH STEAMERS or SIMPLY DINNER ENTRÉES
selected varieties, frozen
255-306 g
plats cuisinés
21406269_EA

\$5



INTERNATIONAL DELIGHT COFFEE ENHANCERS 946 mL or
COLD FOAM 396 g
selected varieties
colorants à café ou
mousse froide
21439783_EA/21629959_EA

6²⁵



ALLEN'S DRINK BOXES 24x200 mL or
GATORADE SPORT DRINKS 6x591 mL/8x355 mL
selected varieties
boissons en boîte ou boissons désaltérantes
20303218003_C06/20340520_EA

3⁵⁰



GOGO SQUEEZ FRUIT SAUCE
selected varieties
4x90 g
collations aux fruits
20322697002_EA

\$2



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or
FRUITE BEVERAGES 1 L
selected varieties
boissons
20340058003_EA/20894117004_EA

\$2



COCA-COLA SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20311362001_EA/20316026002_EA

1⁷⁹



CAMPBELL'S BROTH or CONCENTRATED BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA

5⁵⁰



KELLOGG'S FAMILY SIZE CEREAL
selected varieties
450-650 g
céréales
20054727_EA/21651640_EA

2⁵⁰



TOWNHOUSE 247-391 g
or **CHEEZ-IT SNAP'D CRACKERS** 213 g
selected varieties
craquelins
21107403_EA/21451181_EA

3²⁵



MUTTI FINELY CHOPPED TOMATOES 796 mL
or **MARIO'S COOKED HAM** 340 g
tomates ou jambon cuit
21598454_EA

\$2



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

2⁵⁰



KRAFT BBQ SAUCE
selected varieties
455 mL
sauce barbecue
20627619007_EA

4²⁹



NO NAME® CANOLA or VEGETABLE OIL
946 mL
huile de canola ou
végétale
20088990_EA/20768660_EA

10⁹⁹



MAZOLA CORN OIL
2.84 L
huile de maïs
20015260_EA

2⁵⁰



CATELLI HEALTHY HARVEST or SMART PASTA
selected varieties
340/375 g
pâtes
20299819009_EA/20527060_EA



Get
6,000
pts

For every \$20*
spent on

That's
\$6
value

NESTLÉ ASSORTED MINI CHOCOLATE TREATS
selected varieties
50's/100's
gâteries au chocolat
21570808_EA/21595523_EA



BRANDS YOU LOVE
AT LOW PRICES

6⁹⁹

IMPERIAL MARGARINE
selected varieties
1.2/1.36 kg
margarine
21747537_EA



\$7

STOK COLD BREW COFFEE 1.42 L or **STARBUCKS ICED COFFEE, COLD BREW** or **ICED ESPRESSO** 1.18/1.42 L
selected varieties
café glacé
21203739_EA/21215530_EA

2⁵⁰

HELIVA GOOD! DIPS
selected varieties
250 g
trempelettes
20179979002_EA



\$6

KELLOGG'S EGGO WAFFLES or **PANCAKES**
selected varieties, frozen
240-560 g
gaufres ou crêpes
20099730004_EA/21639330_EA

3⁵⁰



GENERAL MILLS CEREAL
selected varieties
300-437 g
céréales
21213662_EA/21715929_EA

4⁵⁰



SILK OAT or **ALMOND BEVERAGES**
selected varieties
1.75/1.89 L
boisson sans produits laitiers aux
amandes ou avoine
20315090001_EA

\$6



PC ORGANICS KEFIR
selected varieties
1 L
kéfir
20944278_EA

4⁵⁰



CRAVE DINNER ENTRÉES
200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g
selected varieties, frozen
plats cuisinés
21085515_EA

2⁷⁵



CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
21358407_EA/21361508_EA

\$4



DORITOS or **TOSTITOS TORTILLA CHIPS**
selected varieties
210-295 g
croustilles de tortillas
21050575_EA/21693042_EA

4⁵⁰



SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20785418001_EA

\$5



LINDT EXCELLENCE CHOCOLATE BARS
selected varieties
50-100 g
barres de chocolat
20312527009_EA/20312527015_EA

2⁷⁸



LANTIC SUGAR
selected varieties
1 kg
sucre
20016320_EA/20169394_EA

\$8



NO NAME SULTANA RAISINS, SWEETENED DRIED CRANBERRIES or **WHOLE PITTED DATES**
Club Size, selected varieties
750 g/1 kg
raisins secs ou canneberges ou dattes
dénoyautées
20647009_EA/20647525_EA

2²⁹



NO NAME GRANOLA BARS
selected varieties
130-175 g
barres granola
20915354_EA/21540823_EA

\$4



BELSOY PUDDING
selected varieties
4x125 g
pouding
20151398003_EA

19⁹⁹



NABOB GROUND COFFEE
selected varieties
930 g
café moulu
20074173002_EA

5⁹⁹



TAZO TEA CONCENTRATE 946 mL or **LIPTON TEA** 200 g
selected varieties
thé
21295930_EA/21593297_EA

6⁴⁹



NESCAFÉ RICH 100-170 g or **SWEET & CREAMY** 16/18's
INSTANT COFFEE
selected varieties
café instantané
20873036_EA

\$7



ZEVIA ZERO SUGAR SODA
selected varieties
6x335/355 mL
soda zéro sucre
21723230_C06/21739484_C06

BRANDS YOU LOVE AT LOW PRICES

\$6



LYSOL WIPES 75/84's, **DISINFECTANT SPRAY** 350 g, **MULTI-PURPOSE TRIGGER** 950 mL or **EASY-OFF OVEN CLEANER** 475 mL/400 g selected varieties
lingettes ou vaporisateur désinfectant ou nettoyeur
20318168001_EA/21449826_EA

\$4



MR. CLEAN ALL PURPOSE CLEANER 1.21 L, **FEBREZE AIR** 230 g, **BATHROOM** 7.5 mL, **CAR AIR FRESHENER** 2 mL or **MAGIC ERASER** 2's selected varieties
nettoyant ou désodorisant ou effaceur magique
21700198_EA/21700210_EA/21735410_EA

\$11



AIR WICK SCENTED OIL REFILL 2x20 mL, **VIBRANT STARTER KIT** 23.9 mL or **REFILL** 2x23.9 mL or **ESSENTIAL MIST STARTER KIT** 20 mL selected varieties
recharge d'huile parfumée ou trousse de départ ou recharge
20324301001_EA/21657585_EA/21661100_EA



NO NAME® ALL PURPOSE SPONGE 4's or **HEAVY DUTY SPONGE** 2's, **SPIRAL SCRUBBER**, **REUSABLE ALL PURPOSE CLOTHS** 10's, **DISINFECTANT MULTI PURPOSE SPRAY** 650 mL or **TOILET BOWL CLEANER** 710 mL selected varieties
éponge ou chiffons ou nettoyeur ou désinfectant ou nettoyeur
20181003_EA/21207721_EA

\$3

1.29



NO NAME® GEL CONE AIR FRESHENER selected varieties
170 g
assainisseur d'air
21405442_EA/21405448_EA

4.50



CLOROX BLEACH selected varieties
2.4 L
eau de Javel
21283179_EA

\$10



TIDE SIMPLY LIQUID LAUNDRY DETERGENT 2.72 L, **FLEECE FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's selected varieties
détergent ou assouplissant
21311739_EA/21671020_EA

\$5



TIDE 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
assouplissant ou rinçage purifiant ou rehausseur de parfum ou feuilles ou capsules de détergent pour lave-vaisselle
20301481001_EA/21553274_EA

\$8



PC® HEAVY-DUTY FREEZER BAGS selected varieties
10-38's
sacs à congélation
21160679_EA

\$8



PC® DINNER NAPKINS 180's
serviettes de table
20084398_EA

\$15



CASCADE AUTO DISHWASHER TABS selected varieties
30-45's
capsules de détergent pour lave-vaisselle
20660832001_EA/21307156_EA

.90



PURINA FANCY FEAST or FRISKIES WET CAT FOOD selected varieties
85/156 g
nourriture humide pour chats
20302296001_EA/20319637006_EA

2.69



TEMPTATIONS CAT TREATS, CREAMY PURRR-EE or LICKABLE SPOONS selected varieties
40-180 g
gâteries pour chats
20298151001_EA/21479803_EA

\$10



NO NAME® SCOOPABLE CLUMPING CAT LITTER selected varieties
18 kg
litière agglomérante pour chats
20177169002_EA

2.50



DEGREE DEODORANT selected varieties
48-85 g
déodorant
20296452001_EA/20304331002_EA

HOT FINDS

Savings like these are kind of a big deal.



NO NAME® FOOD STORAGE CONTAINERS selected varieties
conteneurs de rangement pour aliments
20061485_EA/20189239_EA



EVERYDAY ESSENTIALS™ 3-PIECE KNIFE SET ensemble de couteaux
21724433_EA



EVERYDAY ESSENTIALS™ 12 INCH NON STICK SKILLET poêlon antiadhésif
21345661_EA



SISTEMA 6 PIECE STARTER KIT contenants
21758105_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!

CLICK FOR
THESE COUPONS
AND MORE



Members
get over

\$40

in value

Optimum™



**NO NAME®
NATURALLY
IMPERFECT®
FROZEN
FRUIT**
2 kg
fruits surgelés
21480144_EA

Get
3,000
pts
Until September - 9 - 2026

Optimum™



**NO NAME®
ICE CREAM
SANDWICHES
or BARS**
24/30's
sandwichs à la crème
glacée ou barres
21013432_EA

Get
3,000
pts
Until September - 9 - 2026

Optimum™



**PC®
BRIOCHE
BUNS**
6's
petits pains
brioches
21094319_EA

Get
750
pts
Until September - 9 - 2026

Optimum™



**NO NAME® FULLY COOKED,
BREADED CHICKEN BURGERS**
908 g
burgers de poulet
21178761_EA

Get
1,200
pts
Until September - 9 - 2026

Optimum™



**NO NAME® FISH FILLETS,
BURGERS or STICKS**
454 g
filets de poisson ou burgers ou bâtonnets
21672264_EA/ 21672371_EA/21672358_EA

Save
\$1
with digital
coupon

Optimum™



NO NAME® CHICKEN WIENERS
1.5 kg
saucisses fumées de poulet
21414691_EA

Get
1,200
pts
Until September - 9 - 2026

Optimum™



**FOR EVERY \$30* SPENT
ON FRUITS AND VEGETABLES**
all sizes and varieties
des fruits ou légumes
20067326001_EA

That's
\$4.50
value
Get
4,500
pts
Until September - 9 - 2026

Optimum™



GET'EMS! SNACKS FOR KIDS
all sizes and varieties
collations pour enfants
21720363_EA

Save
\$2
with digital
coupon

Optimum™



KNORR CUPS
all sizes and varieties
contenants de soupe
21564314_EA

Save
\$1
with digital
coupon

Optimum™



NESTLÉ SNACK PACK
12's
collations
21719355_EA

Save
\$1.50
with digital
coupon

Optimum™



**BLACK DIAMOND
CHEESTRINGS** 504 g
fromage effilochable
21742789_EA

Save
\$2
with digital
coupon

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Get
1,000
pts

Until September - 9 - 2026

PC® ORANGE JUICE
2.5 L
jus d'orange
21531644_EA

Optimum™



Get
7,000
pts

Until September - 9 - 2026

NO NAME® COFFEE PODS
102's
capsules de café
21593380_EA

Optimum™



Get
2,000
pts

Until September - 9 - 2026

NO NAME® HONEY
1 kg
miel
20129324_EA

Optimum™



Get
1,500
pts

Until September - 9 - 2026

NO NAME® OLIVE OIL
750 mL
huile d'olive
20160496002_EA

Optimum™



Get
500
pts

Until September - 9 - 2026

PC® NUTRITION FIRST CANNED CAT FOOD
85 g
nourriture en conserve pour chats
21618536_EA

Optimum™



Get
5,000
pts

Until September - 9 - 2026

PC® LAMB, BROWN RICE & PEA DOG FOOD
14 kg
nourriture pour chiens
21304669_EA

Optimum™



Get
3,000
pts

Until September - 9 - 2026

PC® SOFT DRINKS
all sizes and varieties
boissons gazeuses
20690671001_EA

That's
\$3
value

Optimum™



Save
\$2

with digital coupon

SNUGGLE
2.77 L
assouplissant
21658148_EA

Optimum™



Save
\$2.50

with digital coupon

PERSIL
1.86 L
détergent à lessive
21658255_EA

3⁹⁹

KIKKOMAN SWEET AND SOUR SAUCE
290 mL
sauce aigre-douce
21569945_EA



KIKKOMAN®



4⁹⁹

KIKKOMAN TERIYAKI SAUCE
591 mL
sauce teriyaki
20320129_EA

4⁹⁹

KIKKOMAN SOY SAUCE
selected varieties
591 mL
sauce soya
20139275_EA/21456720_EA



3⁹⁹

KIKKOMAN STIR-FRY SAUCE
285 mL
sauce à sauté
20038884_EA

.99

LEE KUM KEE SEAFOOD HOT POT SOUP BASE
selected varieties
40 mL
base de soupe pour la fondue chinoise aux fruits de mer
21384051_EA



5⁹⁸

LEE KUM KEE CHILI OIL 205 g
or **SRIRACHA MAYO** 445 mL
huile de chili ou
mayonnaise à la sriracha
20775047_EA/21367021_EA

3⁷⁸

LEE KUM KEE HOISIN
445 mL or **PANDA OYSTER SAUCE** 510 g
sauce hoisin ou aux huîtres
20045048_EA/20139600_EA



5⁸⁸

LEE KUM KEE SESAME OIL 445 mL
or **SOY SAUCE** 1.9 L
huile de sésame ou
sauce soya
20165080_EA/20703390_EA

4⁹⁹

HEIWA SANUKI-STYLE UDON
frozen
1.25 kg
udon
20570578_EA



2⁴⁹

HEIWA JAPCHAE 38 g
or **TOPOKKI** 120 g
selected varieties
nouilles instantanées ou
galettes de riz instantanées
21694195_EA/21694204_EA

13⁹⁹

HEIWA CALROSE RICE
6.8 kg
riz
20570505_EA



2⁸⁸

HEIWA PANKO JAPANESE-STYLE BREAD CRUMBS
227 g
chapelure panko
20850403_EA

6⁴⁹



\$6



T&T® BBQ PORK STEAMED BUNS
frozen
540 g
petits pains au porc BBQ
21495784_EA

4²⁹

T&T® KALBI or BULGOGI MARINADE
765 mL
marinade pour kalbi ou bulgogi
20844590_EA



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

**GOLDEN
YUANBAO
PINEAPPLE CAKE**
400 g
gâteau à l'ananas
21737722_EA



**TASTIE MOONCAKE
WITH WHITE LOTUS
PASTE AND DOUBLE
YOLKS**
640 g
gâteau de lune
21465372_EA/21465403_EA

**ONLY INFO FLAP ET**

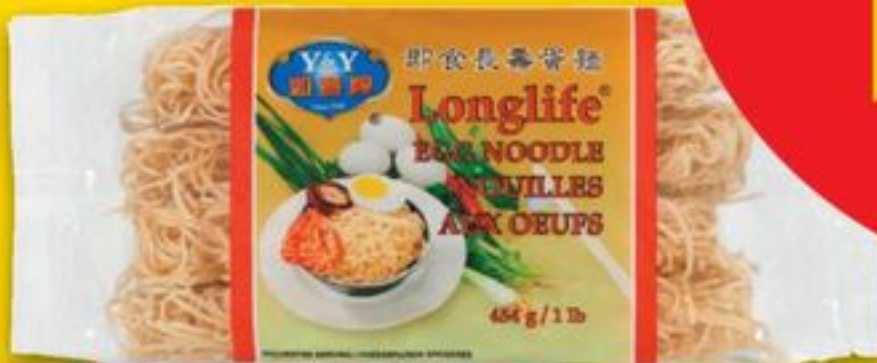
EAST ASIAN FLAVOURS AT LOW PRICES

4⁴⁹



LOTTE MOCHI
selected varieties, frozen
270 mL
friandises glacées
21247111_EA

1⁹⁹



**Y&Y RICE STICKS,
VERMICELLI or
EGG NOODLES**
selected varieties
400/454 g
nouilles de riz ou
vermicelles ou
nouilles aux œufs
21307558_EA/21309471_EA

7⁹⁹



ROOSTER® MILLET
2 kg
millet
21047837_EA



4⁴⁹

**CHAROEN POKPHAND
ENTRÉES**
selected varieties, frozen
250-350 g
plats cuisinés
20958324_EA

4⁸⁸



**SUNRISE
SOY BEVERAGE**
selected varieties
1.89 L
boisson de soya
20362209002_EA

6⁴⁹



M.Y. SAN SKYFLAKES CRACKERS
selected varieties
800 g
craquelins
21176798_EA

2⁹⁹



MAGGI SEASONING
200 mL
assaisonnement
20123023_EA

12⁹⁹



T&T® CASHEWS
selected varieties
800 g
noix de cajou
20807760_EA

1⁹⁹
LB



**BABY BOK CHOY, BABY NAPA
CABBAGE, GAILÓN, SHANGHAI
BOK CHOY or YU CHOY**
product of Canada
brocoli chinois ou chou napa
4.39 kg
20082279001_KG/20003604001_KG/ 0171853001_KG

1⁹⁹
LB



GINGER ROOT product of China or
LONG EGGPLANT
product of Canada
racine de gingembre ou aubergine longue
4.39 kg
20179038001_KG/20159013001_KG

.99
LB



**NAPA or TAIWANESE
CABBAGE**
product of Canada
chou
2.18 kg
20015025001_KG/20020863001_KG

.99
LB



DAIKON product of Canada or
JUMBO CARROTS
product of china
daikon ou carottes
2.18 kg
20082109001_KG/20082109001_KG

5⁴⁸
LB



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

5⁵⁰



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

4⁸⁸



ROOSTER® KIMCHI
400 g
kimchi
21040695_EA

1⁵⁰



**SUNRISE SOFT or
DESSERT TOFU**
selected varieties
150/300 g
tofu mou ou tofu dessert
20135704_EA/20569354_EA

HAPPY RAKHI!

रक्षाबंधन की शुभकामनाएं!



\$2



DARE REAL FRUIT GUMMIES
selected varieties
180 g
friandises aux fruits
21391610_EA/21391723_EA

7⁹⁹



BRAR'S RASMALAI
selected varieties, frozen
850 g
rasmalai
20286980002_EA

2⁶⁹



PRAN SAMOSAS or VEGETABLE SPRING ROLLS
selected varieties, frozen
400 g
samosas ou rouleaux de printemps aux légumes
21054779_EA/21054846_EA



PRANA PLAIN PARATHA
frozen
2.4 kg
paratha nature
21172364_EA

8⁹⁹

.99



BRITANNIA GOOD DAY BISCUITS or COOKIES
selected varieties
75 g
biscuits
20840892001_EA

1⁵⁰



KURKURE SNACKS
selected varieties
115 g
collations
20659742_EA

10⁹⁹



DABUR HONEY
500 g
miel
20802858_EA

5⁹⁹



SHER BESAN
1.81 kg
farine de pois chiches
20869922_EA

3⁴⁹



MAGGI SAUCE
selected varieties
340 mL
sauce
20692987_EA/20693317_EA

2⁹⁹



SKITTLES or STARBURST CANDY
selected varieties
130-170 g
friandises
21645665_EA/21647110_EA

3⁷⁹



FERRERO ROCHER CHOCOLATE BARS
selected varieties
90 g
barres de chocolat
21428863_EA/21428865_EA

\$2



SOOFEE'S GUMMY CANDIES
selected varieties
120 g
friandises
21451507_EA

7⁹⁹



BRAR'S MILK CAKE
selected varieties, frozen
400 g
gâteau au lait
20609047_EA

LOW PRICES ON KITCHEN MUST HAVES

\$5



PC®
SOFT GRIP NYLON TURNER
21352772_EA

\$8



PC®
SOFT GRIP POTATO
MASHER
21190088_EA

\$8



EVERYDAY ESSENTIALS™
SALAD SPINNER WITH
HANDLE
20079221_EA

\$12



EVERYDAY ESSENTIALS™
WOOD CUTTING BOARD
16x11 inches
20105525_EA

\$10



PC®
SOFT GRIP GARLIC PRESS
21190093_EA

\$12



PC®
SOFT GRIP MESH STRAINER
21351504_EA

\$10



PC®
4-SIDED GRATER WITH
CONTAINER
21345400_EA

\$14



PC®
SALT AND PEPPER MILL
SET
21065214_EA

\$2



EVERYDAY ESSENTIALS™
NYLON SOLID TURNER
21214127_EA

\$3



EVERYDAY ESSENTIALS™
CAN OPENER
21213665_EA

\$4



EVERYDAY ESSENTIALS™
STAINLESS STEEL TONGS
set of 2
21421691_EA

\$12



EVERYDAY ESSENTIALS™
12 INCH NON STICK SKILLET
21345661_EA

\$8



EVERYDAY ESSENTIALS™
12" NON-STICK WOK
21345889_EA

\$24



EVERYDAY ESSENTIALS™
NON STICK SKILLET SET
3's
21345884_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY FOR HOME



**ExpressTM
Pass**

Get your first year
of *PC Express Pass* for

\$2/month*

- Unlimited No Frills® delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until September 9, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



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.

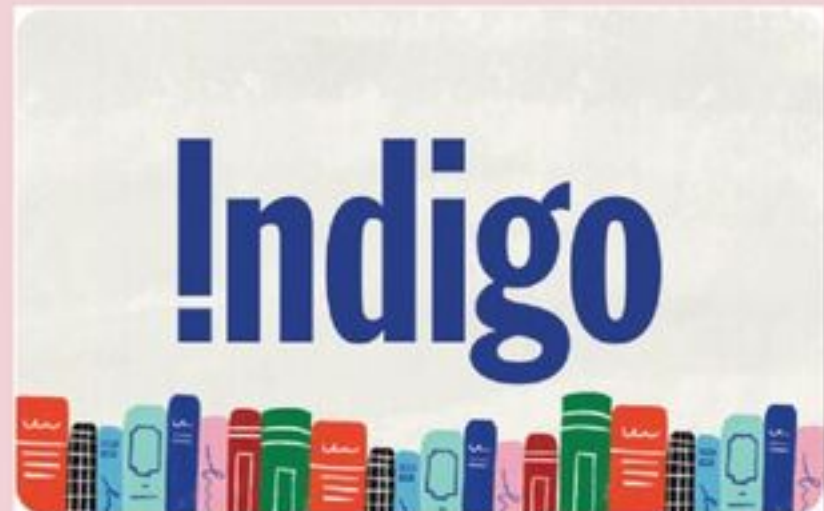
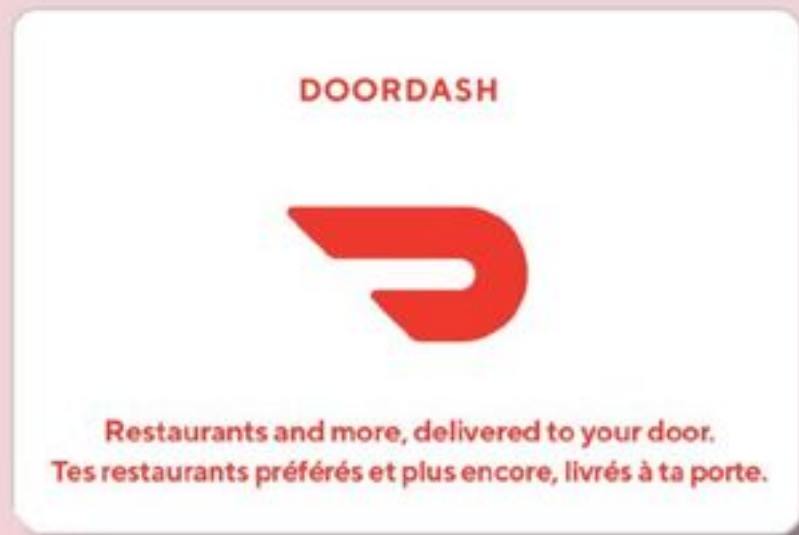
‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLY IF PCX

August 27th - September 2nd, 2026



for every \$100* spent on any combination of DoorDash, Gap Inc. Brands, Google Play, H&M, Indigo, and Uber gift cards.



* Google Play gift card purchases are subject to a \$200 limit. 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 DoorDash, Gap Inc. Brands, Google Play, H&M, Indigo, Uber Eats, and Uber gift cards in a single transaction at any participating Loblaw banner grocery stores. 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.

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.

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