

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 10 TO WEDNESDAY, SEPTEMBER 16, 2026.

THE BIG SALE!

ONLY

1⁹⁹

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



10 LB BAG

SAVE 25%

2⁹⁹

BEETS, FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
betteraves ou carottes ou oignons jaunes
21121329001_EA/20600930001_EA



10 LB BAG

ONLY

1⁹⁹

BLACKBERRIES
product of Mexico
mûres
20051013001_EA

6 OZ CLAMSHELL



ONLY

2⁹⁹

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



3 LB BAG

SAVE UP TO 20%

7⁹⁹

LOU'S ENTRÉES 375-400 g or ST HUBERT or SWISS CHÂLET POT PIES 650-800 g
selected varieties, frozen
plats cuisinés ou pâtés
20719298_EA/20078077_EA



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA

WOW!

.99

SAVE 46%

6⁹⁹



JANES CHICKEN WINGS
selected varieties, frozen
660 g
ciles de poulet
21439269_EA

PRICE DROP

4⁹⁹



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or ARMSTRONG CHEESE 400 g
selected varieties
fromage
21286240_EA/21346749_EA

4⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
beurre
206039926_EA

7⁹⁹



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

2⁴⁹



KELLOGG'S NUTRI-GRAIN BARS 295 g, POP-TARTS 384 g, RICE KRISPIES SQUARES 154-176 g or SPECIAL K CRISPY BARS 125 g
selected varieties
barres
20126567001_EA/21290111_EA

4⁸⁷



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
317-778 g
céréales
21103492_EA/21103495_EA

\$6⁴⁴



NESCAFÉ RICH 100-170 g, SWEET & CREAMY 16/18's or CONCENTRATES 500 mL, INSTANT COFFEE
selected varieties
café instantané
20873036_EA

SAVE UP TO 40%

\$3



PILLER'S SLICED DELI MEAT 150/200 g, MASTRO CAPOCCOLLO, PROSCIUTTO COTTO, ROSMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
charcuteries tranchées
20376743_EA/21206939_EA

SAVE 40%

\$3



HEREFORD CORNED BEEF
340 g
boeuf salé
20050622_EA

WOW!

\$2



PC® VEGETABLES
selected varieties, frozen
350-750 g
légumes
20318913_EA

ONLY

.88



FOCO 100% PURE COCONUT WATER
1 L
eau de noix de coco
21034634_EA

ONLY

3³³



EARTH'S OWN NON-DAIRY BEVERAGES
selected varieties
1.75/1.89 L
boissons non laitières
20299496003_EA/21037796_EA

SAVE 43%

\$1



MICHELIN'S FROZEN ENTRÉES
selected varieties, frozen
128-284 g
plats cuisinés surgelés
21208614_EA

SAVE UP TO 27%

\$4



PC® FROZEN FRUIT 300-600 g or BREYERS CLASSIC FROZEN DESSERT 1.41 L
selected varieties
fruits surgelés ou dessert glacé
20313227_EA/21651628_EA

SAVE 40%

2⁸⁸



NESTLÉ CHOCOLATE MULTIPACK 4's or BAGS 76-203 g
selected varieties
chocolats ou friandises
20323502_EA/21079071_EA

FLYER PRICES AVAILABLE AT: BEHNS & BAUSCH'S - AJAX, STEVE & ANAND'S - AJAX, ROB & TINA'S - AMHERSTBURG, JOE & VALES - AURORA, JOE'S - BELLEVILLE, ADUS - BRAMPTON, DAVE'S - BRAMPTON, HECTOR & BAUCAS - BRAMPTON, MICHAEL & BARRY - BRAMPTON, MIKE'S - BRAMPTON, ROCKY'S - BRAMPTON, SARAGANT'S - BRAMPTON, WALKER'S - BRAMPTON, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SAIKAS - CAMBRIDGE, ROSA LINDAS - CAMBRIDGE, RYAN'S - EAST YORK, JADEN'S - ELMIRA, COSIMO'S - ETOBICOKE, EMILIANO & NANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HEBS - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DOMENICK'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENNY'S - HAMILTON, FRANCOIS - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEBK & LAURA'S - KITCHENER, MIKE & GRACE'S - KOWAK, BRENT & JENNIFER'S - LONDON, DARTYLL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACY'S - LONDON, ANTHONY'S - MARKHAM, PETER & SUZIE'S - MARKHAM, ROB'S - MARKHAM, VANDAL'S - MARKHAM, JOHN'S - MISTON, DANIEL'S - MISSISSAUGA, HARRY'S - MISSISSAUGA, MARK'S - MISSISSAUGA, MIKE'S - MISSISSAUGA, RANAK'S - MISSISSAUGA, SARAGANT'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, YANAK'S - MISSISSAUGA, CHRIS & SAIKAS - NEPEAN, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, ANAND'S - OAKVILLE, NORTH YORK, CARLO'S - NORTH YORK, DANIEL'S - NORTH YORK, JOHN'S - NORTH YORK, LEO'S - NORTH YORK, LUTOS - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, JULIAN'S - OSHANA, MIKE'S - OSHANA, NADIA'S - OSHANA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, SACCOT'S - PICKERING, ASHLEY'S - RICHMOND HILL, PRAISE & MELISSA'S - RICHMOND HILL, JAMES - RICHMOND HILL, ALY'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DARRIN'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, RODICO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANK'S - VAUGHAN, PAUL & MALORY'S - WATERLOO, GERRARD'S - WILLOWDALE, CONROY'S - WHITBY, LUC'S - WHITBY, GAG - WHITBY, SOUTH WINDSOR - WINDSOR, TARA'S - WINDSOR, TONY & KATHY'S - WINDSOR, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK, WINDSOR HURON CHURCH

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

LOCAL AT LOW PRICES

Featured growers from Ontario

For over 80 years, Procyk Farms has grown fresh Ontario vegetables with pride and dedication, delivering freshness and flavour from their fields to your table. As a fourth-generation family farm and proud Loblaw partner for over 40 years, They continue to deliver quality produce to Canadian families while building for generations to come.



PROCYK FARMS

Wilsonville, Ontario

Find additional produce
from local growers in store.



Foodland
ONTARIO



APPROX
11 LB BOX

12⁹⁹

**RED SHEPHERD
PEPPERS**
product of Ontario
poivrons
20964136001_C01

2⁴⁹



Foodland
ONTARIO



227 G

**PC® SLICED or WHOLE, WHITE
or CREMINI MUSHROOMS**
product of Ontario
champignons
20775805_EA / 20776239_EA

4⁹⁹



Foodland
ONTARIO



2 L

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

4⁹⁹



Foodland
ONTARIO



3 L

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

3⁹⁹



680 G

**PC® LITTLE GEMS™ RED, YELLOW or
MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247301001_EA / 21247299001_EA

3⁹⁹



Foodland
ONTARIO



PKG OF 5

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

3⁹⁹



PKG OF 3

ROMAINE HEARTS
product of Canada
cœurs de romaine
20067389001_EA

1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

2⁴⁹



Foodland
ONTARIO



BUNCH SPINACH
product of Ontario
épinards en botte
20162840001_EA

1⁹⁹



Foodland
ONTARIO



KALE
product of Ontario
chou frisé
20138805001_EA

FRESH AT
LOW PRICES

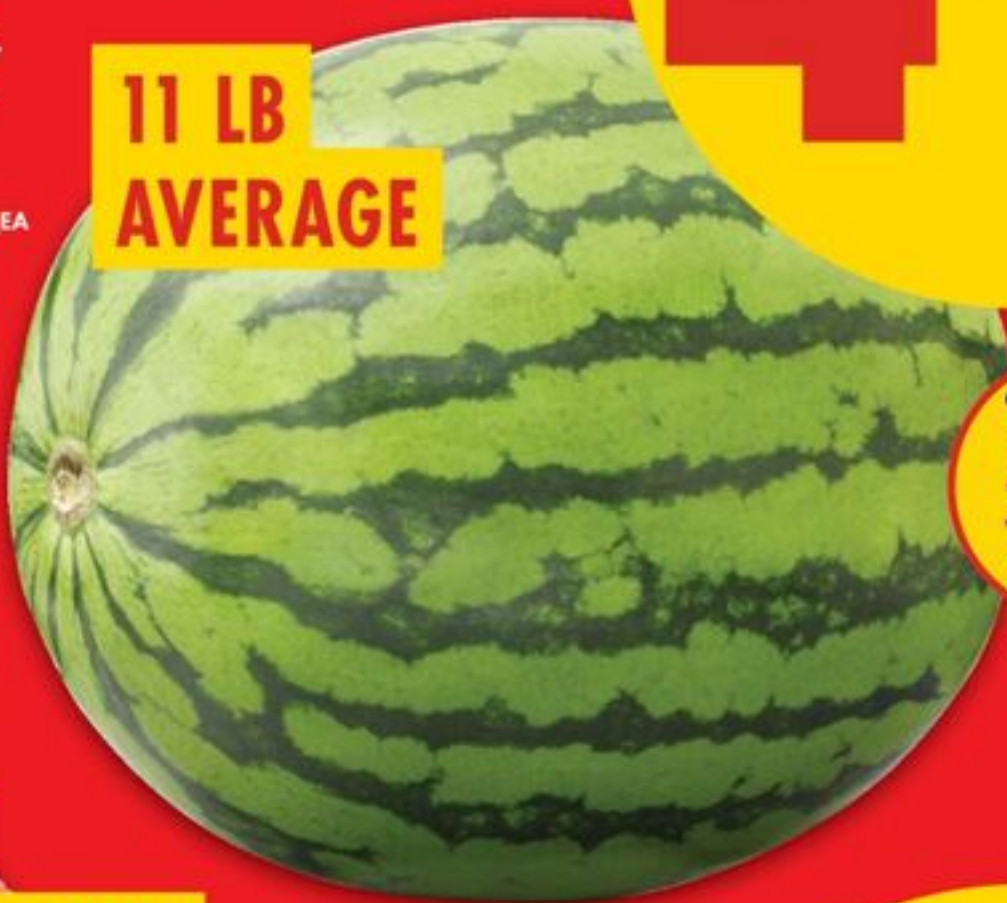
3⁹⁹
EA/LB

RASPBERRIES each,
product of Mexico or U.S.A., no. 1 grade,
RED or GREEN SEEDLES GRAPES
8.80/kg, product of U.S.A. no. 1 grade
framboises ou raisins rouges
ou verts sans pépins
20425775001_KG/20159199001_KG/20128938001_EA



6 OZ
CLAMSHELL

11 LB
AVERAGE



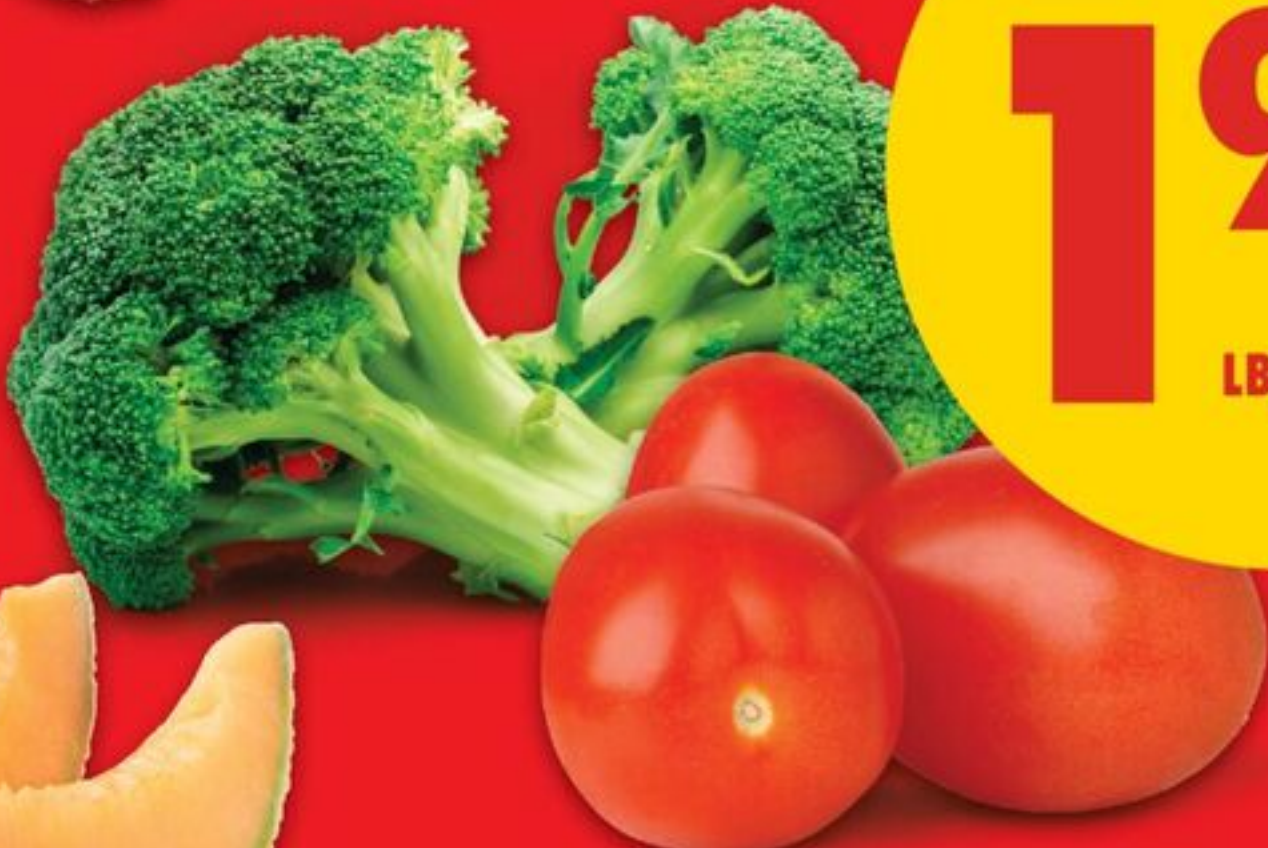
4⁹⁹

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

1⁹⁹



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



1⁹⁹
LB/EA

BROCCOLI CROWNS each,
product of Ontario or
ROMA TOMATOES 4.39/kg,
product of Canada or Mexico, no. 1 grade
couronnes de brocoli ou tomates roma
21121560001_EA/20143381001_KG

FRESH
GUARANTEE

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

2⁹⁹



PKG OF 6

283 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or Mexico or
MINI CUCUMBERS
product of Ontario, Canada no. 1 grade
tomates raisins
21367888001_EA/20737570001_EA

3⁹⁹

PKG OF 5



AVOCADOS
product of Mexico
avocats
21644936001_EA

1⁹⁹
LB



ASIAN YELLOW PEARS product of China,
HONEYCRISP APPLES or **BARTLETT PEARS**
product of Ontario, Canada fancy grade
pommes
4.39/kg
20035618001_KG/20172240001_KG

3⁹⁹



PKG OF 4

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



4⁹⁹



4 LB
BAG



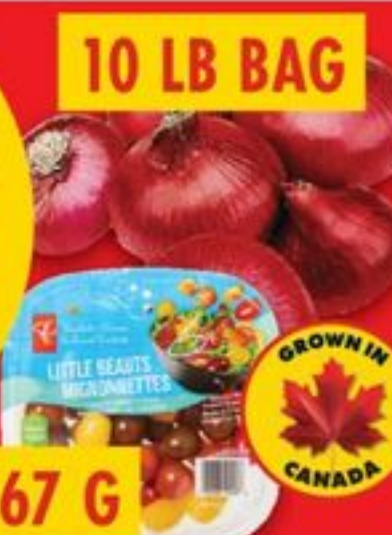
FARMER'S MARKET™ MCINTOSH or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
20713211001_EA/20767998001_EA

3⁹⁹



PINEAPPLE
product of Costa Rica
each
ananas
20160992001_EA

5⁹⁹



10 LB BAG

567 G

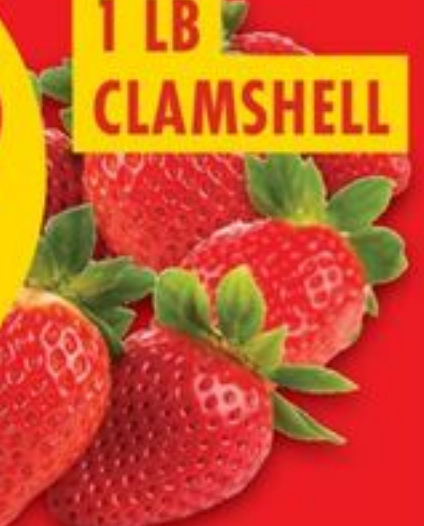
PC® LITTLE BEAUTS VARIETY TOMATOES
product of Canada or **FARMER'S MARKET™ RED ONIONS** product of Canada, Canada no. 1 grade
tomates raisins ou oignons rouges
21720711001_EA/20171965001_EA

3⁹⁹



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

4⁹⁹



1 LB
CLAMSHELL

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

.⁹⁹



KIWI
product of Chile
each
kiwi
20130242001_EA

6⁹⁹

FARMERS MARKET™ MANDARINS
product of South Africa
mandarines
20054023001_EA



4 LB
BAG

3⁹⁹

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



2 LB
BAG

PRICE
DROP

2⁹⁹



BROCCOLINI
product of U.S.A.
broccolini
20154907_EA

.⁹⁹



GREEN ONIONS
product of Ontario
oignons verts
20107500001_EA



* 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.

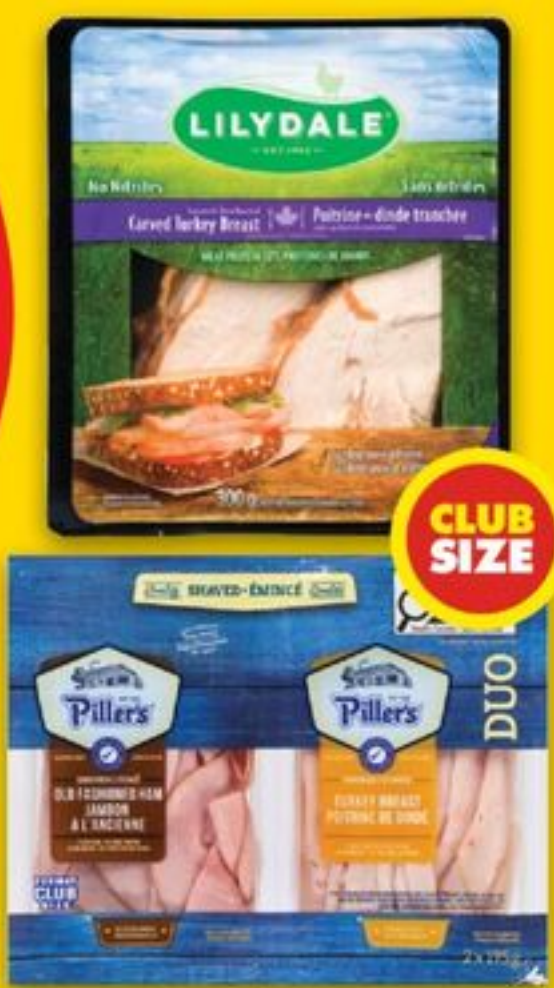
DELI DEALS

\$4



BABYBEL CHEESE SNACKS 102/120 g,
SAN DANIELE PROSCIUTTO 100 g or
MASTRO SALAMI or
CHARCUTERIE 100-175 g
selected varieties
collations au fromage ou prosciutto ou salami ou charcuteries
20574332_EA/21061099_EA

6⁵⁰



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

\$5



OLIVIERI TWIN PACK PASTA 450/500 g or
SAUCES 300 mL or
ZIGGY'S® TWIN PACK PASTA 600 g
selected varieties
sauces ou pâtes
20321512_EA/21522093_EA

\$5



FARMER'S MARKET™ or
PC® THE DECADENT® MUFFINS
selected varieties
4/6's
muffins
21283356_EA

\$3



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

NOFRILLS®

FRESH AT LOW PRICES

\$9

PC® BLUE MENU® EXTRA LEAN CHICKEN BREASTS
boneless, skinless, air chilled
up to 420 g
poitrine de poulet
21606970_EA



EXTRA LEAN GROUND BEEF
bœuf haché
19.82/kg
20357910_KG

CLUB
SIZE



8.99
LB

\$14

PC® WORLD OF FLAVOURS PORK ROASTS
selected varieties
730/900 g
rôti de porc
21603234_EA



8.99

REA ITALIAN SAUSAGE
selected varieties
720 g
saucisses
21440621_EA

\$6.49

Get
3,000
pts

That's
\$3
value



BUTTERBALL TURKEY BACON
375 g
bacon de dinde
20016865_EA

10.99

SWISS CHALET or MONTANA'S PORK BACK RIBS
selected varieties, frozen
600/650 g
côtes de dos de porc
21022221_EA/21668141_EA



\$5



PC® SALSA, GUACAMOLE or SQUEEZE AND DRIZZLE SPREADS 227-350 g/255/430 mL or
SNACK FACTORY PRETZEL CRISPS 200 g
selected varieties
salsa ou guacamole ou tartinades ou craquelins de bretzel
20948940_EA/21448079_EA

\$7

SEAQUEST® COD, SOLE, TILAPIA, BASA or WILD POLLOCK FILLETS
selected varieties, frozen
400 g
filets de poisson
20036614_EA/20048346_EA



\$8



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

2.50



THE LAUGHING COW CHEESE
selected varieties
133 g
fromage
20319107_EA

\$6

PC® FREE FROM®
175 g or **PC® SPLENDIDO®** 100 g
SLICED DELI MEAT
selected varieties
viande de charcuterie
tranchée
20682855_EA/21050405_EA



\$8



SUMMER FRESH SALADS 700/750 g or
OLYMELE MEAT PROTEINS 400/450 g
salades ou viande cuite
20094285_EA/21743906_EA

\$4.50

Get
500
pts

That's
50¢
value

HOSTESS DONUTS
selected varieties
269 g
beignes
21572744_EA/21664628_EA



2.25



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

3.50



VILLA DI MANNO BUNS
selected varieties
6's
petits pains
21018623_EA/21765174_EA

\$4



VACHON SNACKCAKES
selected varieties
250-336 g
petits gâteaux
20005728_EA

5.50



PC® ALL BUTTER CROISSANTS
ready to bake
selected varieties, frozen
312-360 g
croissants
21545111_EA

NFO 3_rad07/09/2026_ON

BACK TO SCHOOL AT LOW PRICES

ONLY

6⁵⁰

iöGO 16x100 g or SIGGI'S SKYR YOGURT 650/750 g
selected varieties
yogourt

20606778001_EA/21353865_EA



SAVE UP TO 33%

\$4

KRAFT SINGLES 410 g or CHEEZ WHIZ 450 g
selected varieties
tartinade ou tranches de fromage fondu

20659606001_EA/21188654_EA

ONLY

6⁵⁰

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
jus d'orange

21531644_EA



ONLY

5⁹⁹

GRAY RIDGE or PRESTIGE GRADE A EGGS 18's or PC® FREE RUN EGGS 12's
selected varieties, brand varies by region
œufs

20814294001_EA/20813628001_EA

3⁹⁹

BECEL MARGARINE, PLANT BUTTER 400/454 g or I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE 800 g
selected varieties
beurre à base de plantes ou margarine

21747598_EA/21747653_EA



4⁹⁹

NESTLÉ DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
friandises glacées ou cornets

21739610_EA



\$10

POGO ORIGINAL CORN DOGS
club pack, frozen
20's
saucisses sur bâtonnet

20065224002_EA



2⁵⁰

PC® CONDENSED MILK 300 mL
lait condensé

20112979_EA



5⁵⁰

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
450-650 g
céréales

20054727_EA/21651640_EA



\$3

LECLERC GO PURE, NUGABAR or MUFFIN MAX BARS
selected varieties, 140-223 g
barres

20950314_EA/21507858_EA



2²²

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

20419986001_EA/21713321_EA



2⁵⁰

PRINGLES POTATO CRISPS
selected varieties
148/156 g
croustilles

21003823_EA/21003833_EA



.79

FRANCO-AMERICAN GRAVY
selected varieties, 284 mL
sauce brune

20063534_EA



1²⁷

HEINZ BEANS or PASTA
selected varieties
398 mL
fèves ou pâtes

20040380003_EA/20177278001_EA



\$2

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

20321430007_EA/20321430011_EA



.37

MR. NOODLES INSTANT RAMEN NOODLES
selected varieties
85 g
nouilles ramen instantanées

20322658001_EA



1⁷⁵

CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé

20896812_EA/20896887_EA



\$5

HEINZ KETCHUP 750 mL/1 L or KRAFT MIRACLE WHIP 650-890 mL
selected varieties
ketchup ou tartinade

20069080_EA/20298681001_EA



13⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses

20306687002_C24/20308197001_C24



3⁵⁰

NIVEA BODY WASH 500 mL, DEODORANT ROLL-ON 50 mL or ANTIPERSPIRANT 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou antisudorifique

20321421004_EA/21169899_EA



NEW
ARRIVAL

\$3

BLOOM ENERGY DRINKS
selected varieties
355 mL
boissons énergisantes

21761909_EA



\$3

Get 1,000 pts

That's \$1 value



KOOL-AID JAMMERS 10x180 mL or MIO, CRYSTAL LIGHT, or KOOL-AID LIQUID WATER ENHANCERS 48 mL/24-56 g
selected varieties
aromatisants liquides pour eau ou mélanges à boisson en poudre

20079976006_EA/20663423_EA

\$7

Get 700 pts

That's 70¢ value



CREST PRO-HEALTH GUM DETOXYFY TOOTH PASTE 110 mL or PRO-HEALTH MOUTHWASH 1 L
selected varieties
dentifrice ou rinçage-bouche

20308684001_EA/21354062_EA

\$7

Get 1,000 pts

That's \$1 value



TRESEMMÉ HAIR CARE
selected varieties
184-311 g/236-828 mL
soins capillaires

20315303016_EA/21170103_EA

Optimum™

FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 10 TO WEDNESDAY, SEPTEMBER 16, 2026.

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rain checks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC® Optimum™: Scan your PC® Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC® Optimum™ member to get this offer.

NOFRILLS

CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



This product contains post consumer recycled paper

proudly Canadian



NFO 4_red07/09/2026_ON

SEPTEMBER

HIT
OF THE
MONTH

\$2



Prepared in Canada

PC® Kettle Cooked Chips

Selected varieties, 200 g

21422931_EA / 21549769_EA

limit: 6, over limit retail \$3

\$3



Made in Canada

Maynards Candy

Selected varieties, 308 - 315 g

21545817_EA / 21545809_EA

limit: 6, over limit retail \$4

\$3.50



Prepared in Canada

**Marcangelo dinner or breakfast
sausages, rounds or Italian grinds**

Selected varieties, 250 - 500 g

21724134_EA / 21724145_EA

limit: 6, over limit retail \$4.50

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

3⁵⁰

LIBERTE MÉDITERRANÉE
YOGURT 500 g or
YOPLAIT SOURCE
PROTEIN YOGURT 650 g
selected varieties
yogourt
20788062001_EA/21587047_EA



\$6

SAPUTO
MOZZARELLISSIMA
selected varieties
500 g
fromage râpé
20759241002_EA

4⁹⁹

HAAGEN-DAZS ICE CREAM
414-450 mL or **BARS** 3/4's
selected varieties, frozen
crème glacée ou barres
20302298003_EA/21722352_EA



4⁵⁰

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

16⁸⁸

BOTAN
CALROSE
RICE
8 kg
riz
20428552_EA



6⁹⁹

STARBUCKS
COFFEE
ENHANCERS
selected varieties
800/828 mL
rehausseurs pour café
21460123_EA



\$3

SNYDER'S
PRETZELS
selected varieties
240 g
bretzels
20316052004_EA



\$3

V8 VEGETABLE COCKTAIL
6x156 mL or
ALLEN'S DRINK BOXES 8x200 mL
selected varieties
cocktail de légumes ou boissons
20297564002_EA/20315996002_EA



16⁹⁹

NESTLÉ
ASSORTED
MINI
BARS AND
CANDIES 100's
selected varieties
chocolat en boîte
21595523_EA



9⁵⁰

MONSTER 4x473 mL or
RED BULL 4x250 mL **ENERGY DRINKS**
selected varieties
boissons énergisantes
20166737001_C04/20937631_C04



1²⁵

PEACE TEA or
BRISK ICED TEA
selected varieties
695/710 mL
thé glacé
21080320_EA/21082610_EA



2⁵⁰

LANTIC GRANULATED SUGAR
2 kg
sucre granulé
20145033_EA



2²⁵

GOLDFISH
CRACKERS
selected varieties
156-227 g
craquelins
20300320_EA/20306994003_EA



\$2

AYLMER ACCENTS
TOMATOES 540 mL, **DEL MONTE**
SEASONED BEAN SALAD 398 mL or
RO TEL DICED TOMATOES 283/284 g
selected varieties
tomates ou salade de légumineuses ou
tomates en dés
21154453_EA/21207387_EA/21604909_EA



2²⁹

HABITANT 796 mL or
CAMPBELL'S READY TO
SERVE SOUP 515 mL
selected varieties
soupe
20299690002_EA/21479030_EA



\$3

CATELLI PROTEIN+ PASTA
selected varieties
340 g
pâtes
21661872_EA/21661874_EA



\$3

OLD EL PASO COMPONENTS
selected varieties
125-334 g / 398 mL
tacos
20306992001_EA/20314171001_EA



\$10

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



2⁹⁹

UNICO CAPERS 125 mL,
OLIVES 375 mL or
PICKLED VEGETABLES 750 mL
câpres ou olives ou légumes marinés
20028445_EA/21103523_EA



\$2

BEN'S RICE CUPS 62/68 g or
DAINTY TIMEWISE PASTA 250 g
selected varieties
riz ou pâtes
21680713_EA/21703281_EA



Get
5,000
pts

For every \$15*
spent

That's
\$5
value



KINDER SURPRISE,
BUENO MINI or
CHOCOLATE MINI
selected varieties
100-330 g
chocolat
21588344_EA

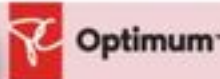
Get
1,500
pts

For every \$6*
spent

That's
\$150
value



CLUB HOUSE GRAVY,
SAUCE or SEASONING MIXES
selected varieties
21-47 g
mélange à sauce ou à assaisonnement
20302816001_EA/20323721011_EA/20801021_EA



BRANDS YOU LOVE
AT LOW PRICES

4⁹⁹



**HELUVA GOOD!
FRENCH ONION DIP**
680 g
trempeuse
20312788001_EA

**NO NAME®
CHEESE BARS**
selected varieties
200 g
barres de fromage
20331973_EA

\$3



\$6



**KELLOGG'S
EGGO WAFFLES 16's or
PROTEIN 8'S**
selected varieties, frozen
gaufres
20099730004_EA/21639330_EA



4⁵⁰



**CRAVE 200-340 g or
KRAFT DINNER
ENTRÉES 340 g**
selected varieties, frozen
plats cuisinés
21085515_EA/21553329_EA

\$10



**EL MONTEREY TAQUITOS or
QUESADILLAS**
selected varieties, frozen
567/588 g
taquitos ou quesadillas
21725015_EA

4²⁹



**OASIS HEALTH BREAK
JUICE or SMOOTHIE**
selected varieties, refrigerated
1.6 L
jus ou boissons frappées
21529899_EA/21529910_EA

8⁹⁹



FRITO-LAY VARIETY PACK
selected varieties
428/448 g
grignotines
21584937_EA

3⁴⁹



KETTLE BRAND POTATO CHIPS
selected varieties
156/198 g
croustilles
21520692_EA

2⁵⁰



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

\$5



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

7⁹⁹



**BACHAN'S JAPANESE
BBQ SAUCE**
selected varieties
355 mL
sauce barbecue japonaise
21727116_EA

\$20



**KICKING HORSE ORGANIC
WHOLE BEAN COFFEE**
selected varieties
454 g
café en grains biologique
20322468006_EA

Member Price
\$6



Non-Members
\$7

Members
Save
\$1

**CARNATION
HOT CHOCOLATE**
selected varieties
400/450 g
chocolat chaud
21397690_EA

\$3



TETLEY TEA
selected varieties
20/24's
thé
20711158_EA/21663642_EA

\$20



**PC® GROUND COFFEE 800-930 g,
WHOLE BEAN 820/907 g or
PODS 30's**
selected varieties
café torréfié ou moulu ou
en grains ou capsules
21393334_EA/21393573_EA

\$11



RXBAR BARS
selected varieties
208-275 g
barres
21541007_EA

4⁵⁰



QUAKER or CAP'N CRUNCH CEREAL
selected varieties
350-510 g
céréales
21082500_EA/21219824_EA

5⁹⁷



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

2²⁹



**QUAKER DIPS or CHEWY
GRANOLA BARS**
selected varieties
120-156 g
barres
20847582_EA/21359366_EA

\$1



NESTLÉ CHOCOLATE BARS
selected varieties
33-60 g
barres de chocolat
20066954_EA/20306258_EA

TACKLE EVERY MESS.
SAVE ON EVERY CLEAN.

\$3

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



4⁵⁰

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

\$10

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



2²⁹

NO NAME® DISHWASHING LIQUID
800 mL
détergent liquide à vaisselle
21309894_EA



\$11

TIDE LIQUID 1.62/1.86 L or PODS 18-31's 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/21659584_EA



\$12

RESOLVE OXI ACTION POWDER
1.35 kg
selected varieties
détachant
21706740_EA



\$8

NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant
21540283_EA



7⁵⁰

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



\$3

NO NAME® ALL-PURPOSE CLEANER 1.3 L or TOILET BOWL CLEANER 710 mL
selected varieties
nettoyant
20024033_EA/21207732_EA



5⁵⁰

LYSOL DISINFECTING WIPES 75/84's, ALL-PURPOSE CLEANER TRIGGER 950 mL or DISINFECTANT SPRAY 350 g
selected varieties
lingettes désinfectantes ou nettoyant ou vaporisateur désinfectant
20314511001_EA/21449826_EA



\$11

DAWN DISHWASHING LIQUID
selected varieties
2.01/2.64 L
détergent liquide à vaisselle
21430598_EA



no name®

tackle every mess.
save on every clean.

your home of
no name®



(So switch)

shop no name®

\$2



NO NAME® SANDWICH BAGS
100's
selected varieties
sacs de rangement
20180393_EA

2⁵⁰

NO NAME® DISINFECTANT WIPES
selected varieties
35's
lingettes désinfectantes
21386778_EA/21386782_EA



\$9

NO NAME® DISHWASHING LIQUID
5 L
détergent liquide à vaisselle
21012774_EA



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3. Select **“Click here to add your Digital Coupons”**
4. Tap **“Select Offer”** on the coupons you want
5. Tap **“Add Offer”** – you’re done!

Members
get over

\$35

in value

CLICK FOR
THESE COUPONS
AND MORE



**PC® THICK & CRISPY
BREADED CHICKEN
BURGERS**
700 g
de poulet panés
21201257_EA

Get
1,500
pts
Until October - 7 - 2026



**PC® FROZEN
WINGS**
700-907 g
ailes de poulet
21046615_EA

Get
4,000
pts
Until October - 7 - 2026



**PC® SMOKED
WILD SOCKEYE
SALMON**
150 g
saumon sockeye
sauvage fumé
20055009_EA

Get
3,000
pts
Until October - 7 - 2026



PC® BACON
375 g
bacon
21738792_EA

Get
1,500
pts
Until October - 7 - 2026



PC® DIPS
227 g
trempepette
20584012_EA

Get
750
pts
Until October - 7 - 2026



**NO NAME®
CHEESE BARS**
200 g
barres de fromage
20331973_EA

Get
750
pts
Until October - 7 - 2026



**PC® BLACK LABEL
ICE CREAM**
500 mL
crème glacée
20604543003_EA

Get
1,000
pts
Until October - 7 - 2026



**NO NAME®
NATURALLY
IMPERFECT
FROZEN**
2 kg
naturellement imparfaits
21480144_EA

Get
3,000
pts
Until October - 7 - 2026



**NO NAME®
BUTTER**
454 g
beurre
20325029_EA

Get
750
pts
Until October - 7 - 2026



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

Save
\$3
with digital
coupon



**KNORR
PREMIUM
FLAVOUR BASE
PASTES**
all sizes and varieties
base de qualité supérieure
21738792_EA

Save
\$2
with digital
coupon



**FRITOS & CO.
CHEESE BALL
CROQUETTES**
all sizes and varieties
boule de fromage
21663113_EA

Save
\$3
with digital
coupon

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



**PC® ITALIAN-STYLE
SEASONED
BREAD
CRUMBS**
275 g
chapelure
assaisonnée
à l'italienne
21663557_EA

Get
500
pts

Until October - 7 - 2026

Optimum™



**PC® SANDWICH
SPREAD**
300 mL
tartina pour
sandwich
20861237_EA

Get
750
pts

Until October - 7 - 2026

Optimum™



**NO NAME®
HONEY**
1 kg
miel liquide
20033683_EA

Get
2,500
pts

Until October - 7 - 2026

Optimum™



**PC® KETTLE
COOKED CHIPS**
200 g
cuites à la marmite
21422931_EA

Get
500
pts

Until October - 7 - 2026

Optimum™



**PC® SUPER SOFT
HYPOALLERGENIC
BATHROOM
TISSUE**
12 = 24 rolls
papier hygiénique
hypoallergénique
21450718_EA

Get
2,000
pts

Until October - 7 - 2026

Optimum™



**NO NAME®
SCENTED
GEL
AIR FRESHENER**
170 g
assainisseur
d'air parfumé
21403448_EA

Get
500
pts

Until October - 7 - 2026

Optimum™



**NO NAME®
DISINFECTANT
TOILET BOWL
CLEANER**
710 mL
nettoyant pour cuvette
20024033_EA

Get
500
pts

Until October - 7 - 2026

Optimum™



**NO NAME®
BLEACH**
2.4 L
bleach eau de javel
21486532_EA

Get
1,000
pts

Until October - 7 - 2026

Optimum™



**PC® PLANET FIRST
ALL PURPOSE
CLEANER**
700 mL
nettoyant pour
salle de bains
21544963_EA

Get
1,000
pts

Until October - 7 - 2026

Optimum™



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

Save
\$2

with digital
coupon

Optimum™



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

Save
\$1

with digital
coupon

Optimum™



PC® BLACK LABEL PIZZA
pizza
21531410_EA

Save
\$1

with digital
coupon

Optimum™



PC® SCOOP SHOP ICE CREAM
946 mL
crème glacée
21706641_EA

Save
\$1

with digital
coupon

**NEW
LOWER
PRICES**

\$5

**LA FOURNÉE DORÉE
SLICED BRIOCHE BREAD**
500 g
pain brioché tranché
20978205_EA

\$4

340 G

MARZETTI DIPS
product of U.S.A., selected varieties
trempettes
20304684_EA/20322970_EA

**MAPLE LEAF PRIME
CHICKEN DRUMSTICKS**
up to 843 g
pilons de poulet
20633026_EA

\$6

\$5

SAPUTO TUB CHEESE 125-200 g or
BARI RICOTTA 500 g
selected varieties
fromage
20573931_EA/20573975_EA/20573931_EA



6⁵⁰

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



\$4

**OLIVIERI SKILLET
GNOCCHI**
selected varieties
280/300 g
gnocchi
21021520_EA/21022065_EA



2⁵⁰

**SCHNEIDERS
LUNCHMATES
LUNCH KITS or
STACKERS**
selected varieties
75-120 g
trousses-repas
21309931_EA/21310034_EA



\$8

**BASA
STEAKS**
frozen
1 kg
darné de
pangasius
20910469_EA



1⁷⁵

**PEDIGREE
WET DOG FOOD**
selected varieties
375 g
nourriture humide pour chiens
21359778_EA



1²⁵

**PALDO ROASTED
SEAWEED**
15 g
algues rôties
20431251_EA



\$4

KIND HEALTHY GRAINS BARS
175 g or **BREAKFAST BARS** 200 g
selected varieties
barres
20926433_EA/21726010_EA



\$2

**NEILSON CHOCOLATE or
STRAWBERRY MILK**
selected varieties
1 L
lait au chocolat ou à la fraise
20062332001_EA



3⁷⁵

**MINUTE MAID ZERO SUGAR
FRUIT DRINKS** 1.54 L or
FUZE ICED TEA 1.75 L
selected varieties, refrigerated
boissons ou thé glacé
21434119_EA/21652207_EA



\$5



PC® BLUE MENU® MARGARINE
selected varieties
907 g
margarine
20604565_EA

\$6

**BLACK DIAMOND
CHEESTRINGS or SNACKS**
252/336 g or **CRACKER BARREL
CHEESE SHREDS** 320 g
selected varieties
fromage
20763661_EA/21290616_EA



3²⁵

JELL-O DESSERTS
selected varieties, refrigerated
4's
collation réfrigérée
21019795_EA/21019805_EA



\$6

**PC® ORGANICS
KEFIR**
selected varieties
1 L
kéfir
20944278_EA



\$8

**DAIYA DAIRY FREE
GLUTEN-FREE PIZZA**
selected varieties, frozen
363-550 g
pizza sans gluten
20923827_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL 05 INFO

**NEW
LOWER
PRICES**



**SMUCKER'S
UNCRUSTABLES**
selected varieties, frozen
4 x 58 g
pâtisseries
21543057_C04

\$3



**CHEEMO
PEROGIES**
selected varieties, frozen
745/907 g
perogies
20527369_EA

3.50

2.25



CAVENDISH FARMS CLASSIC FRIES
selected varieties, frozen
800 g
frites
21559837_EA

KELLOGG'S EGGO WAFFLES
selected varieties, frozen
8's
gaufres
20302779_EA



4.50

**BREYERS
CREAMERY STYLE
ICE CREAM**
selected varieties, frozen
1.4 L
crème glacée
21651382_EA



\$5



NESTLÉ CONFECTIONERY FROZEN DESSERT
1.5 L or **NOVELTIES** 320-400 mL/4-10's
selected varieties, frozen
dessert glacé ou friandises glacées
20324737003_EA/21585194_EA

\$4



**RED BARON
CLASSIC CRUST
PIZZA**
selected varieties, frozen
584-665 g
pizza
21736881_EA

3.50



**ALPHONSO
REAL FRUIT BEVERAGE**
selected varieties
1.75 L
boisson aux fruits
21128528_EA/21128530_EA

7.50



**BIBIGO MANDU or
MINI WONTONS**
selected varieties, frozen
680 g
mandu ou mini-wontons
21591982_EA/21592031_EA

4.50



**HERSHEY'S, REESE'S or
BROOKSIDE CHOCOLATE POUCHES**
selected varieties
160-235 g
chocolats
20303970004_EA/21079668_EA

\$2



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

4.50



EARTH'S OWN BARISTA
selected varieties
946 mL
lait d'avoine
21179478_EA

\$3



VH SAUCE
selected varieties
341-380 mL
sauces
20984013_EA

3.50



EXCEL GUM MULTIPACKS
selected varieties
3x18's
gomme ou menthes
21435037_EA/21435038_EA

7.50



NONGSHIM SHIN NOODLES
selected varieties
388-548 g
nouilles
21504274_EA

4.50



WINDEX GLASS CLEANER
765 mL, **SCRUBBING BUBBLES**
946/950 mL or **FANTASTIK** 650 mL
selected varieties
nettoyant
20125323001_EA/21666832_EA

\$5



**ROYALE BATHROOM
TISSUE** 8=16 rolls or
FACIAL TISSUE 6x100 sheets
selected varieties
papier hygiénique ou mouchoirs
20702419_EA

\$6



**LAVAZZA CREMA E GUSTO,
QUALITÀ ORO or QUALITÀ
ROSSA GROUND COFFEE**
selected varieties
250 g
café moulu
21553695_EA/21553714_EA

\$8



CLIF ENERGY BARS
selected varieties
5x68 g
barres d'énergie
21664766_EA/21664843_EA

NATURAL FOODS AT LOW PRICES

4⁵⁰



SILK NON-DAIRY BEVERAGES
selected varieties
1.75/1.89 L
boissons non laitières
21196119_EA



PC® ORGANICS KEFIR
selected varieties
1 L
kéfir
20944278_EA

\$6

\$7



BOB'S RED MILL GLUTEN-FREE BAKING FLOUR
selected varieties
624 g
farine sans gluten
21127324_EA/21127335_EA



\$4

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

5²⁵



SILK COFFEE CREAMER
selected varieties
890 mL
colorant à café
21743501_EA

5²⁹



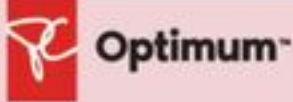
WOWBUTTER SCHOOL SAFE SPREAD
selected varieties
500 g
tartinade
21010633_EA

8⁹⁹



BUBLY POP SODA
selected varieties
6x355 mL
soda
21741228_C06

\$5⁷⁹



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



SUNRYPE ORGANIC FRUIT BITES
selected varieties
108 g
bouchées aux fruits
21528182_EA

\$5



BELSOY PUDDING
selected varieties
4x125 g
pouding
20151398003_EA

\$6



CHOCXO CUPS or SNAPS
selected varieties
98 g
chocolat à la pistache
21697107_EA

4⁷⁹



AMY'S PLANT BASED ORGANIC SOUP
selected varieties
398 mL
soupe biologique à base de plantes
20305535002_EA

\$5



CHICKAPEA HIGH PROTEIN GLUTEN FREE PASTA
selected varieties
227 g
pâtes biologiques à base de plantes
21597621_EA

\$9



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

3⁵⁰



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

\$5



ANNIE'S COOKIES, CRACKERS or GRANOLA BARS
selected varieties
130/213 g
biscuits ou craquelins ou barres granola
20944440_EA/20949212_EA

\$6



ELAN ORGANIC NUTS
selected varieties
125-200 g
noix biologiques
21356043_EA

\$8



CARBONAUT GLUTEN-FREE BREAD
selected varieties, frozen
550 g
pain sans gluten
21394208_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO NV



18⁹⁹

CADBURY ASSORTED HALLOWEEN CHOCOLATE 90's
selected varieties
chocolat d'Halloween
21736021_EA

7⁹⁹

HARIBO GOLDBEAR 40's
friandises
21668546_EA

10⁹⁹

**KINDER BUENO MINIS T55 or
KINDER CHOCOLATE MINIS T55**
selected varieties
55's, 297/330 g
mini-chocolats
21588344_EA

6⁹⁹

**KINDER UOVO
CHOCOLATE EGG**
100 g
œufs en chocolat
20965318_EA

16⁹⁹

**MAYNARDS CANDY
90's**
friandises
20891582_EA

8⁹⁹

**NERDS GUMMY CLUSTERS 22's,
FERRERA ASSORTED CANDY
HALLOWEEN 40's**
friandises
21739367_EA

THE
MAGNUM[®]
ICE CREAM COMPANY

4⁹⁹



BEN & JERRY'S ICE CREAM
selected varieties, frozen
473 mL
crème glacée
21720409_EA

3⁹⁹



POPSICLE ORIGINAL
selected varieties, frozen
12's
bâtonnets glacés
20763171_EA

4⁹⁹



MAGNUM BARS
selected varieties, frozen
3/4's
barres
20950739_EA

6⁵⁰

**SANPELLEGRINO
NATURALI, LIGHT
SPARKLING FRUIT
BEVERAGES or CIAO
SPARKLING WATER**
selected varieties
6x330 mL
eau pétillante
21719274_C06



6⁵⁰

**MAISON PERRIER
SPARKLING WATER**
selected varieties
6x500 mL
eau pétillante
21718322_C06



2²⁵



**SANPELLEGRINO
SPARKLING WATER**
750 mL
eau pétillante
20183964001_EA

**MAISON PERRIER
SPARKLING WATER**
selected varieties
8x330 mL
eau pétillante
21575556_C08



6⁵⁰

Ocean's[™]

\$3



OCEAN'S WHITE TUNA
selected varieties
170 g
thon blanc
21005158_EA/21005216_EA

**GOLD SEAL
SALMON BOWLS**
selected varieties
160 g
bols de saumon
21588473_EA/21589122_EA

4⁵⁰



HAPPY
MID-AUTUMN
FESTIVAL!
中秋節快樂



888

**KNORR CHICKEN
BOUILLON**
1 kg
bouillon au poulet
20154074_EA



288

**KJ DUMPLINGS or
STEAMED SOUP BUNS**
selected varieties, frozen
380 g
boulettes
21357897_EA



188

**AROY-D
COCONUT MILK**
selected varieties
400 mL
lait de coco
20063864_EA / 20133960_EA



HAPPY MID-AUTUMN FESTIVAL!

中秋節快樂

1.98
EA/LB

DRAGON FRUIT
each, product of Vietnam or
PAPAYA
4.37 /kg, product of Mexico
pitaya ou papaye
20168395001_EA/20817066001_KG

LONG EGGPLANT
product of Canada,
Mexico or U.S.A.
4.37 /kg
aubergine
20159013001_KG

1.98
LB

2.48
LB/EA

SNOW or SNAP PEAS
each, product of China or
JAPANESE SWEET YAMS
5.47 /kg, product of U.S.A.
pois mange-tout ou snap ou ignames
20524922001_KG/21023581001_EA/21023553001_EA

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

1.98
LB

.98
LB

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

.98
LB

NAPA or TAIWANESE CABBAGE
product of Canada
chou napa ou chou taiwanais
2.16/kg
20015025001_KG/20020863001_KG

4.48

BASA FILLETS
frozen
400 g
filets de pangasius
21432307_EA

.98

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties
100 g
brioche de spécialité
21297542_EA

5.48

SEAQUEST® CLAM or MUSSEL MEAT
frozen
340 g
chair de palourde ou moule
21707479_EA/21707524_EA

10.88
LB

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

\$8

ETNICO CHICKEN GIZZARDS, LIVERS or HEARTS
frozen, up to 676 g
gésiers ou foies ou cœurs de poulet
21749096_EA/21749827_EA/21749914_EA

3.88
LB

UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG

1.88

WINGS EGGROLL 454 g or WONTON WRAPPERS 400 g
pâtes pour rouleaux impériaux ou wontons
20046006_EA/20127682_EA

4.88

ROOSTER® KIMCHI
selected varieties
400 g
kimchi
21040695_EA

3.88

SUMMI! SPRING ROLLS or DUMPLINGS
selected varieties
250-350 g
rouleaux de printemps ou dumplings
21114397_EA/21378594_EA

HAPPY MID-AUTUMN FESTIVAL!

中秋節快樂



5⁸⁸



OTASTY DUMPLINGS
selected varieties, frozen
567 g
boulettes

20319243001_EA

4²⁹



**T&T® KALBI
MARINADE**
765 mL
marinade ou sauce

20844590_EA

4⁸⁸



**NONG SHIM
NOODLE SOUP**
selected varieties
480-508 g
soupe aux nouilles

21504161_EA

3⁸⁸



**SPAM TOCINO
FLAVOURED
LUNCHEON MEAT**
340 g
pain de viande

21450739_EA

9⁹⁸



KOSA RICE FLOUR
selected varieties
400 g
farine de riz

21412730_EA/21412794_EA

1⁸⁸



**ROOSTER® EGG
NOODLES**
selected varieties
454 g
nouilles aux œufs

21347094_EA/21347114_EA

1⁸⁸



**T&T® SWEET
POTATO
VERMICELLI**
selected varieties
400 g
vermicelles de patates
douces

21447368_EA/21447369_EA

3⁴⁸



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

20045048_EA/20139600_EA

5⁸⁸



PALM CORNED BEEF
selected varieties
326 g
bœuf salé

20416342_EA

4⁹⁸



**FLYING
GOOSE
SRIRACHA
SAUCE**
730 mL
sauce sriracha

21499017_EA

2²⁸



TASTIE PRE-FRIED SPRING ROLL
frozen
204 g
rouleau de printemps

20995597_EA

2⁸⁸



**HI-CHEW
CANDY**
selected varieties
90/100 g
friandises

21735251_EA

8⁸⁸



**BILLY BEE
HONEY**
1 kg
miel

20528715_EA

4⁸⁸



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

21622903_EA

4⁴⁸



LOTTE MOCHI
selected varieties, frozen
270 mL
mochi

21247111_EA

\$22



**TIDE LIQUID 3.64/3.9 L PODS or
FLINGS 45-76's LAUNDRY
DETERGENT or CASCADE AUTO
DISHWASHER TABS 51-80's**
selected varieties
détergent à lessive ou capsules de
détergent pour lave-vaisselle

21516545_EA/21593670_EA

8⁹⁹



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

21670159_EA/21707477_EA

HOME ESSENTIALS AT LOW PRICES

\$2



**EVERYDAY ESSENTIALS™
NYLON SLOTTED TURNER**
21214163_EA

\$3



**EVERYDAY ESSENTIALS™
CAN OPENER**
21213665_EA

\$3



PC® MASON JAR
0.25 L
20930748_EA

\$4



**EVERYDAY ESSENTIALS™
NESTED TONGS**
3's
21162313_EA

\$3



**LIFE AT HOME™
CAT COFFEE MUG**
21219093_EA

\$5



**SISTEMA SMALL SPLIT TO GO FOOD
STORAGE CONTAINER**
350 mL
20976655_EA

\$6



PC® CERAMIC BERRY PINT
white
21351928_EA

\$5



**EVERYDAY ESSENTIALS™
FOOD STORAGE CONTAINERS**
3-pack
21704028_EA

\$6



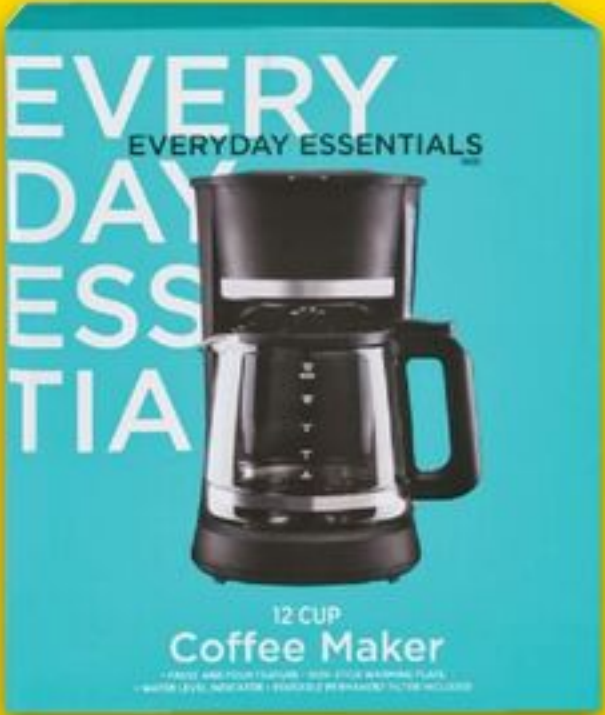
**PC® TWIST AND LOCK
CONTAINERS**
4-pack
21160199_EA

\$5



**NO NAME® RED PLASTIC
PARTY CUPS**
selected varieties
21206261_EA

\$25



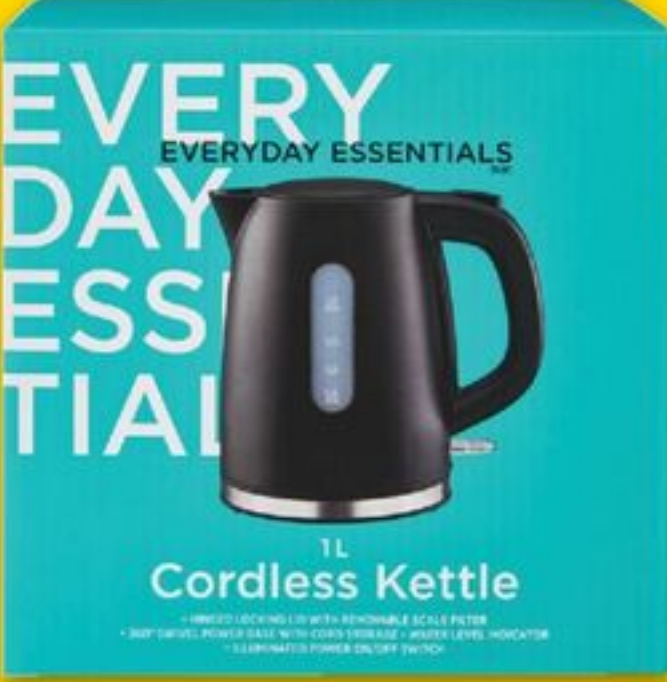
**EVERYDAY ESSENTIALS™
12 CUP COFFEE MAKER**
white or black
21701350_EA/21701471_EA

\$20



**EVERYDAY ESSENTIALS™
COFFEE GRINDER**
21702460_EA

\$20



**EVERYDAY ESSENTIALS™
KETTLE, WHITE or BLACK**
21701485_EA

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*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.

*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. Offer does not apply on items purchased through Rapid Retail Canada Inc. at 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

plans from

\$19

/ month.

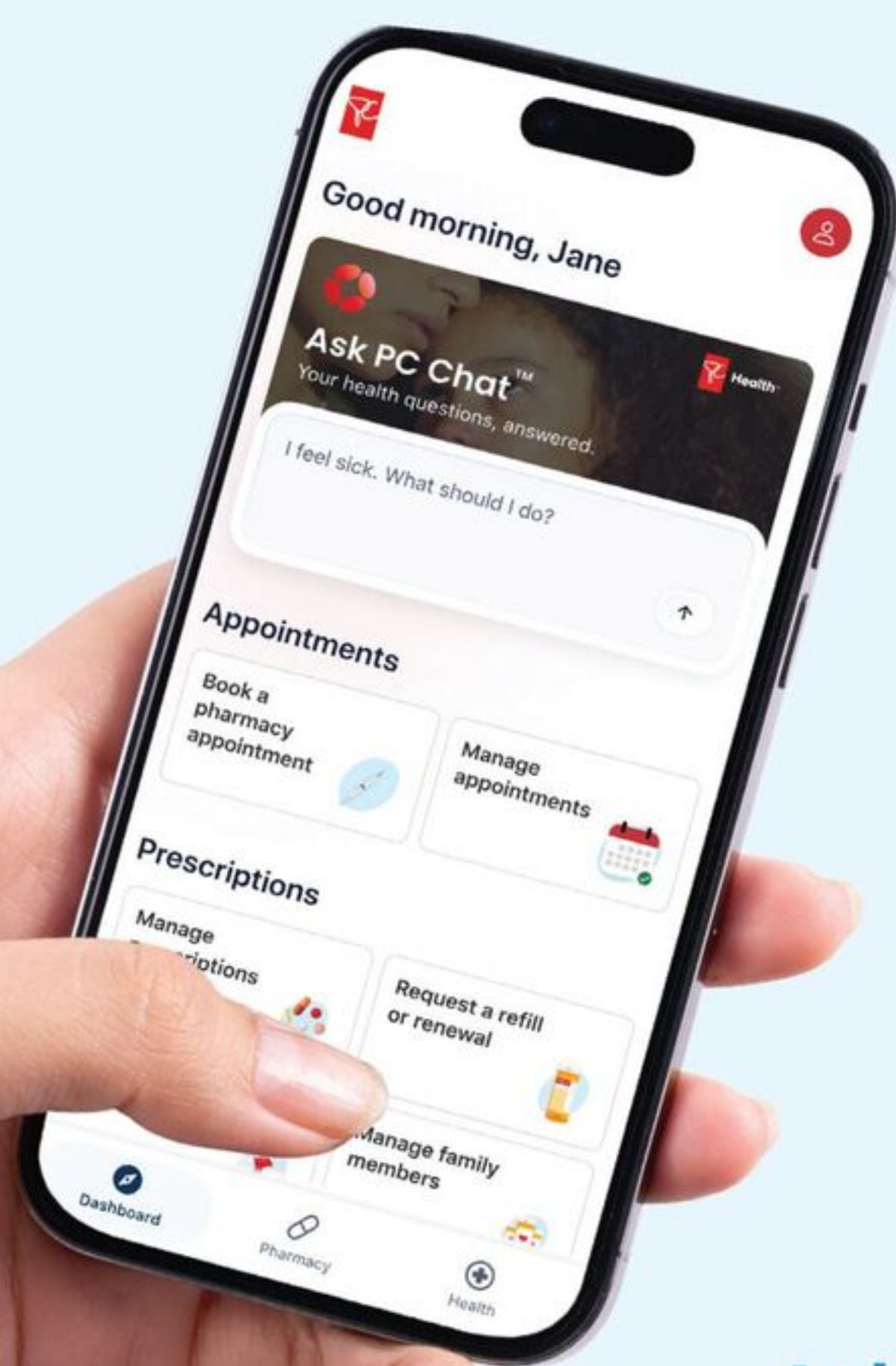
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with auto top-up



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Chat now



Ask



Health™

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LOWER
PRICE**

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+ pts**

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PRICE.
ALWAYS.**

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GUARANTEE**

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

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ONL INFO MKT