

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 17 TO WEDNESDAY, SEPTEMBER 23, 2026.

ONLY

1.49
LB

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins verts ou rouges sans pépins
3.28/kg
20425773001_KG/20134199001_KG

SAVE 27%

1.44

BROCCOLI CROWNS
product of Canada
each
couronnes de brocoli
31121340001_SA

ONLY

.77
LB

ROYAL GALA APPLES
product of Ontario,
Canada orchard run
pommes
1.70/kg
21160638001_KG

SAVE UP TO 33%

3.99

292-383 G

EAT SMART SWEET KALE or TAYLOR FARMS SALAD KITS
selected varieties, product of U.S.A.
salades
20674118_SA/21343041_SA

SAVE 50%

.49
LB

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

App exclusive offers



Optimum™

Member Price
\$8.88

Non-Members
\$10.88

Member Save
\$2



LEAN GROUND BEEF
grass fed
2x450 g
bœuf haché maigre
21618300_SA
LIMIT 4,
AFTER LIMIT \$10.88

Member Price
\$2.50

Non-Members
\$3.50

Member Save
\$1



NO NAME® BACON
selected varieties
375 g
bacon
21730094_SA/21730085_SA
LIMIT 6,
AFTER LIMIT \$3.50

ONLY

1.99
LB

PORK HALF LOIN
boneless, fresh
cryovac package
demi-long de porc
4.39/kg
20554787_KG
WHILE QUANTITIES LAST

ONLY

2.99
LB

WHOLE CHICKEN
air chilled, fresh
poulet entier
6.59/kg
20948893_KG
WHILE QUANTITIES LAST

PRICE DROP

4.99



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639928_SA

4.99



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

7.99



GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
20103348_SA/21754737_SA

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20176214004_SA/216492940_SA

1.50



CAMPBELL'S BROTH or CONCENTRATED BROTH
selected varieties
250/900 mL
bouillon ou bouillon concentré
20322348001_SA/21347243_SA

SAVE UP TO 28%

\$2



CHRISTIE CRACKERS or CRISPERS or BITS & BITES SNACK MIX
selected varieties, 143-200 g
croquettes ou grignotines
21288223_SA/21290200_SA/21347024_SA

ONLY

3.33



ACTIVIA 650 g, IÖGO NANO BUBBLES or POUCHES 4x90/100 g YOGURT, selected varieties
yaourt
20022122002_SA/21719729_SA

SAVE UP TO 36%

\$7



PC® DINNER ENTRÉES
selected varieties, frozen
770 g/1.13 kg
plats cuisinés
21338910_SA

SAVE 44%

1.25



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or **FRUITE BEVERAGES** 2 L, selected varieties
jus ou nectar ou thé glacé
20340088001_SA/20399117004_SA

SAVE 28%

12.88



JASMINE GOLD THAI RICE
8 kg
riz
21496274_SA

SAVE 37%

1.50



UNICO TOMATOES
selected varieties
790 mL
tomates
20214620001_SA/20214017004_SA

ONLY

2.97



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20232499002_SA/21619237_SA

ONLY

12.99



GAIN LIQUID 4.25 L or FLINGS 42% LAUNDRY DETERGENT, BEADS 598/680 g or DRYER SHEETS 240's
selected varieties
détergent ou perles ou feuilles d'assouplissant
21471128_SA/21730413_SA

WOW!

5.99



ROYALE BATHROOM TISSUE 15-30 rolls or **TIGER TOWEL** 3-6 rolls
selected varieties
papier hygienique ou essuie-tout
21484702_SA/217373004_SA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

nofrills.ca

NOFRILLS®

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ONLY

1.49 LB



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

SAVE 27%

1.44 LB



BROCCOLI CROWNS
product of Canada
each
couronnes de brocoli
21121560001_EA

ONLY

.77 LB



ROYAL GALA APPLES
product of Ontario,
Canada orchard run
pommes
1.70/kg
21140658001_KG

SAVE UP TO 33%

3.99

292-383 G



EAT SMART SWEET KALE or TAYLOR FARMS SALAD KITS
selected varieties, product of U.S.A.
salades
20674118_EA / 21543041_EA

SAVE 50%

.49 LB



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

App exclusive offers  **Optimum™**

Member Price
\$8.88

Non-Members
\$10.88

Member Save
\$2



LEAN GROUND BEEF
grass fed
2x450 g
bœuf haché maigre
21618200_EA

Member Price
\$2.50

Non-Members
\$3.50

Member Save
\$1



NO NAME® BACON
selected varieties
375 g
bacon
21730394_EA/21738685_EA

ONLY

1.99 LB



PORK HALF LOIN
boneless, fresh
cryovac package
demi-longe de porc
4.39/kg
20554787_KG

ONLY

2.99 LB



WHOLE CHICKEN
air chilled, fresh
poulet entier
6.59/kg
20909893_KG

PRICE DROP

4.99



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

4.99



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

7.99



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

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20176214004_EA/21690590_EA

1.50



CAMPBELL'S BROTH or CONCENTRATED BROTH
selected varieties
250/900 mL
bouillon ou bouillon concentré
20222348001_EA/21347245_EA

SAVE UP TO 28%

\$2



CHRISTIE CRACKERS or CRISPERS or BITS & BITES SNACK MIX
selected varieties, 145-200 g
croquelins ou grignotines
21288332_EA/21395120_EA/21347504_EA

ONLY

3.33



ACTIVIA 650 g, TÔGO NANO BUBBLES or POUCHES 4x90/100 g YOGURT, selected varieties
yogourt
20225132002_EA/21719729_EA

SAVE UP TO 36%

\$7



PC® DINNER ENTRÉES
selected varieties, frozen
770 g-1.13 kg
plats cuisinés
21339210_EA

SAVE 44%

1.25



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or FRUITE BEVERAGES 2 L, selected varieties
jus ou nectar ou the glacé
203340504002_EA/20894117004_EA

SAVE 28%

12.88



JASMINE GOLD THAI RICE
8 kg
riz
21496278_EA

SAVE 37%

1.50



UNICO TOMATOES
selected varieties
796 mL
tomates
20314629001_EA/20314629003_EA

ONLY

2.97



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
203235040002_EA/21618217_EA

ONLY

12.99



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
21671133_EA/21758412_EA

WOW!

5.99



ROYALE BATHROOM TISSUE 15-30 rolls or TIGER TOWEL 3-6 rolls
selected varieties
papier hygiénique ou essuie-tout
21484703_EA/21571800_EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
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NFO 1 rad14/09/2026 ON

NO FRILLS

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

SAVE 27%

1.44



BROCCOLI CROWNS
product of Canada
each
couronnes de brocoli
21121560001_EA

ONLY

.77
LB



ROYAL GALA APPLES
product of Ontario,
Canada orchard run
pommes
1.70/kg
21160658001_KG

SAVE UP TO 33%

3.99



292-383 G

EAT SMART SWEET KALE or TAYLOR FARMS SALAD KITS
selected varieties, product of U.S.A.
salades
20674118_EA / 21543041_EA

SAVE 50%

.49
LB



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

App exclusive offers



Optimum™

Member Price
\$8.88

Non-Members
\$10.88

Member Save
\$2



LEAN GROUND BEEF
grass fed
2x450 g
bœuf haché maigre
21618300_EA

LIMIT 4,
AFTER LIMIT \$10.88

Member Price
\$2.50

Non-Members
\$3.50

Member Save
\$1

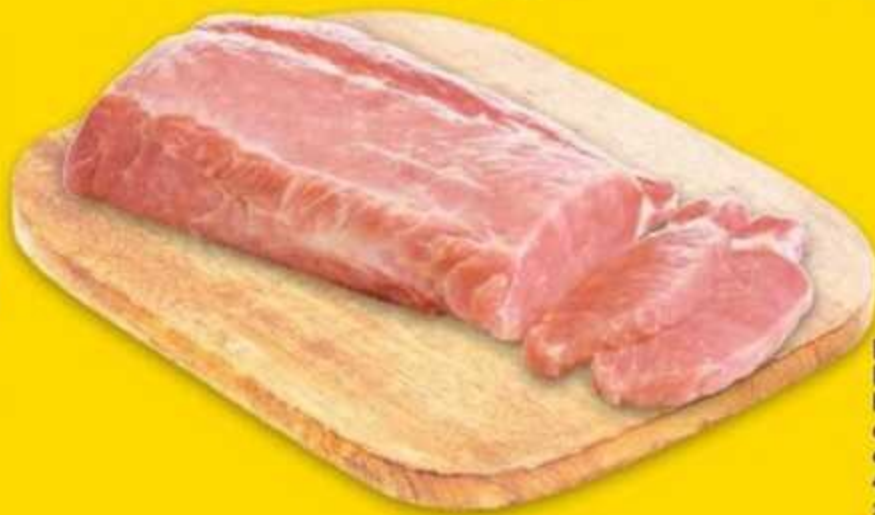


NO NAME® BACON
selected varieties
375 g
bacon
21750394_EA/21738685_EA

LIMIT 6,
AFTER LIMIT \$3.50

ONLY

1.99
LB



PORK HALF LOIN
boneless, fresh
cryovac package
demi-longe de porc
4.39/kg
20554787_KG

WHILE QUANTITIES LAST

ONLY

2.99
LB



AIR CHILLED

WHOLE CHICKEN
air chilled, fresh
poulet entier
6.59/kg
20969893_KG

WHILE QUANTITIES LAST

PRICE DROP

4.99



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

4.99



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

7.99



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

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20176214004_EA/21690590_EA

1.50



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

SAVE UP TO 28%

\$2



CHRISTIE CRACKERS or CRISPERS or BITS & BITES SNACK MIX
selected varieties, 145-200 g
croquelins ou grignotines
21238333_EA/21395350_EA/21347034_EA

ONLY

3.33



ACTIVIA 650 g, YOGO NANO BUBBLES or POUCHES 4x90/100 g YOGURT, selected varieties
yogourt
20323132003_EA/21719739_EA

SAVE UP TO 36%

\$7



PC® DINNER ENTRÉES
selected varieties, frozen
770 g-1.13 kg
plats cuisinés
21359210_EA

SAVE 44%

1.25



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or **FRUITE BEVERAGES** 2 L, selected varieties
jus ou nectar ou thé glacé
20340058003_EA/20894117004_EA

SAVE 28%

12.88



JASMINE GOLD THAI RICE
8 kg
riz
21496274_EA

SAVE 37%

1.50



UNICO TOMATOES
selected varieties
796 mL
tomates
20314629001_EA/20314629003_EA

ONLY

2.97



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
203234609003_EA/21618217_EA

ONLY

12.99



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
21671135_EA/21725412_EA

WOW!

5.99



ROYALE BATHROOM TISSUE 15=30 rolls or TIGER TOWEL 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21484702_EA/21572800_EA

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no frills.ca

NFO 1 rad 14/09/2026_ON

FRESH AT LOW PRICES



3⁹⁹



6 OZ CLAMSHELL

BLUEBERRIES product of Peru, no. 1 grade or
RASPBERRIES product of Canada or Mexico, no. 1 grade
bleuets ou framboises
20153463001_EA/201128938001_EA

11 LB AVERAGE



4⁹⁹

WHOLE SEEDLESS WATERMELON
product of Canada or U.S.A.
melon d'eau sans pépins entier
20067326001_EA

3⁹⁹



1 KG

10 LB BAG

GARLIC product of China or
RED or YELLOW POTATOES
product of Canada, Canada no. 1 grade
ail ou pommes de terre
21238843001_EA/20601013001_EA



CELERY each, product of Canada,
Canada no. 1 grade, **BUNCH SPINACH** each,
product of Canada or **ROMA TOMATOES** 4.39/kg,
product of Mexico or Canada, no. 1 grade
céleri ou tomates ou épinards
20163840001_EA/20163119001_EA

1⁹⁹
EA/LB

**FRESH
GUARANTEE**

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

3⁹⁹



PKG OF 5

PINEAPPLE product of Costa Rica or
AVOCADOS product of Mexico, Peru or Colombia
ananas ou avocats
20160993001_EA/21644930001_EA

1⁴⁹
LB



SWEET POTATOES
product of Canada or U.S.A.
patates douces
3.28/kg
20127709001_KG

2⁹⁹



3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS or **CARROTS**
product of Canada, Canada no. 1 grade
oignons jaunes ou carottes
20609927001_EA/20811994001_EA

4⁹⁹

1 LB CLAMSHELL



STRAWBERRIES
product of U.S.A., no. 1 grade
fraises
20040773001_EA

5⁹⁹



PC™ LITTLE BEAUTS VARIETY TOMATOES
product of Ontario
tomates
21730711001_EA

4⁹⁹



3 LB BAG

4 LB BAG

FARMER'S MARKET™ MCINTOSH APPLES
product of Canada, Canada Fancy Grade or
FARMER'S MARKET™ ORANGES product of South Africa
pommes ou oranges
20713211001_EA/20162940001_EA

.59



LIMES
product of Mexico
limes
20040489001_EA

.79



KIWI
product of Chile
each
kiwi
20130349001_EA

1⁹⁹
LB



ASIAN YELLOW PEARS
product of China, or **FUJI APPLES**
product of U.S.A., extra fancy grade
poires ou pommes
4.39/kg
20033618001_KG/20310940001_KG

3⁹⁹



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

3⁹⁹

2 LB BAG



FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20795313001_EA/20795313001_EA

6⁹⁹

4 LB BAG



FARMERS MARKET™ MANDARINS
product of South Africa
mandarines
20054023001_EA

\$4



NO NAME™ NATURALLY IMPERFECT™ GREEN PEPPERS
product of Canada or **NO NAME™ NATURALLY IMPERFECT™ MIXED PEPPERS** product of Canada or Mexico
poivrons
20969990001_EA/20931634001_EA

3⁹⁹



PKG OF 3

ROMAINE HEARTS
product of Canada
cœurs de laitue romaine
20067389001_EA

**PRICE
DROP**

3⁹⁹



CAULIFLOWER
product of Ontario,
Canada no. 1 grade
chou-fleur
2023879001_EA



3⁹⁹



FARMER'S MARKET™ SWEET PEPPERS
product of Ontario
poivrons
20054023001_EA



.99



GREEN ONIONS
product of Ontario
oignons verts
2002300001_EA



NFO 2_rnd14/09/2026_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.

FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLUEBERRIES product of Peru, no. 1 grade or **RASPBERRIES** product of Canada or Mexico, no. 1 grade
bleuets ou framboises
20152465001_EA/20128938001_EA

11 LB AVERAGE



4⁹⁹

WHOLE SEEDLESS WATERMELON
product of Canada or U.S.A.
melon d'eau sans pépins entier
20067326001_EA

3⁹⁹



10 LB BAG

1 KG

GARLIC product of China or **RED or YELLOW POTATOES**
product of Canada, Canada no. 1 grade
ail ou pommes de terre
21238843001_EA/20601013001_EA



CELERY each, product of Canada, Canada no. 1 grade, **BUNCH SPINACH** each, product of Canada or **ROMA TOMATOES** 4.39/kg, product of Mexico or Canada, no. 1 grade
céleri ou tomates ou épinards
20162840001_EA/20163119001_EA

1⁹⁹
EA/LB

FRESH GUARANTEE

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

3⁹⁹



PKG OF 5

PINEAPPLE product of Costa Rica or **AVOCADOS** product of Mexico, Peru or Colombia
ananas ou avocats
20160992001_EA/21644934001_EA

1⁴⁹
LB



SWEET POTATOES
product of Canada or U.S.A.
potatoes douces
3.28/kg
20127784001_KG

2⁹⁹



3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS or **CARROTS**
product of Canada, Canada no. 1 grade
oignons jaunes ou carottes
20600937001_EA/20811994001_EA

4⁹⁹

1 LB CLAMSHELL



STRAWBERRIES
product of U.S.A., no. 1 grade
fraises
20048778001_EA

5⁹⁹



PC® LITTLE BEAUTS VARIETY TOMATOES
product of Ontario
tomates
21720711001_EA

4⁹⁹



3 LB BAG

4 LB BAG

FARMER'S MARKET™ MCINTOSH APPLES
product of Canada, Canada Fancy Grade or **FARMER'S MARKET™ ORANGES** product of South Africa
pommes ou oranges
20713211001_EA/20162945001_EA

.59



LIMES
product of Mexico
limes
20040489001_EA

.79



KIWI
product of Chile
each
kiwi
20130342001_EA

1⁹⁹
LB



ASIAN YELLOW PEARS
product of China, or **FUJI APPLES**
product of U.S.A., extra fancy grade
poires ou pommes
4.39/kg
20035618001_KG/20310940001_KG

3⁹⁹



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

3⁹⁹

2 LB BAG



FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20795315001_EA/20795215001_EA

6⁹⁹

4 LB BAG



FARMERS MARKET™ MANDARINS
product of South Africa
mandarines
20054025001_EA

\$4

2.5 LB BAG



NO NAME® NATURALLY IMPERFECT™ GREEN PEPPERS
product of Canada, or **NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS** product of Canada or Mexico
poivrons
20069990001_EA/20921434001_EA

3⁹⁹

PKG OF 3



ROMAINE HEARTS
product of Canada
cœurs de laitue romaine
20067389001_EA

PRICE DROP

3⁹⁹



CAULIFLOWER
product of Ontario,
Canada no. 1 grade
chou-fleur
20133377001_EA



3⁹⁹



FARMER'S MARKET™ SWEET PEPPERS
product of Ontario
poivrons
2017540001_EA



.99



GREEN ONIONS
product of Ontario
oignons verts
20107530001_EA



NFO 2, rd14/09/2026 ON

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FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLUEBERRIES product of Peru, no. 1 grade or **RASPBERRIES** product of Canada or Mexico, no. 1 grade
bleuets ou framboises
20152465001_EA/20128938001_EA

11 LB AVERAGE



4⁹⁹

WHOLE SEEDLESS WATERMELON
product of Canada or U.S.A.
melon d'eau sans pépins entier
20067326001_EA

3⁹⁹



10 LB BAG

1 KG

GARLIC product of China or **RED or YELLOW POTATOES**
product of Canada, Canada no. 1 grade
ail ou pommes de terre
21238843001_EA/20601013001_EA



CELERY each, product of Canada, Canada no. 1 grade, **BUNCH SPINACH** each, product of Canada or **ROMA TOMATOES** 4.39/kg, product of Mexico or Canada, no. 1 grade
céleri ou tomates ou épinards
20162840001_EA/20163119001_EA

1⁹⁹
EA/LB

FRESH GUARANTEE

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

3⁹⁹



PKG OF 5

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

1⁴⁹
LB



SWEET POTATOES
product of Canada or U.S.A.
patates douces
3.28/kg
20127708001_KG

2⁹⁹



3 LB BAG

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

4⁹⁹

1 LB CLAMSHELL



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

5⁹⁹



PC® LITTLE BEAUTS VARIETY TOMATOES
product of Ontario
tomates
21720711001_EA

4⁹⁹



4 LB BAG

FARMER'S MARKET™ MCINTOSH APPLES
product of Canada, Canada Fancy Grade or **FARMER'S MARKET™ ORANGES** product of South Africa
pommes ou oranges
20713211001_EA/20162945001_EA

.59



LIMES
product of Mexico
limes
20040489001_EA

.79



KIWI
product of Chile
each kiwi
20130242001_EA

1⁹⁹
LB



ASIAN YELLOW PEARS
product of China, or **FUJI APPLES**
product of U.S.A., extra fancy grade
poires ou pommes
4.39/kg
20035618001_KG/20310940001_KG

3⁹⁹



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

3⁹⁹

2 LB BAG



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

6⁹⁹

4 LB BAG



FARMERS MARKET™ MANDARINS
product of South Africa
mandarines
20054025001_EA

\$4



NO NAME® NATURALLY IMPERFECT™ GREEN PEPPERS
product of Canada or **NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS** product of Canada or Mexico
poivrons
20969990001_EA/20921434001_EA

3⁹⁹



PKG OF 3

ROMAINE HEARTS
product of Canada
coeurs de laitue romaine
20067389001_EA

PRICE DROP

3⁹⁹



CAULIFLOWER
product of Ontario, Canada no. 1 grade
chou-fleur
2013537001_EA

3⁹⁹



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

.99



GREEN ONIONS
product of Ontario
oignons verts
20107500001_EA



NFO 2_rnd14/09/2026_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**

You need a serious passion for onions to grow them for 50 years! At Horodynsky Farms you'll find that (and a lot of onions.)



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

10 LB BAG



5⁹⁹

**FARMER'S MARKET[™]
RED ONIONS**
product of Canada,
Canada no. 1 grade
oignons rouges
20171965001_EA



12⁹⁹



APPROX 11 LB BOX

RED SHEPHERD PEPPERS
product of Ontario
caisse de poivrants
20964136001_C01

3⁹⁹



680 G

**PC[®] LITTLE GEMS[™] RED, YELLOW or
MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247300001_EA

2⁹⁹



283 G

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

2⁹⁹



PUMPKIN
product of Canada
each
citrouille
20081484001_EA

2⁴⁹



227 G

**PC[®] SLICED or WHOLE, WHITE or
CREMINI MUSHROOMS**
product of Ontario
champignons blancs ou cremini
tranchés ou entiers
20775805_EA/20776239_EA

3⁹⁹



2 LB BAG

FARMER'S MARKET[™] MINI CARROTS
product of Canada, Canada no. 1 grade
carottes miniatures
20031454001_EA

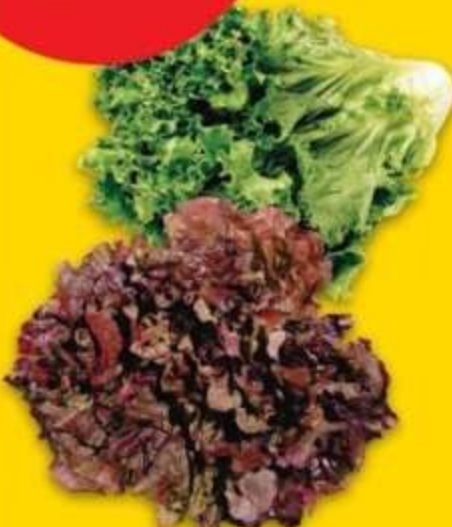
2⁴⁹



PKG OF 6

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

1⁹⁹



GREEN or RED LEAF LETTUCE
product of Canada
each
laitue à feuilles vertes ou rouges
20133884001_EA/20305726001_KG

1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

LOCAL AT LOW PRICES

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Innisfil, Ontario

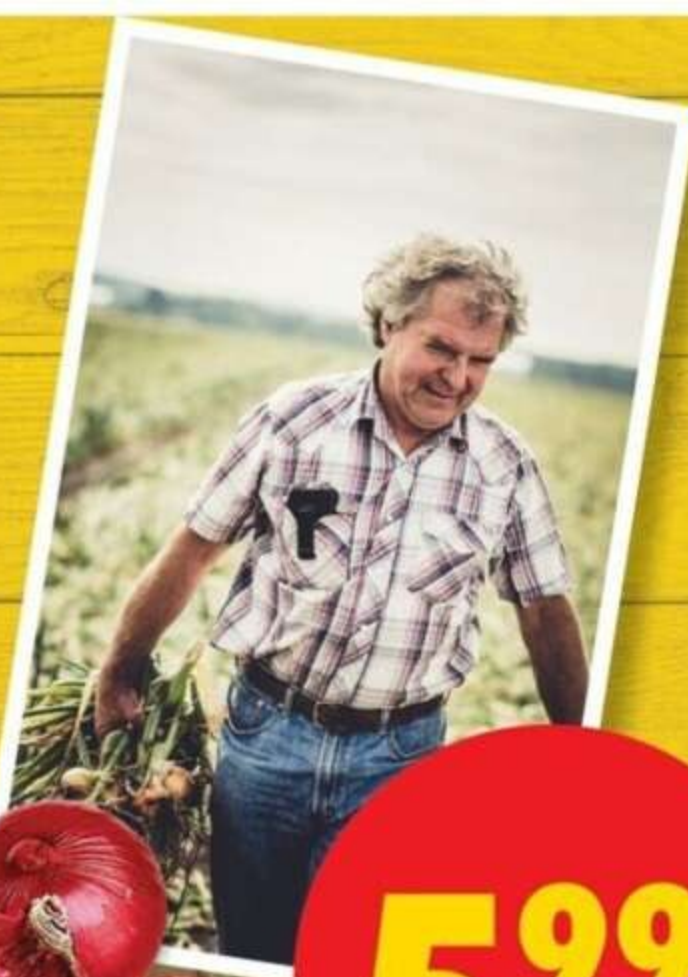
Find additional produce from local growers in store.

10 LB BAG



5⁹⁹

FARMER'S MARKET[™] RED ONIONS
product of Canada, Canada no. 1 grade
oignons rouges
20171965001_EA



12⁹⁹



APPROX 11 LB BOX

RED SHEPHERD PEPPERS
product of Ontario
caisse de poivrons
20964136001_CO1

3⁹⁹



680 G

PC[®] LITTLE GEMS[™] RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247300001_EA

2⁹⁹



283 G

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

2⁹⁹



PUMPKIN
product of Canada
each
citrouille
20081484001_EA

2⁴⁹



227 G

PC[®] SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini
tranchés ou entiers
20775805_EA/20776239_EA

3⁹⁹



2 LB BAG

FARMER'S MARKET[™] MINI CARROTS
product of Canada, Canada no. 1 grade
carottes miniatures
20031454001_EA

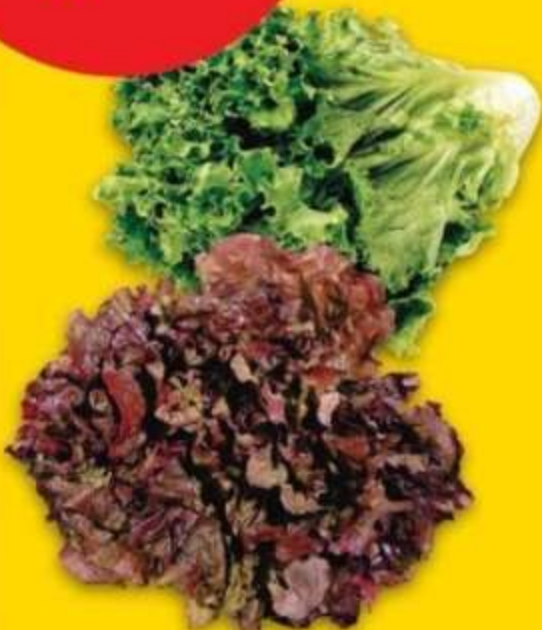
2⁴⁹



PKG OF 6

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

1⁹⁹



GREEN or RED LEAF LETTUCE
product of Canada
each
laitue à feuilles vertes ou rouges
20133884001_EA/20305726001_KG

1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

LOCAL AT LOW PRICES

Featured growers from **Ontario**

You need a serious passion for onions to grow them for 50 years! At Horodynsky Farms you'll find that (and a lot of onions.)



Innisfil, Ontario

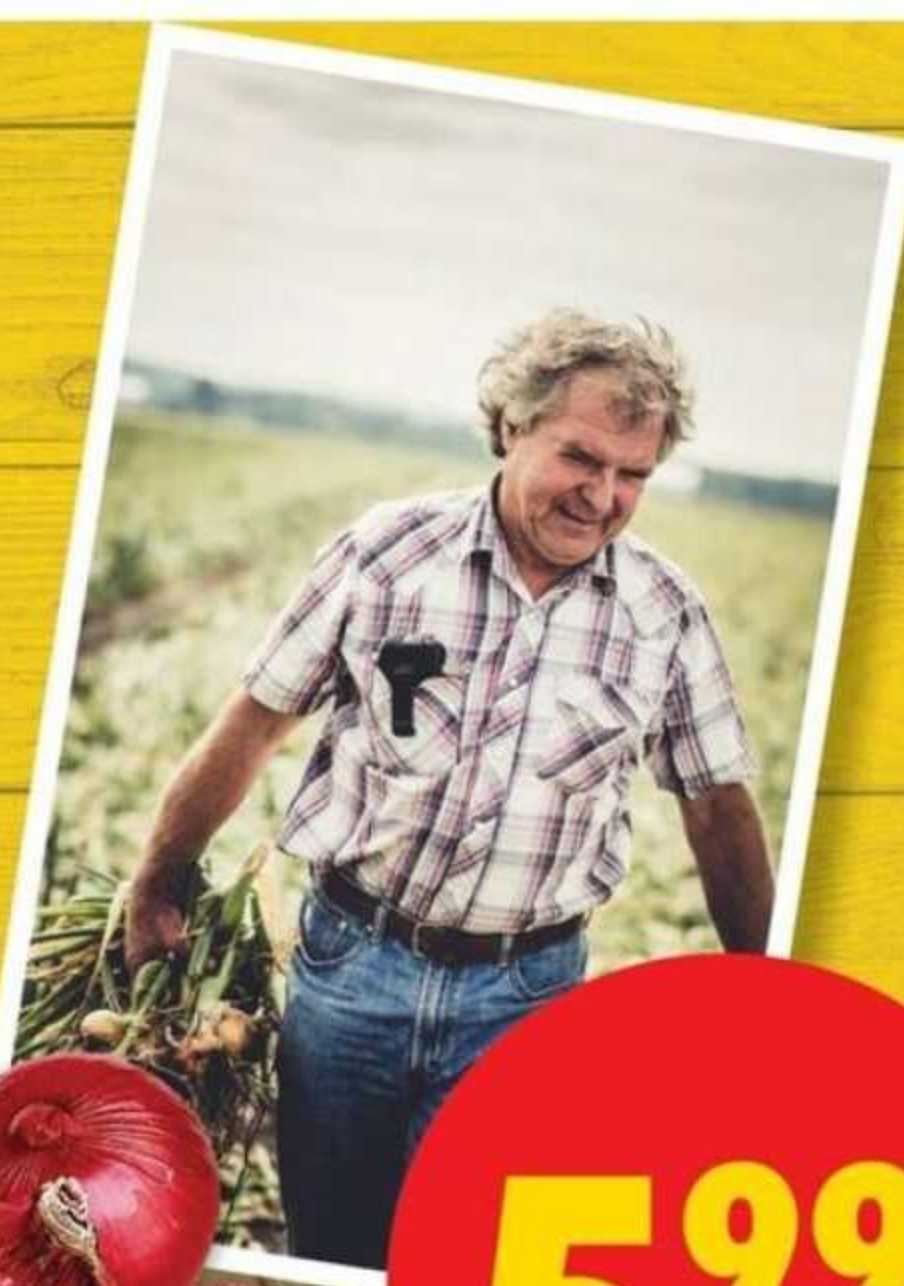
Find additional produce from local growers in store.

10 LB BAG



5⁹⁹

FARMER'S MARKET™ RED ONIONS
product of Canada, Canada no. 1 grade
oignons rouges
20171965001_EA



12⁹⁹



APPROX 11 LB BOX

RED SHEPHERD PEPPERS
product of Ontario
caisse de poivrons
20964136001_C01

3⁹⁹



680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247300001_EA

2⁹⁹



283 G

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

2⁹⁹



PUMPKIN
product of Canada
each
citrouille
20081484001_EA

2⁴⁹



227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini
tranchés ou entiers
20775805_EA/20776239_EA

3⁹⁹



2 LB BAG

FARMER'S MARKET™ MINI CARROTS
product of Canada, Canada no. 1 grade
carottes miniatures
20031454001_EA

2⁴⁹



PKG OF 6

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

1⁹⁹



GREEN or RED LEAF LETTUCE
product of Canada
each
laitue à feuilles vertes ou rouges
20133884001_EA/20305726001_KG

1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

NOFRILLS®

FRESH AT LOW PRICES

5⁹⁹
LB

CHICKEN BREASTS
boneless, skinless
13.21/kg
poitrine de poulet
20634124_K0/21634040_K0



INCLUDES
HALAL

**SCHNEIDERS RED
HOTS or MAPLE LEAF
NATURAL TOP DOGS**
375 g
saucisses fumées
20603429_SA



3⁷⁵

\$4

LEAN GROUND PORK
fresh
450 g
porc haché maigre
21646160_SA



BEEF STIR-FRY STRIPS INSIDE ROUND
lanières de bœuf à sauter
28.66/kg
21184996_K0

\$13
LB

**RAIN
CHECK
+ pts**

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

\$9

**FONTAINE FAMILY
LEAN GROUND
VEAL**
product of Canada
454 g
veau haché maigre
21127330_SA



9⁹⁹

**LOU'S or BUTCHER'S
SELECTION PORK BACK RIBS**
selected varieties, frozen
680 g
côtes de dos de porc
21203551_SA/21649008_SA



3⁷⁹

SEAQUEST® COOKED 61.90 per lb or **RAW** 51.70 per lb
WHITE SHRIMP 160 g, **SURIMI** 227 g or **YELLOWFIN
TUNA STEAK** 92 g
selected varieties, frozen
crevettes ou surimi ou saumon steelhead ou darnes de thon albacore
20649837_SA/21712306_SA



3⁵⁰

PC® HUMMUS or DIPS 200/227 g
or **PC® NAAN DIPPERS** 200 g
selected varieties
hummus ou trempettes ou pains naan
20348097_SA/21042032_SA



\$3

RESER'S SALADS 425/454 g or
ZIGGY'S® FRESH PASTA 350/360 g
selected varieties
salades ou pâtes fraîches
20942398_SA/21321148_SA



\$7

**SEAQUEST® RAW WHITE
COLOSSAL SHRIMP** 16-20 per lb
300 g or **BAY SCALLOPS** 400 g
frozen
crevettes ou pétoncles
21042887_SA/21308327_SA



\$6

CASTELLO HAVARTI or BLUE CHEESE 125-200 g
TRE STELLE FEYTA, RICOTTA or BOCCONCINI 240-560 g
selected varieties
havarti ou bleu ou feta ou ricotta ou bocconcini
20573932_SA/21100662_SA



\$10

PC® CHICKEN BITES or STRIPS 200/375 g or
MASTRO DELI SLICED MEAT 200 g or
GENOVA CHUB 600 g
selected varieties
bouchées ou lanières de poulet ou charcuteries
tranchées ou saucisson de salami de Génes
20181134_SA/20796418_SA



\$7

**1,000
pts**

**That's
\$1
value**



**MAPLE LODGE ULTIMATE
CHICKEN WIENERS or
ZABIHA HALAL SUPREME
CHICKEN WIENERS**
selected varieties
900 g
saucisses fumées de poulet ou
saucisses fumées de poulet halal
20671791_SA

2⁴⁸

NO NAME® BREAD
selected varieties
675 g
pain
21304922_SA



2⁸⁵

**CASA MENDOSA
TO INCH TORTILLAS**
selected varieties
340/640 g
tortillas
20318788_SA



2⁵⁰

WONDER BREAD 675 g
or **BUNS** 8's
selected varieties
pain ou petits pains
20756296_SA/20797455_SA



\$6

**MRS DUNSTER'S
SUBMARINE or
CINNAMON BUNS**
539/678 g
sous-marins ou brioches
à la cannelle
21549184_SA/21731434_SA



WFO 2_mdlx/05/2024_ON

† 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.