

# NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 3 TO WEDNESDAY, SEPTEMBER 9, 2026.

## THE BIG SALE!

ONLY

3<sup>44</sup>

11 LB AVERAGE

**WHOLE SEEDLESS WATERMELON**  
product of Canada  
melon d'eau sans pépins entier  
20067326001\_EA

CLUB  
SIZE



**PORK COMBO CHOPS**  
fresh, bone-in  
côtelettes de porc  
4.89/kg  
20683470\_KG

SAVE 59%

2<sup>22</sup> LB

WHILE QUANTITIES LAST

SAVE UP TO 66%

\$3

**SCHNEIDERS RED HOTS**  
or **BOLOGNA** or  
**MAPLE LEAF NATURAL**  
**SELECTIONS TOP DOGS**  
selected varieties  
375 g  
saucisses  
20602429\_EA/21738727\_EA



ONLY

.99 LB

**ROMA TOMATOES** product of Ontario,  
Canada no. 1 grade or **PAULA RED APPLES**  
product of Ontario, Canada orchard run grade  
tomates roma ou pommes  
2.18/kg  
20143381001\_KG/20811233001\_KG



ONLY

1<sup>99</sup>

2 LB BAG

PKG OF 4

SAVE UP TO 25%

2<sup>99</sup>

**FARMER'S MARKET® MANDARINS**  
product of South Africa or **FARMER'S MARKET®**  
**SWEET PEPPERS** product of Canada  
poivrons  
20099819001\_EA/201717350001\_EA



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



**MAPLE LEAF READY CRISP BACON** 65 g or **MAPLE LEAF**  
or **SCHNEIDERS FULLY COOKED BACON** 100/375 g  
selected varieties  
bacon  
20772671\_EA

SAVE UP TO 21%

3<sup>95</sup>

App exclusive offer

Optimum®



**PC® THICK AND JUICY™** or  
**BLUE MENU® 4 PACK BURGERS**  
selected varieties  
568 g  
burgers  
21741236\_EA/21741320\_EA

Member Price  
\$6

Non-Members  
\$10

Members Save \$4

ONLY

2<sup>75</sup>



**LAY'S POTATO CHIPS**  
selected varieties  
177-235 g  
croustilles  
21241032\_EA

PREPARED IN  
CANADA

\$6<sup>50</sup>

Get 1,000 pts

That's \$1 value



**BUBLY SPARKLING WATER**  
selected varieties  
12x355 mL  
eau pétillante  
21097177\_C12

App exclusive offer

Optimum®

\$15<sup>97</sup>

Get 2,000 pts

That's \$2 value



**MAXWELL HOUSE GROUND COFFEE**  
631-900 g or **COFFEE PODS** 30's  
selected varieties  
café moulu ou capsules  
21308076\_EA/21606882\_EA

SAVE UP TO 38%

5<sup>50</sup>



**SEAQUEST® RAW** 16-20 per lb or **COOKED** 36-55 per lb **SHRIMP**  
300 g, **BAY SCALLOPS** 400 g or **SHRIMP RING** 227 g, frozen  
crevettes ou pétoncles de baie  
21043887\_EA/21558527\_EA

SAVE 25%

\$9



**HIGH LINER PAN-SEAR** or **BATTERED FISH FILLETS**  
selected varieties, frozen, 425-540 g  
filets de poisson  
20296596002\_EA

ONLY

4<sup>99</sup>



**HÄAGEN-DAZS** 414-450 mL or **BARS** 3/4's  
selected varieties, frozen  
crème glacée ou barres  
20302298001\_EA/21513506\_EA

SAVE 25%

11<sup>88</sup>



**DAN-D PAK CASHEWS**  
selected varieties  
908 g  
noix de cajou  
20314862002\_EA

SAVE 20%

\$2



**CAMPBELL'S CHUNKY SOUP**  
selected varieties  
515 mL  
soupe  
21480447\_EA

SAVE 44%

\$1



**OCEAN'S LIGHT TUNA** 85/170 g or  
**CLARK BEANS** 398 mL  
selected varieties  
thon pâle ou fèves  
21005134\_EA/21308477\_EA

ONLY

15<sup>88</sup>



**OX HEAD FRAGRANT JASMINE RICE**  
7 kg  
riz  
21206686\_EA

ONLY

1<sup>69</sup>



**BARILLA PASTA**  
selected varieties  
340/410 g  
pâtes  
21404904\_EA/21405047\_EA

SAVE 25%

\$1



**NEILSON CHOCOLATE MILK**  
750 mL  
lait au chocolat  
20766719\_EA

ONLY

2<sup>88</sup>



**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
eau de source  
20154973\_C24

SAVE UP TO 43%

8<sup>99</sup>



**TIDE LIQUID** 1.62/1.86 L or **PODS** 18-31's, **GAIN LIQUID** 2.6 L **LAUNDRY DETERGENT**, **DOWNY FABRIC SOFTENER** 1.89-2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g, **BOUNCE DRYER SHEETS** 120-200's, selected varieties  
détergent ou assouplissant ou rehausseurs de parfum ou feuilles  
21593782\_EA

## PRICE DROP

4<sup>99</sup>



**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20639928\_EA

7<sup>99</sup>



**GALLO EXTRA VIRGIN OLIVE OIL**  
selected varieties  
750 mL/1 L  
huile d'olive extra vierge  
20105368\_EA/21754737\_EA

2<sup>25</sup>



**MADEGOOD BARS, COOKIES, MINI'S, CRISPY SQUARES** or **CRUNCHY SQUARES**  
selected varieties  
110-150 g  
barres ou biscuits ou carrés  
21107631\_EA/21352121\_EA

1<sup>50</sup>



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

AVAILABLE AT: BÉLLEVILLE & ALISHA'S - AJAX, STEVE & AMANDA'S - AJAX, JOE & VAL'S - AURORA, ADIL'S - BRAMPTON, DAVE'S - BRAMPTON, HECTOR & AUCIA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, MIKE'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, EMILIANO & ANNA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HERB'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, AMININDER'S - MARKHAM, PETER & SUZIE'S - MARKHAM, ROB'S - MARKHAM, VANSPALLS - 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, YAMA'S - MISSISSAUGA, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, VISCONTI'S - NOBLETON, ANAND & SHYVONNE'S - NORTH YORK, CARLO'S - NORTH YORK, DURANTES - NORTH YORK, JOHN & DANIEL'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LESTRO'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, OLEG'S - OAKVILLE, DEAN'S - OSHAWA, NADIM'S - OSHAWA, NADIM'S - OSHAWA, DACCOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, RASER & MEUSKA'S - RICHMOND HILL, JIM'S - RICHMOND HILL, ALMA'S - SCARBOROUGH, ALI'S - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROBIN & JESS - SCARBOROUGH, W & LINDA'S - SCARBOROUGH, MICHAEL'S - STOUFFVILLE, AJ & ASHLEY'S - TORONTO, AJ'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DANIAMANO'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, ROCCO'S - 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, QIAIS' - WHITBY, MIKE'S - WOODBRIDGE

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

f nofrills.ca

NFO GTA 1\_rud31/08/2026\_ON

# FRESH AT LOW PRICES

3<sup>99</sup>

6 OZ CLAMSHELL

**BLACKBERRIES** product of Mexico or U.S.A., or **RASPBERRIES** product of Canada, Mexico or U.S.A., no. 1 grade or **BLUEBERRIES** product of Peru, no. 1 grade  
mûres, framboises ou bleuets  
20051015001\_EA/20128938001\_EA/20152465001\_EA



1<sup>99</sup>

**CANTALOUPE**  
product of Canada,  
Canada no. 1 grade  
cantaloup  
20167017001\_EA

1<sup>99</sup>

PKG OF 6

**KALE** product of Ontario or **FARMER'S MARKET MINI CUCUMBERS** product of Ontario, Canada no. 1 grade  
chou frisé ou mini-concombres  
20737570001\_EA/20138805001\_EA



3<sup>99</sup>  
LB/EA

**PINEAPPLE** each,  
product of Costa Rica or **GREEN** or **RED SEEDLESS GRAPES**  
8.80/kg, product of U.S.A.,  
no. 1 grade  
ananas ou raisins verts ou rouges  
sans pépins  
20160992001\_EA/20425775001\_KG/  
20159199001\_KG

**FRESH  
GUARANTEE**

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

.99

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



3<sup>99</sup>

PKG OF 5

**AVOCADOS**  
product of Mexico  
avocats  
21644936001\_EA



2<sup>49</sup>

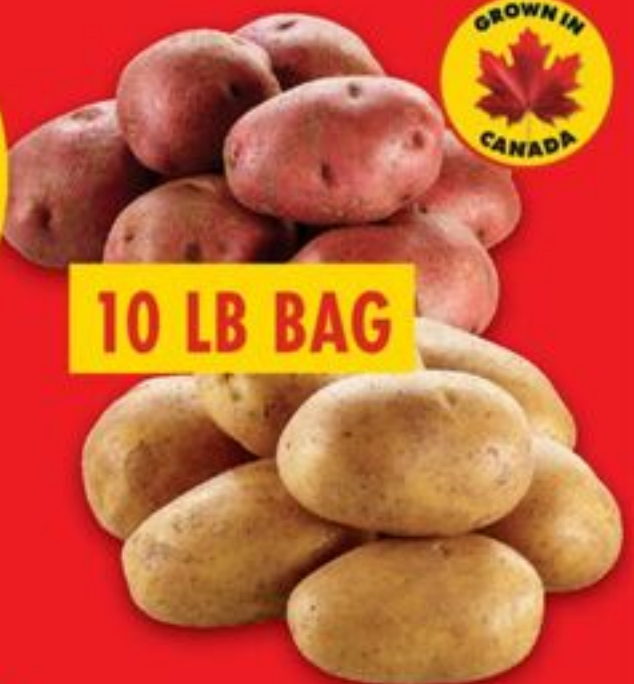
**CELERY**  
product of Ontario,  
Canada no. 1 grade  
céleri  
20163119001\_EA



4<sup>99</sup>

10 LB BAG

**RED or YELLOW POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre  
20601013001\_EA/20601017001\_EA



2<sup>99</sup>

283 G

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



3<sup>99</sup>

PKG OF 3

**ROMAINE HEARTS**  
product of Canada  
cœurs de laitue romaine  
20067389001\_EA



2<sup>99</sup>

3 LB BAG

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



4<sup>99</sup>

600 G

**STRAWBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade or **KIWI** product of Chile  
fraises ou kiwi  
21099138001\_EA/20049778001\_EA



1 LB  
CLAMSHELL

1<sup>99</sup>  
LB

**PAPAYA**  
product of Mexico  
papaye  
4.39/kg  
20817066001\_KG



.59

**LIMES**  
product of Mexico  
each  
limes  
20040489001\_EA



2<sup>49</sup>

227 G

**PC\* SLICED or WHOLE, WHITE or CREMINI MUSHROOMS**  
product of Ontario  
champignons blancs ou  
cremini franchés ou entiers  
20757811\_EA/20743653\_EA



4<sup>99</sup>

2 LB  
BAG

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



4<sup>99</sup>

3 LB  
BAG

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



**PRICE  
DROP**

.99<sup>LB</sup>

**GREEN CABBAGE**  
product of Ontario,  
Canada no. 1 grade  
chou vert  
20793034001\_KG



1<sup>99</sup>

**BROCCOLI CROWNS**  
product of Ontario  
couronnes de brocoli  
21121560001\_EA



NFO 2\_rad31/08/2026\_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.

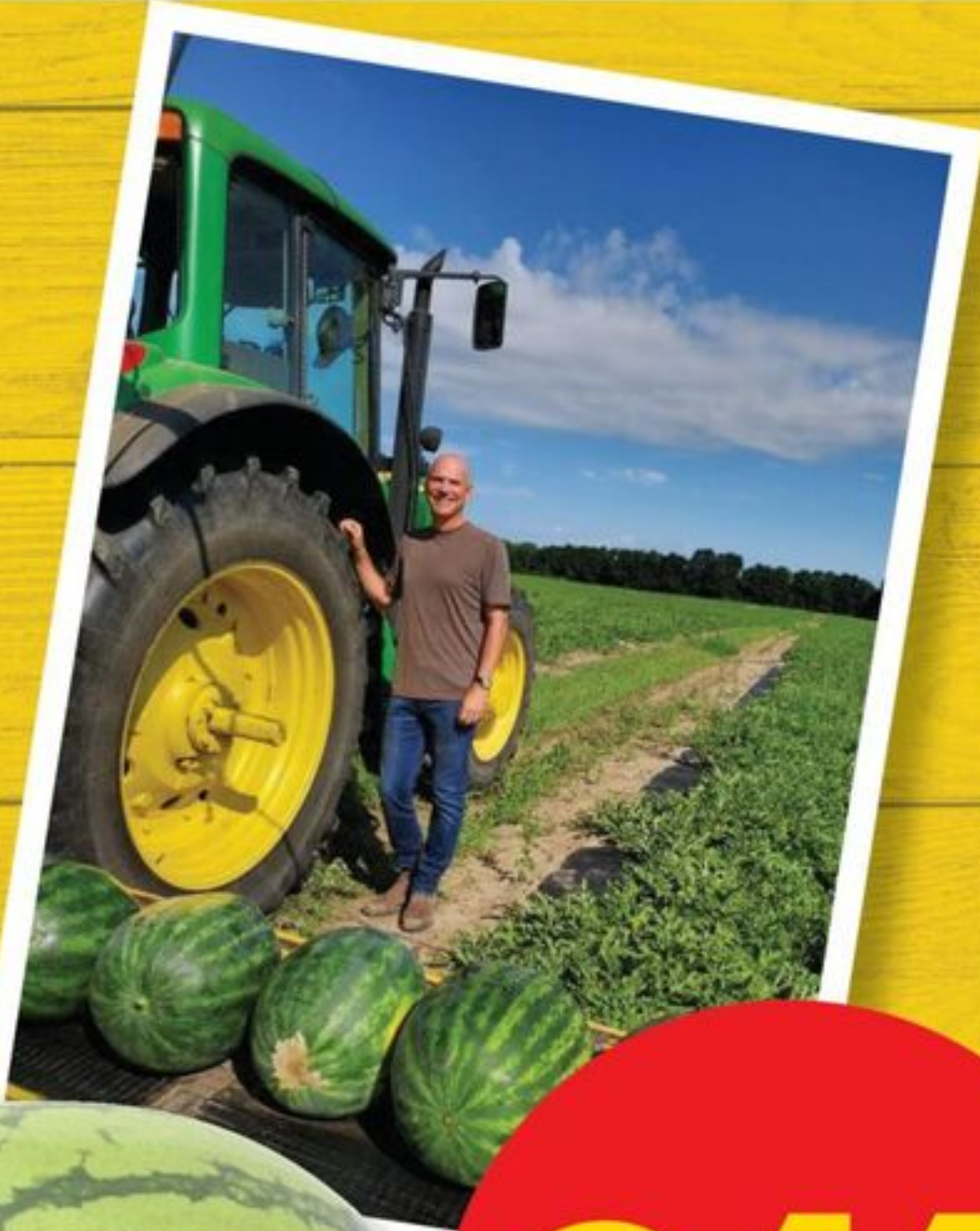
# LOCAL AT LOW PRICES

Featured growers from Ontario

Canadian Fruit's Sunvine watermelon has earned them A LOT of praise. You learn a thing or two when you've been farming for over a century!



Mississauga, Ontario  
Find additional produce from local growers in store.



3<sup>44</sup>

**WHOLE SEEDLESS WATERMELON**  
product of Canada  
melon d'eau sans pépins entier  
20067326001\_EA

5<sup>99</sup>

2 L



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

4<sup>99</sup>



3 L

**FIELD TOMATOES**  
product of Ontario, Canada no. 1 grade  
tomates des champs  
20006556\_EA

4<sup>99</sup>



2 L

**BLUE GRAPES**  
product of Ontario, Canada no. 1 grade  
raisins bleus  
20917963001\_EA

3<sup>99</sup>



PKG OF 5

**FARMER'S MARKET™ SWEET CORN**  
product of Canada, Canada no. 1 grade  
maïs sucré  
20214929001\_EA

3<sup>99</sup>



2 LB BAG

680 G

**FARMER'S MARKET™ BABY CUT CARROTS or PC™ LITTLE GEMS™ YELLOW, RED or MIXED MINI POTATOES**  
product of Canada  
carottes miniatures ou mini-pommes de terre  
20031454001\_EA / 21247299001\_EA / 21247300001\_EA

4<sup>99</sup>



2 L

**FARMER'S MARKET™ BARTLETT PEARS**  
product of Ontario, Canada fancy grade  
poires  
21111368001\_EA

.99



**GREEN ONIONS**  
product of Ontario  
oignons verts  
20107500001\_EA

10<sup>99</sup>

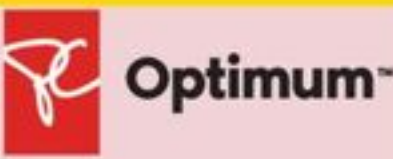


APPROX 13 LB CASE

**GREEN PEPPERS**  
product of Ontario  
poivrons verts  
20044159\_EA

# DELI DEALS

App  
exclusive offer



\$5

Get

1,000

pts

That's

\$1

value



**PC® DELI CHEESE SLICES** 140-170 g or  
**DOUBLE BRIE** or **CAMEMBERT** 165-200 g  
selected varieties  
tranches de fromage ou camembert

App  
exclusive offer

\$3.75

Get

1,000

pts

That's

\$1

value



**ZIGGY'S® SLICED DELI MEATS**  
selected varieties  
175 g  
viandes de charcuterie

App  
exclusive offer

\$3

Get

1,000

pts

That's

\$1

value



**PC® DIP** 200/227 g or  
**PC® NAAN DIPPERS** 200 g  
selected varieties  
trempettes ou pains naan

2.50

**RESER'S SALADS** 425/454 g or  
**ZIGGY'S® FRESH PASTA** 350/360 g  
selected varieties  
salades ou pâtes fraîches



4.50

**FARMER'S MARKET™  
LOAF CAKES** 344-400 g or  
**BUTTER CROISSANTS** 260-336 g  
selected varieties  
gâteaux quatre-quarts ou  
croissants au beurre



\$3

**D'ITALIANO  
BREAD** 620/675 g or  
**BUNS** 6/8's  
selected varieties  
pain ou petits pains



# NOFRILLS®

## FRESH AT LOW PRICES

11<sup>99</sup>

**MARCANGELO ITALIAN SAUSAGES or MEATBALLS**  
1 kg  
saucisses italiennes ou boulettes de viande  
20867488\_EA/21067660\_EA



**MARCANGELO SOUVLAKI KABOBS**  
selected varieties, 480/640 g  
brochettes  
21041735\_EA

12<sup>99</sup>

6<sup>99</sup>  
LB

**CHICKEN THIGHS**  
boneless, skinless  
hauts de cuisse  
de poulet  
15.41/kg  
20654744\_KG



CLUB  
SIZE



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

8<sup>50</sup>

7<sup>79</sup>



**MARCANGELO CHICKEN BREAST PORTIONS**  
selected varieties  
300 g  
portions de poitrine de poulet  
21706318\_EA



\$10

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

RAIN  
CHECK  
+ pts

We'll honour a current deal if we're sold out,  
and give you 10% back in PC Optimum™ Points.†

2<sup>50</sup>



**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS or CHICKEN BOLOGNA**  
selected varieties, 375/450g  
saucisses fumées de poulet  
20062715\_EA/20126129\_EA

4<sup>99</sup>



**WONG WING or ASIAN INSPIRATIONS ENTRÉES**  
selected varieties, frozen  
400 g  
plats cuisinés  
20507138\_EA/21047378\_EA

3<sup>49</sup>



**SEAQUEST® SURIMI 227 g, DOM SMOKED SALMON 50 g, or YELLOWFIN TUNA STEAK 92 g**  
selected varieties, frozen  
surimi ou saumon fumé ou darnes de thon albacore  
20792840\_EA/20749798\_EA

Member Price  
**\$5<sup>50</sup>**

Non-Members  
**\$6**

Members Save  
**50¢**

**DAIYA VEGAN CHEESE SHREDS or SLICES 200/220 g or GUSTA VEGAN SAUSAGES 350 g**  
selected varieties  
simili-fromage râpé ou en tranches ou saucisses à base de plantes  
21207740\_EA/21284431\_EA

**6<sup>50</sup>**

**RESER'S SALADS**  
selected varieties  
1.25 kg  
salades  
20962387\_EA/21182557\_EA

**2<sup>50</sup>**

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

**2<sup>85</sup>**

**CASA MENDOSA 10 inch TORTILLAS**  
selected varieties, 340/640 g  
tortillas  
20318788\_EA

**\$4**

**BABYBEL CHEESE**  
selected varieties  
102/120 g  
fromage  
20574332\_EA

**\$5**

**PILLER'S PEPPERONI 175/250 g or KOLBASSA 250-375 g**  
selected varieties  
pepperoni ou kolbassa  
20308469\_EA/20042333\_EA

**2<sup>25</sup>**

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

**2<sup>48</sup>**

**NO NAME® BREAD**  
selected varieties  
675 g  
pain  
21509822\_EA

**4<sup>50</sup>**

**ACE ROLLS**  
selected varieties  
400-530 g  
petits pains  
21724955\_EA

† 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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.



**ONLY**

**.97**

**YOPLAIT YOP DRINKABLE YOGURT**  
selected varieties  
200 mL  
yogourt à boire  
21757809\_EA/21757965\_EA

**WOW!**

**3.47**

**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses  
20310546002\_C06

**SAVE UP TO 38%**

**\$6**

**PC® CHEESE BARS 400 g,  
PC® SHREDS 250-320 g or SAPUTO  
MOZZARELLISSIMA 500 g**  
selected varieties  
fromage  
21060207\_EA/21289689\_EA

**SAVE 32%**

**1.69**

**COCA-COLA SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
20316026002\_EA

**ONLY**

**4.99**

**NESTLÉ DRUMSTICK**  
selected varieties,  
frozen  
4's  
friandises glacées  
ou cornets  
21739610\_EA

**4.50**

**PC® FROZEN VEGETABLES**  
selected varieties, frozen  
350-750 g  
légumes surgelés  
20318915\_EA

**\$2**

**BAGEL BITES**  
selected varieties, frozen  
198 g  
collations de pizza  
20213483001\_EA

**\$5**

**HEINZ KETCHUP**  
selected varieties  
750 mL/1 L  
ketchup  
20069080\_EA

**\$7**

**FARM GIRL HIGH PROTEIN, NO SUGAR CEREAL**  
selected varieties, 280 g  
céréales  
21610446\_EA

**\$2**

**CATELLI GARDEN SELECT SAUCE**  
selected varieties  
600 mL  
sauce  
21618340\_EA

**2.50**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
200/240 g  
biscuits  
21680074\_EA/21680135\_EA

**6.99**

**HERSHEY'S SNACK SIZE CHOCOLATES or TWIZZLERS CANDY**  
selected varieties  
50's  
chocolats variés ou friandises  
21668281\_EA/21736183\_EA

**\$10**

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

**21.50**

**GATORADE SPORT DRINKS**  
Club Size  
selected varieties  
24x591 mL  
boisson désaltérante  
20298835002\_C24

**7.99**

**PEACE TEA or FUZE TEA**  
selected varieties  
12x341 mL  
thé glacé  
21643563\_C12

**1.50**

**NO NAME® BEANS, CHICKPEAS or LENTILS**  
selected varieties  
540 mL  
haricots ou pois chiches  
ou légumineuses  
20325921001\_EA/20325921003\_EA

**2.50**

**KD PROTEIN+ selected varieties**  
175 g  
macaroni ou fromage  
21759876\_EA/21759901\_EA

**\$4**

**HELLMANN'S MAYONNAISE or MAYONNAISE TYPE DRESSING**  
selected varieties  
340/445 mL  
mayonnaise ou vinaigrette  
20008235001\_EA

**\$5**

**NESQUIK MILK MIX 540 g or SYRUP 510/700 mL**  
selected varieties  
mélange de lait ou sirop  
20320167002\_EA/21700412\_EA

**7.50**

**NUTELLA HAZELNUT SPREAD**  
725 g  
tartinade de noisettes  
20436105\_EA

**\$3**

**LECLERC GO PURE, NUGABAR or MUFFIN MAX BARS**  
selected varieties  
140-223 g  
barres  
20950314\_EA/21507858\_EA

**\$3.99**

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
fromage à la crème ou trempette  
20641267\_EA/20866924010\_EA

**\$4.25**

**TROPICANA ORANGE JUICE, FRUIT JUICE or BEVERAGES 1.36 L or PURE LEAF ICED TEA 1.75 L**  
selected varieties,  
refrigerated  
jus d'orange ou boisson aux  
fruits ou thé glacé  
20755752002\_EA/21622130\_EA

**\$6**

**CREST 3D WHITE or PRO-HEALTH TOOTHPASTE**  
selected varieties  
85-135 mL  
dentifrice  
21354615\_EA/21506706\_EA

**\$9**

**VASELINE HAND CREAM or BODY LOTION**  
selected varieties  
40/227 g/100-600 mL  
crème à main ou  
lotion pour le corps  
21085011\_EA

**App exclusive offer**

**3 DAYS ONLY THURSDAY, SEPTEMBER 3 - SATURDAY, SEPTEMBER 5, 2026**

**Member Price \$4.50**

**Non-Members \$5.50**

**Members Save \$1**

**NEILSON TRUTASTE LACTOSE FREE MILK**  
selected varieties  
2 L  
lait sans lactose  
20188053001\_EA

**SEPTEMBER HIT OF THE MONTH**

**PC® Kettle Cooked Chips**  
Selected varieties, 200 g  
Limit: 6, over limit retail \$3  
21422931\_EA / 21549769\_E

**\$2**

**Maynards Candy**  
Selected varieties, 308 - 315 g  
Limit: 6, over limit retail \$4  
21545817\_EA / 21545809\_EA

**\$3.50**

**Marcangelo dinner or breakfast sausages, rounds or Italian grinds**  
Selected varieties, 250 - 500 g  
Limit: 6, over limit retail \$4.50  
21724134\_EA / 21724145\_EA

**LOWEST PRICES BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid September 1st - 30th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE  
AT LOW PRICES

\$5

INTERNATIONAL DELIGHT  
COFFEE CREAMER 946 mL or  
COLD FOAM 369/396 g  
selected varieties  
colorants à café ou mousse froide  
20895480003\_EA



BECEL MARGARINE  
selected varieties  
637/800 g  
margarine  
21747692\_EA

6<sup>99</sup>



\$5

2<sup>25</sup>

3<sup>50</sup>



PC® SCOOP SHOP ICE CREAM 946 mL or  
LOADS OF BARS 288 mL, selected varieties, frozen  
crème glacée ou mini-barres  
21706459\_EA/21706563\_EA

PEPPERIDGE FARM  
GOLDFISH  
CRACKERS or CRISPS  
selected varieties  
156-227 g  
croquelins ou croustilles  
20300320\_EA/20306994003\_EA



NO NAME® THIN CRUST PIZZA  
or CHEESY GARLIC FINGERS  
selected varieties, frozen, 295-411 g  
pizzas ou bâtonnets à l'ail  
21541441\_EA

\$7



DEL MONTE  
JUICE BLENDS  
selected varieties,  
refrigerated  
2.5 L  
mélange de jus  
21595736\_EA

3<sup>75</sup>



NEILSON CREAM  
473 mL-1 L or GAYLEA  
REAL WHIPPED  
CREAM 225 g  
selected varieties  
crème fouettée ou  
garniture fouettée ou crème  
20122609\_EA/20774431\_EA

\$3



SNYDER'S PRETZELS  
selected varieties  
240 g  
bretzels  
20316052004\_EA

\$4

OASIS, ARIZONA or  
DEL MONTE  
DRINK BOXES  
selected varieties  
8x200 mL  
jus  
20315764002\_EA/21649074\_C08



6<sup>50</sup>



SANPELLEGRINO  
NATURALI, LIGHT or  
CIAO SPARKLING  
FRUIT BEVERAGES  
selected varieties  
6x330 mL  
boissons pétillantes aux fruits  
21433206\_C06/21590983\_C06

4<sup>50</sup>



QUAKER LIFE, OATMEAL  
SQUARES or CAP'N  
CRUNCH CEREAL  
350-500 g or HARVEST  
CRUNCH 400-510 g  
selected varieties  
céréales  
21082500\_EA/21219824\_EA

2<sup>50</sup>



QUAKER  
CRISPY MINIS  
RICE CAKES or CHIPS  
selected varieties  
90-199 g  
gallettes de riz ou croustilles  
20163708002\_EA/20303002001\_EA

1<sup>50</sup>



IDAHOAN  
MASHED POTATOES  
selected varieties  
113 g  
purée de pommes de terre  
21537129\_EA/21537426\_EA

\$5



RIO MARE  
TUNA  
selected varieties  
195 g/3x80 g  
thon  
20035383\_EA  
21639369\_EA

\$2



NO NAME®  
PASTA SAUCE  
selected varieties  
680 mL  
sauce pour pâtes  
20299886001\_EA/20299886003\_EA

12<sup>49</sup>

NESTLÉ  
ASSORTED  
MINI BARS  
AND CANDIES  
485 g  
mini-barres et  
friandises  
21570808\_EA



\$3



KRAFT SALAD  
DRESSING  
selected varieties  
425 mL  
vinaigrette  
21584850\_EA

3<sup>50</sup>



NO NAME®  
PICKLES  
selected varieties  
1 L  
cornichons  
20300473\_EA

2<sup>50</sup>



MINUTE RICE READY TO SERVE  
RICE CUPS or TILDA STEAMED RICE  
selected varieties, 250 g  
riz  
20110052003\_EA/20695681\_EA

Member Price  
\$2



Non-Members  
\$3

Members  
Save  
\$1

IÖGO NANÖ  
BUBBLES YOGURT  
selected varieties  
4x100 g  
yogourt  
21719739\_EA/21719941\_EA

\$5



ANGIE'S POPCORN or PUFFS  
selected varieties  
136-198 g  
maïs éclaté ou grignotines soufflées  
20811709\_EA

\$3<sup>99</sup>



Get  
500  
pts

That's  
50¢  
value

PATAK'S COOKING SAUCE  
400 mL, CURRY PASTE 284 mL  
or BLUE DRAGON THAI  
CURRY PASTE 270 mL  
selected varieties  
sauce à cuisson ou pâte de cari  
20712986\_EA

# BRANDS YOU LOVE AT LOW PRICES

2<sup>50</sup>



**GAY LEA SOUR CREAM**  
selected varieties  
425/500 mL  
crème sure

20317536001\_EA

4<sup>77</sup>



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

21290705\_EA

5<sup>50</sup>



**PC® FROZEN FRUIT**  
selected varieties, frozen  
300-600 g  
fruits surgelés

20312227\_EA/20612667\_EA



\$4

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

20219758\_EA

7<sup>50</sup>



**MCCAIN FAMILY SIZE**  
selected varieties, frozen  
1.4-1.9 kg  
frites

21049522\_EA

\$4



**PILLSBURY REFRIGERATED DOUGH**  
selected varieties  
454-496 g  
pâte réfrigérée

20301101005\_EA/20318034001\_EA

2<sup>50</sup>



**PRINGLES POTATO CRISPS**  
selected varieties  
148/156 g  
croustilles

21003823\_EA/21003833\_EA

3<sup>79</sup>



**NO NAME® FRUIT IN JUICE**  
selected varieties  
796 mL  
fruits dans du jus de fruit de concentré

20628590001\_EA/20618824\_EA

2<sup>79</sup>



**DARE CRACKERS**  
selected varieties  
100-225 g  
craquelins

21520666\_EA/21520701\_EA

4<sup>50</sup>



**SHAKE 'N BAKE COATING MIX**  
selected varieties  
142-160 g  
mélange de panure

21548016\_EA

5<sup>49</sup>



**LA CROIX SPARKLING WATER**  
selected varieties  
8x355 mL  
eau pétillante

21392631\_C08

8<sup>99</sup>



**RED ROSE ORANGE PEKOE BLACK TEA BAGS**  
210's  
sachets de thé

21692175\_EA

6<sup>49</sup>



**NESCAFÉ GOLD INSTANT COFFEE** 90-100 g  
or **ESPRESSO CONCENTRATE** 500 mL  
selected varieties  
café instantané ou concentré d'espresso

21074565\_EA/21665027\_EA

7<sup>99</sup>



**TASSIMO MAXWELL HOUSE or NABOB T-DISCS**  
selected varieties  
8-16's  
capsules de café

20026954001\_EA

\$4



**ALLERGY SMART COOKIES**  
selected varieties  
140 g  
biscuits

21564685\_EA/21564704\_EA

\$4



**GENERAL MILLS CHEX CEREAL or NATURE VALLEY PROTEIN GRANOLA**  
310-360 g  
céréales

20849323\_EA/20887566\_EA

1<sup>50</sup>



**NO NAME® BREADSTICKS, CRACKERS or PRETZELS AND CHEESE SNACKS**  
selected varieties  
84-87 g  
bâtonnets ou craquelins ou bretzels et fromage

20889881\_EA/20889882\_EA

2<sup>47</sup>



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

20315520006\_EA/20887250\_EA

7<sup>49</sup>



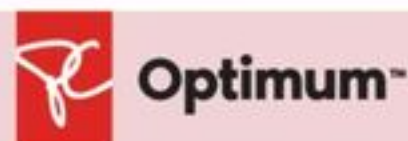
**PC® CHOCOLATE COVERED NUTS, RAISINS or CRANBERRIES**  
selected varieties  
200-400 g  
noix, raisins ou canneberges enrobés de chocolat

20000356\_EA/20325728\_EA

# NO FRILLS YES CANADA DAY DEALS

\$5

App  
exclusive offer



Get  
1,000  
pts

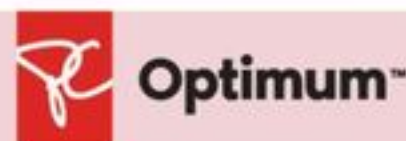
That's  
\$1  
value



**PC® DELI CHEESE SLICES** 140-170 g or  
**DOUBLE BRIE** or **CAMEMBERT** 165-200 g  
selected varieties  
tranches de fromage ou camembert  
20219790\_EA/20787327\_EA

\$3.75

App  
exclusive offer



Get  
1,000  
pts

That's  
\$1  
value



**ZIGGY'S® SLICED DELI MEATS**  
selected varieties  
175 g  
viandes de charcuterie  
21592461\_EA/21590279\_EA

\$3



**D'ITALIANO  
BREAD** 620/675 g or  
**BUNS** 6/8's  
selected varieties  
pain ou petits pains  
20038335\_EA/20626949\_EA

\$3



**SCHNEIDERS RED HOTS** or  
**BOLOGNA** or **MAPLE LEAF  
NATURAL SELECTIONS TOP DOGS**  
selected varieties  
375 g  
saucisses  
20602429\_EA/21738727\_EA

2.25



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

4.50



**FARMER'S MARKET™  
LOAF CAKES** 344-400 g or  
**BUTTER CROISSANTS** 260-336 g  
selected varieties  
gâteaux quatre-quarts ou croissants au beurre  
20565382\_EA/20975943\_EA

2.50



**ZIGGY'S® FRESH PASTA**  
selected varieties, 350/360 g  
pâtes  
21521168\_EA

.97



**YOPLAIT YOP  
DRINKABLE YOGURT**  
selected varieties  
200 mL  
yogourt à boire  
21757809\_EA/21757965\_EA

\$1



**NEILSON  
CHOCOLATE MILK**  
750 mL  
lait au chocolat  
20766719\_EA

\$6



**PC® CHEESE BARS** 400 g,  
**PC® CHEESE SHREDS** 250-320 g or  
**SAPUTO MOZZARELLISSIMA** 500 g  
selected varieties  
fromage  
21060207\_EA/21289664\_EA

2.50



**GAY LEA  
SOUR CREAM**  
selected varieties  
425/500 mL  
crème sure  
20317536001\_EA

4.77



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

\$9



**HIGH LINER PAN-SEAR** or **BATTERED  
FISH FILLETS**  
selected varieties, frozen, 425-540 g  
filets de poisson  
20296596002\_EA

\$2



**CATELLI GARDEN  
SELECT SAUCE**  
selected varieties  
600 mL  
sauce  
21618340\_EA

\$1



**CLARK BEANS**  
selected varieties  
398 mL  
haricots  
21308477\_EA

\$7



**FARM GIRL  
HIGH PROTEIN,  
NO SUGAR CEREAL**  
selected varieties, 280 g  
céréales  
21610446\_EA

2.75



**LAY'S  
POTATO CHIPS**  
selected varieties  
177-235 g  
croustilles  
21241032\_EA

2.88



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

21.50



**GATORADE SPORT DRINKS**  
Club Size  
selected varieties  
24x591 mL  
boisson désaltérante  
20298835002\_C24

TACKLE EVERY MESS.  
SAVE ON EVERY CLEAN.

2<sup>29</sup>



**NO NAME® DISHWASHING LIQUID**  
selected varieties  
800 mL  
détergent liquide à vaisselle  
21309894\_EA



4<sup>50</sup>

**PINE-SOL ALL-PURPOSE CLEANER**  
selected varieties  
1.41 L  
nettoyant tout usage  
20298679001\_EA/20298679002\_EA

\$4



**CLOROX or SCENTIVA ALL-PURPOSE CLEANING SPRAY**  
selected varieties  
709-946 mL  
nettoyant en vaporisateur  
21657792\_EA/21734708\_EA



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

3<sup>50</sup>



**NO NAME® BLEACH**  
selected varieties  
2.4 L  
eau de Javel  
21486532\_EA

\$5



**OLD DUTCH LAUNDRY DETERGENT**  
selected varieties, 4 L  
détergent à lessive  
21467437\_EA

\$7



**PUREX LIQUID LAUNDRY DETERGENT**  
1.17-1.94 L, **SNUGGLE LIQUID** 1.16 L or **DRYER SHEETS** 120's, selected varieties  
détergent à lessive ou feuilles assouplissantes  
21737524\_EA

3<sup>99</sup>



**ALCAN FOIL 50 FT, NON-STICK FOIL 25 FT, GLAD PLASTIC WRAP 60 M or REYNOLDS PARCHMENT PAPER 35 FT**  
selected varieties  
papier d'aluminium ou anti-adhérent ou pellicule plastique ou papier parchemin  
20043471\_EA/20051862\_EA

\$9



**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
4.27 L  
détergent liquide à vaisselle  
21516689\_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

\$1



**COLGATE or CREST TOOTHPASTE 50-100 mL or MANUAL TOOTHBRUSH 1's**  
selected varieties  
dentifrice ou brosse à dents manuelle  
20338731002\_EA/20975582\_EA

\$8



**PC® 2-PLY DINNER NAPKINS**  
180's  
serviettes de table  
20084398\_EA

10<sup>50</sup>



**ALWAYS FLEXFOAM PADS**  
selected varieties  
10-72's  
serviettes  
20964379\_EA/21661987\_EA

no name®

tackle every mess.  
save on every clean.

your home of no name®



(So switch)

shop no name®

\$3



**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
lingettes désinfectantes  
21386771\_EA/21386780\_EA

\$4



**NO NAME® LAUNDRY DETERGENT**  
selected varieties  
1.92/2.03 L  
détergent  
21042473\_EA/21042475\_EA



Optimum™

# App exclusive offers

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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

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

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

\$9

**AVEENO BODY WASH, HAIR CARE** 532 mL or **LOTION** 354 mL  
 lotion  
 20015290001\_EA

\$11

**AVEENO LOTION**  
 selected varieties  
 532 mL  
 lotion  
 20102023001\_EA

UP TO 20% OFF

**AVEENO SKIN CARE or BABY NEEDS**  
 selected varieties  
 227-975 mL  
 soins de la peau ou produits pour bébé  
 20137402001\_EA

UP TO 20% OFF

**JOHNSON & JOHNSON'S BABY NEEDS**  
 selected varieties  
 50-1000 mL  
 produits pour bébé  
 21112321\_EA/21308244\_EA

\$3

**OIKOS PRO DRINKABLE YOGURT**  
 selected varieties  
 300 mL  
 yogourt à boire  
 21651846\_EA

6.50

**ACTIVIA PROBIOTIC YOGURT**  
 selected varieties  
 12x100 g  
 yogourt aux probiotiques  
 20303412001\_EA

3.79

**DANONE DANINO YOGURT**  
 selected varieties  
 6x93 mL  
 yogourt  
 21520250\_EA

3.75

**OIKOS or ACTIVIA EXPERT YOGURT**  
 selected varieties  
 4x100 g  
 yogourt  
 20419715004\_EA/21687900\_EA

6.50

5.50

\$11

**SCHNEIDERS PEPPERETTES**  
 selected varieties  
 225-375 g  
 bâtonnets de saucisson  
 21738518\_EA/21741260\_EA

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

**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
 selected varieties  
 375/400 g  
 viandes tranchées  
 20772015\_EA/20772016\_EA

ONL 05 INFO

# BABY ESSENTIALS AT LOW PRICES

4<sup>50</sup>

**AMARA ORGANIC SMOOTHIE MELTS or FRUIT BITES**  
selected varieties  
23 g  
smoothie fondant ou  
bouchées aux fruits  
21426267\_EA/21703352\_EA



28<sup>99</sup>

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



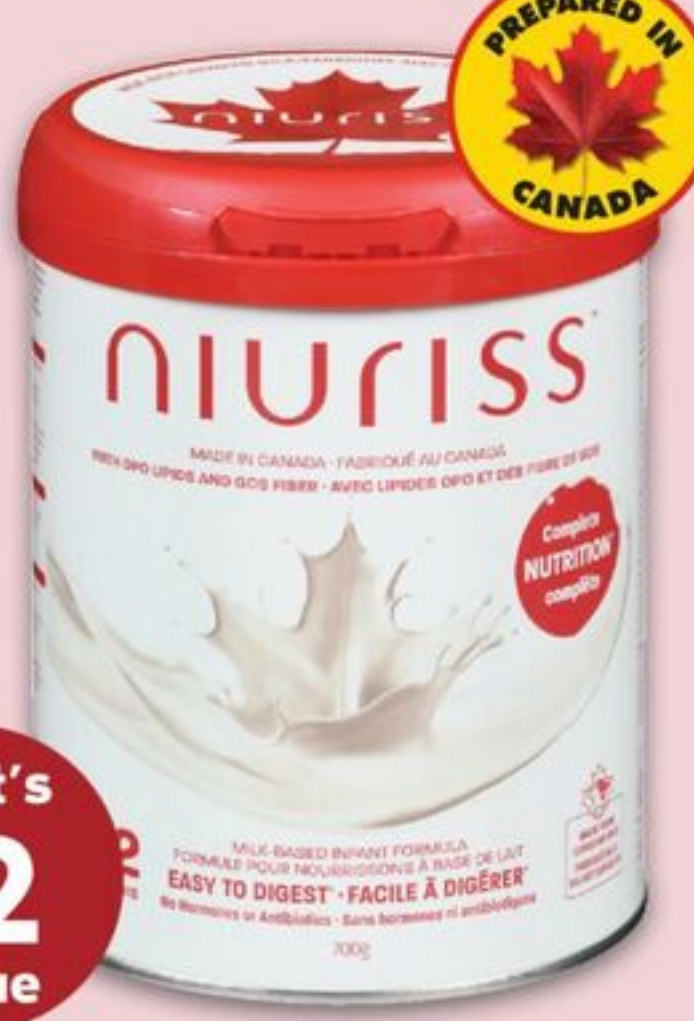
\$35

**SIMILAC INFANT FORMULA POWDER**  
selected varieties  
850 g  
préparation pour nourrissons  
20755571002\_EA



\$34<sup>99</sup>

Get  
2,000  
pts  
That's  
\$2  
value



**NIURISS MILK-BASED INFANT FORMULA**  
0-12 months  
700 g  
préparation pour nourrissons  
21648061\_EA

4<sup>50</sup>

**NESTLÉ GERBER BABY CEREAL**  
selected varieties  
180-227 g  
céréales pour bébé  
20358339006\_EA/20358339007\_EA



\$1

**PC® ORGANICS BABY FOOD POUCHES**  
selected varieties  
128 mL  
aliments pour bébé en sachets  
20651248002\_EA/20651270001\_EA



2<sup>80</sup>



**HOT KID BABY MUM-MUM RICE RUSKS, WAFER STICKS or CHICKPEA CRISPS**  
selected varieties  
50-70 g  
biscottes de riz ou gaufrettes ou  
croustilles  
20316680001\_EA/21100129\_EA

PRICE DROP

\$2



**HUGGIES BABY WIPES**  
selected varieties  
56/64's  
lingettes pour bébé  
20557596\_EA

UP TO 20%  
OFF



**AVEENO BABY NEEDS**  
selected varieties  
227-975 mL  
produits pour bébé  
20157402002\_EA/20380479001\_EA

ALWAYS

\$5



**PC® BABY WIPES**  
scented or unscented  
300's  
lingettes pour bébé  
21540716\_EA/21550950\_EA

PRICE  
DROP

1000s OF  
LOWERED PRICES  
EVERYDAY!

\$5



**SENSODYNE TOOTHPASTE** 75/100 mL or  
**POLIGRIP STRONG HOLD** 40 g  
selected varieties  
dentifrice ou adhésif pour prothèses dentaires  
20301179001\_EA/20756075\_EA



**ST. IVES BODY LOTION**  
selected varieties  
600 mL  
lotion pour le corps  
21086088\_EA/21086101\_EA

\$5

4<sup>50</sup>

**IRISH SPRING**  
**BODY WASH** 591 mL,  
**BAR SOAP**, 6x104 g or  
**SOFTSOAP BODY WASH** 591 mL  
selected varieties  
nettoyant pour le corps ou pain de savon  
21219375\_EA/21436477\_EA



**AXE BODY SPRAY**, 113 g,  
**DEODORANT** 76/85 g or  
**2 IN 1 SHAMPOO** 473 mL  
selected varieties  
vaporisateur ou déodorant ou  
shampooing  
20216717001\_EA/21042611\_EA

\$4

4<sup>75</sup>

**PANTENE HAIR CARE**  
selected varieties  
308-355 mL  
soins capillaires  
21431190\_EA/21431192\_EA



\$5

**ALWAYS** or  
**TAMPAX LINERS** 48-72's,  
**PADS** 10-46's or  
**TAMPONS** 14-18's  
selected varieties  
protège-dessous ou tampons  
21444899\_EA/21450009\_EA



\$10

**BENYLIN**  
**COUGH SYRUP** 100 mL or  
**COLD & SINUS**  
**TABLETS** 20's  
selected varieties and sizes  
sirop pour la toux ou  
comprimés pour le rhume  
et les sinus  
20296733001\_EA/20315180001\_EA



11<sup>50</sup>

**ENSURE** or **GLUCERNA**  
**READY TO DRINK SHAKES**  
selected varieties and sizes  
boissons frappées  
20180283003\_EA/20308731008\_C06



\$5

**DOVE BAR SOAP** 3x106 g,  
**BODY WASH** 325 mL,  
**DEODORANT** 45-76 g,  
**HAIR CARE** 142-198 g/195-355 mL  
selected varieties  
pain de savon ou nettoyant pour le corps ou  
déodorant ou soins capillaires  
21220717\_EA/21644833\_EA



\$4

**GARNIER FRUCTIS**  
**HAIR CARE**  
selected varieties  
334-370 mL  
soins capillaires  
21007181\_EA/21007198\_EA



\$5

**CREST GUM**  
**TOOTHPASTE**,  
63-90 mL or  
**SCOPE**  
**MOUTHWASH** 1 L  
selected varieties  
dentifrice ou rince-bouche  
20948747\_EA/21354690\_EA



ALWAYS

\$5

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



HAPPY  
MID-AUTUMN  
FESTIVAL!

中秋節快樂

12<sup>88</sup>

**TASTIE MOON CAKE**  
selected varieties  
640 g  
gâteau de lune  
21465372\_EA  
21465403\_EA



12<sup>88</sup>

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



# HAPPY MID-AUTUMN FESTIVAL!

## 中秋節快樂



1<sup>98</sup>

**DRAGON FRUIT**  
product of Vietnam  
pitaya  
20168395001\_EA



**JAPANESE SWEET YAMS**  
product of U.S.A. or  
**LONG EGGPLANT**  
product of Canada, U.S.A. or  
Honduras  
ignames ou aubergine  
4.37 /kg  
20524922001\_KG/20159013001\_KG



1<sup>98</sup>  
LB

3<sup>98</sup>  
LB

**GUAVA**  
product of Taiwan  
goyave  
8.77 /kg  
20162500001\_KG



200 G



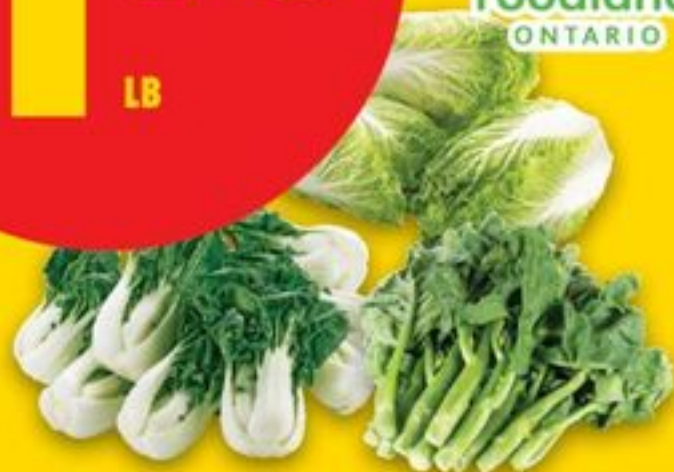
2<sup>48</sup>

**SNAP or SNOW PEAS**  
product of China  
pois snap ou mange-tout  
21023581001\_EA/21023553001\_EA

1<sup>98</sup>  
LB



**BABY, SHANGHAI BOK CHOY,  
BABY NAPA CABBAGE,  
GAI LON or YU CHOY**  
product of Ontario  
pak-choi ou petit chou nappa ou brocoli chinois  
4.37 /kg  
20003604001\_KG/21024088001\_KG



3<sup>88</sup>  
LB

**OKRA**  
product of Canada or U.S.A.  
gombo  
8.55 /kg  
20091263001\_KG



1<sup>98</sup>  
LB

**GINGER ROOT**  
product of China  
racine de gingembre  
4.37 /kg  
20179038001\_KG



4<sup>88</sup>



**ROOSTER® KIMCHI**  
selected varieties  
400 g  
kimchi  
21040695\_EA

2<sup>88</sup>



**SOYGANIC ORGANIC TOFU**  
selected varieties  
350-500 g  
tofu  
21023474\_EA

\$9



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

5<sup>50</sup>



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

3<sup>88</sup>  
LB



**UTILITY DUCK**  
frozen  
canard  
8.55 /kg  
20143586\_KG

\$6



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

# HAPPY MID-AUTUMN FESTIVAL!

## 中秋節快樂



2<sup>28</sup>

**CHACHA SUNFLOWER SEEDS**  
selected varieties  
260 g  
graines de tournesol  
20854556002\_EA



2<sup>48</sup>

**T&T® SOY SAUCE**  
selected varieties  
500 mL  
sauce soya  
20698024\_EA/20698142\_EA



7<sup>88</sup>

**SAMYANG BULDAK HOT CHICKEN FLAVOUR RAMEN**  
selected varieties  
5x140 g, 650/700 g  
ramen  
21450283\_EA



**SKYFLAKES M.Y. SAN CRACKERS**  
selected varieties  
800 g  
craquelins  
21661480\_EA

5<sup>88</sup>



2<sup>48</sup>

**T&T® ROASTED SEAWEED SHEETS** 27 g or **LEN XIANG RICE PAPER** 400 g  
feuilles d'algues ou galettes de riz  
20703060\_EA/21635892\_EA



1<sup>28</sup>

**NONG SHIM SNACKS** 45-75 g,  
**LOTTE KOALA'S MARCH COOKIES** 41 g or **T&T® ROASTED SEAWEED** 15 g  
selected varieties  
grignotines ou biscuits ou algues rôties  
20138370\_EA/21112145\_EA



2<sup>48</sup>

**PC® UDON NOODLES**  
800 g  
nouilles udon  
20354811\_EA



2<sup>88</sup>

**UFC 100% COCONUT WATER**  
1 L  
eau de noix de coco  
20570506\_EA



5<sup>48</sup>

**O'FOOD GOCHUJANG CHILI SAUCE** 215 g or **KEWPIE MAYONNAISE** 465 mL  
sauce chili ou mayonnaise  
21453162\_EA/21644268\_EA



2<sup>28</sup>

**SPRINGHOME SPRING ROLL PASTRY**  
frozen  
400 g  
pâte pour rouleaux de printemps  
20131105\_EA



8<sup>88</sup>

**SAMYANG SPICY CHICKEN DUMPLINGS**  
frozen  
selected varieties, frozen  
700 g  
ravioles épicés au poulet  
21736363\_EA



7<sup>88</sup>

**FRUTEE FROZEN DESSERT BARS**  
selected varieties  
270 mL  
barres de dessert glacé  
21701514\_EA



.88

**CAMPBELL'S SWANSON CHICKEN BROTH**  
412 mL  
bouillon de poulet  
20042814\_EA



2<sup>88</sup>

**INDOMIE NOODLES**  
400-425 g  
nouilles instantanées  
21094981\_EA



4<sup>48</sup>

**KIKKOMAN STIR FRY SAUCE**  
285 mL  
sauce à sauté  
20038884\_EA



4<sup>88</sup>

**HUY FONG SRIRACHA, CHILI GARLIC or SAMBAL OELEK SAUCE**  
selected varieties  
460-714 mL  
sriracha ou sauce chili à l'ail ou sauce  
20074956\_EA/20103178\_EA



2<sup>48</sup>

**T&T® ALOE VERA DRINK**  
selected varieties  
1.5 L  
boisson à l'aloès  
20593585\_EA



12<sup>88</sup>

**T&T® CASHEWS**  
selected varieties  
800 g  
noix de cajou  
20807760\_EA/20807973\_EA



\$22

**TIDE LIQUID** 3.64/3.9 L, **PODS or FLINGS** 45-76's **LAUNDRY DETERGENT** or **CASCADE AUTO DISHWASHER TABS** 51-90's  
selected varieties  
détergent à lessive ou capsules de détergent pour lave-vaisselle  
21518479\_EA/21593670\_EA



8<sup>99</sup>

**CHARMIN BATHROOM TISSUE** 8=24 rolls or **BOUNTY PAPER TOWEL** 3=6 rolls  
selected varieties  
papier hygiénique ou essuie-tout  
21626615\_EA/21670159\_EA



# SOUTH ASIAN FLAVOURS AT LOW PRICES

1.49

**METHI LEAF**  
product of Canada  
bunch  
feuilles de fenugrec  
20159689001\_EA



.99

**BUNCH MINT or CILANTRO**  
product of Canada  
menthe ou coriandre en botte  
20139326001\_EA/20091825001\_EA

2.99 LB

**INDIAN EGGPLANT** product of Mexico  
or **INDIAN KARELA** product of Mexico,  
Honduras or Dominican Republic  
aubergine indienne ou karela indienne  
6.59/kg  
20055882001\_KG/20028046001\_KG

**OPO SQUASH**  
product of U.S.A.  
courage opo  
3.28/kg  
20142055001\_KG

1.49 LB

\$2

**SANTOSH NAAN**  
selected varieties  
5's  
naan  
21671463\_EA



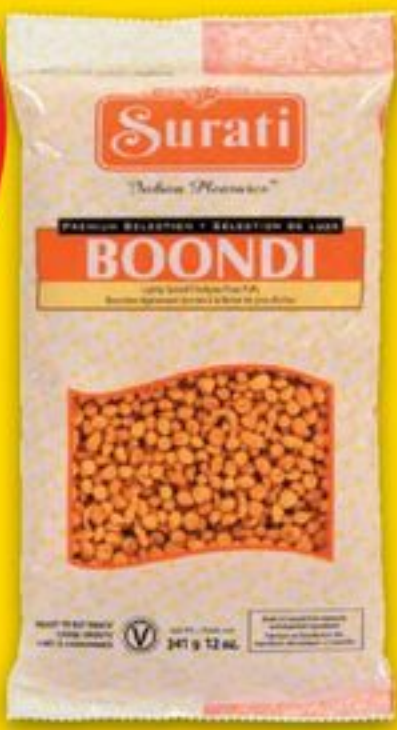
\$18

**AUSTRALIAN LEAN GROUND LAMB**  
2x350 g  
agneau haché maigre  
21682482\_EA



2.25

**SURATI SNACKS**  
selected varieties  
250/341 g  
collations  
20322576003\_EA



2.99

**KFI CHUTNEY SAUCE**  
selected varieties  
455 mL  
chutney  
20299612001\_EA/20299612002\_EA/20299612003\_EA



6.50

**GOLDEN PUNJABI BISCUITS**  
selected varieties  
1.14 kg  
biscuits punjabi  
20695092\_EA



8.99

**NANAK RASMALAI**  
selected varieties,  
frozen  
850 g  
rasmalai  
21284818\_EA



4.49

**SURAJ® COCONUT OIL**  
500 mL  
huile de coco  
20983644\_EA



.99

**BRITANNIA GOOD DAY BISCUITS** 75 g or  
**CASABLANCA BASIL SEED DRINK** 290 mL  
selected varieties  
biscuits ou boisson  
20840892002\_EA/21193074\_EA



9.99

**QUALITY BROWN SUGAR**  
4.5 kg  
cassonade  
20718452\_EA



\$10

**WAGH BAKRI PREMIUM TEA**  
907 g  
thé de qualité supérieure  
20375231\_EA



1.50

**KURKURE SNACKS**  
selected varieties  
115 g  
collations  
21361077\_EA



1.49

**PRAN INSTANT NOODLES**  
selected varieties  
280 g  
nouilles instantanées  
21685517\_EA



BEER AND CIDER

\$10

COORS LIGHT or  
MOLSON  
CANADIAN BEER  
cans  
6x473 mL  
bière  
20944740\_C06/20946471\_C06



\$10

BUDWEISER or  
BUD LIGHT BEER  
cans  
6x473 mL  
bière  
20944739\_C06/20955258\_C06

\$13

LAKER ICE BEER  
cans  
6x473 mL  
bière  
21472702\_C06



\$18

CREEMORE SPRINGS  
LAGER 6x473 mL  
CANS or MODELO  
ESPECIAL BEER  
6x355 mL BOTTLES  
selected varieties  
bière  
20886008\_C06/21097267\_C06

\$29

CORONA  
EXTRA BEER  
bottles  
12x330 mL  
bière  
21336940\_C12



\$18

STEAM WHISTLE  
PILSNER or BEAU'S  
LUG TREAD  
LAGERED ALE  
cans  
6x473 mL  
bière  
21122513\_C06/21392266\_C06

\$18

STELLA ARTOIS 6x473 mL  
or SAPPORO PREMIUM  
BEER 6x500 mL  
cans  
bière  
21014346\_C06/21347368\_C06

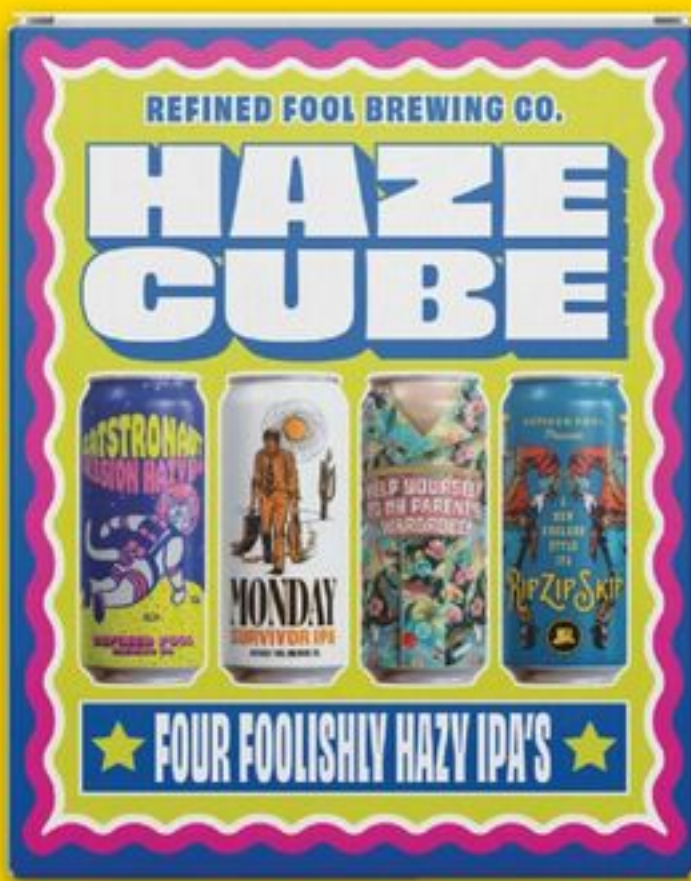


\$19

COTTAGE SPRINGS  
VODKA BASED  
BEVERAGES  
5% ABV, cans  
selected varieties  
8x355 mL  
boisson à la vodka  
21636332\_C08/21636333\_C08

14<sup>50</sup>

MOTT'S CLAMATO CAESAR  
cans  
selected varieties  
6x341 mL  
bloody caesar  
20587596\_C06



14<sup>50</sup>

REFINED FOOL  
BREWING CO  
HAZE CUBE IPA  
cans  
4x473 mL  
bière  
21611043\_C04

9<sup>49</sup>

PC® DE-ALCOHOLIZED BEER  
selected varieties  
12x355 mL  
bière désalcoolisée  
20121729\_C12



\$12

CORONA CERO 0.0%  
NON-ALCOHOLIC BEER  
selected varieties  
6x330 mL  
bière sans alcool  
21650191\_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 INFO ALC

# HOME ESSENTIALS AT LOW PRICES

\$6



**PC® CERAMIC TRAVEL MUG**  
blue  
21217642\_EA

\$6



**PC® FARMHOUSE SPOON REST**  
21351052\_EA

\$7



**EVERYDAY ESSENTIALS™ 4-SIDED GRATER**  
21343405\_EA

\$7



**PC® ARTISANAL BERRY PINT**  
PINT  
21445203\_EA

\$7



**EVERYDAY ESSENTIALS™ INSTANT READ THERMOMETER**  
21218245\_EA

\$7



**EVERYDAY ESSENTIALS™ LARGE PREP BOARD**  
21122552\_EA

\$8



**JOIE CITRUS JUICER**  
21179934\_EA

\$8



**LIFE AT HOME™ RIBBED SPECKLE BUTTER DISH**  
21481688\_EA

\$9



**PC® 6 MEASURING SPOON SET**  
21345387\_EA

\$9



**PC® PAPER TOWEL HOLDER**  
21344969\_EA

\$9



**PC® SOFT GRIP PIZZA WHEEL**  
21190094\_EA

9<sup>50</sup>



**EVERYDAY ESSENTIALS™ DUAL KNIFE SHARPENER**  
20218999\_EA

\$10



**EVERYDAY ESSENTIALS™ SPICE STORAGE TURNTABLE**  
21161822\_EA

\$8



**EVERYDAY ESSENTIALS™ LED TEALIGHTS**  
12pk  
21415653\_EA

Get  
**10,000**  
pts  
For every \$50\*  
spent

That's  
**\$10**  
value

### App exclusive offer

When you spend \$50 on Home, Entertainment, Baby, Health & Beauty and Joe Fresh products \*

September 3 - September 9, at participating No Frills stores only. \*See in-store for details.

**\$6**



**PC® LITTLE SIPPERS**  
selected varieties, 525 mL  
21697962\_EA/ 21697889\_EA

**\$7**



**PC® BENTO SNACK BOX**  
selected varieties  
21492720\_EA/21492722\_EA

**\$8**



**SISTEMA BENTO CUBE TO GO**  
1.25 L  
21183444\_EA

**\$10**



**PC® HOT EATS FOOD JAR**  
selected varieties, 440 mL  
21699687\_EA/21699646\_EA

**\$10**



**PC® LITTLE SIP**  
selected varieties, 500 mL  
21560869\_EA

**\$10**



**PC® PUSH'N SIP BOTTLES**  
selected varieties, 500 mL  
21588968\_EA/21589281\_EA

**\$10**



**PC® BENTO LUNCH BOX**  
selected varieties  
21492735\_EA/21492751\_EA

**\$10**



**PC® BENTO LUNCH BAGS**  
selected varieties  
21700004\_EA/21700003\_EA

**\$1**



**PC® ORGANICS BABY FOOD POUCHES**  
selected varieties, 128 mL  
20651248002\_EA/20651270001\_EA

**UP TO 20% OFF**



**AVEENO BABY NEEDS**  
selected varieties, 227-975 mL  
20157402002\_EA/20380479001\_EA

**ALWAYS \$5**



**PC® BABY WIPES**  
scented or unscented, 300's  
21540716\_EA/21550950\_EA

**ALWAYS \$5**



**LIFE BRAND® LIQUID HAND SOAP REFILL**  
selected varieties, 2 L  
21357613003\_EA/21357613004\_EA

**\$5**



**ST. IVES BODY LOTION**  
selected varieties, 600 mL  
21086088\_EA/21086101\_EA

**\$4**



**GARNIER FRUCTIS HAIR CARE**  
selected varieties, 334-370 mL  
21007181\_EA/21007198\_EA

**\$5**



**DOVE BAR SOAP 3x106 g, BODY WASH 325 mL, DEODORANT 45-76 g or HAIR CARE 142-198 g/195-355 mL**  
selected varieties  
21220717\_EA/21644833\_EA

**\$5**



**ALWAYS or TAMPAX LINERS**  
48-72's, PADS 10-46's or TAMPONS 14-18's  
selected varieties  
21444899\_EA/21450009\_EA

**\$3**



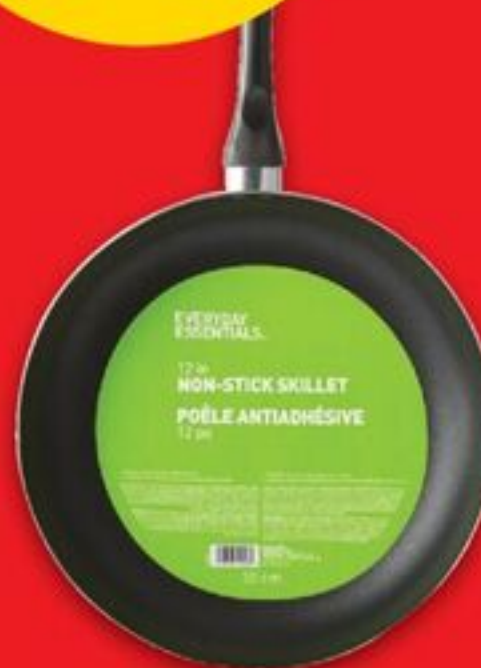
**NO NAME® FOOD STORAGE CONTAINERS**  
selected varieties  
20061485\_EA/20189239\_EA

**\$7**



**EVERYDAY ESSENTIALS™ 3-PIECE KNIFE SET**  
21724433\_EA

**\$8**



**EVERYDAY ESSENTIALS™ 12 INCH NON STICK SKILLET**  
21345661\_EA

Optimum™



**Member Price \$10**

**Non-Members \$12**

**Members Save \$2**

**SISTEMA 6 PIECE STARTER KIT**  
contenants  
21758105\_EA

# **NOFRILLS®** **YES DELIVERY**

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With  **Express™**

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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](http://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](http://nofrills.ca).

\*Eligible orders must be placed and completed by October 10, 2026. Your delivery fee, as applicable, will be waived on the qualifying order based on the total spend before applicable taxes, fees discounts and or coupons, in a single transaction. Limit of 1 per customer. This Offer only applies to eligible online delivery orders made at [nofrills.ca](http://nofrills.ca). Offer does not apply on items purchased through Rapid Retail Canada Inc. at [rapid.pcexpress.ca](http://rapid.pcexpress.ca) or any products on our banner websites that are sold and shipped by third party vendors. Applicable voucher code must be entered during checkout to redeem. Offer excludes purchase of tobacco, alcohol products, prescriptions, phone cards, gift cards, lottery tickets, and any other products which are provincially regulated or as we determine from time to time. Product availability may vary by store. Offer is one-time only, cannot be combined with any other PC Express promotional offers and excludes previous purchases. We reserve the right to cancel any order due to unauthorized, altered, or ineligible use and to modify or cancel this offer due to system error or unforeseen problems without notice. ®/™ Trademarks of Loblaw's Inc.

ONL NF PCX

**no name™** mobile



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**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](http://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](http://nofrills.ca).

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