



nofrills[®]
lower food prices[†]

nofrills.ca



only
lb. 57

Bananas
product of Guatemala or
Costa Rica

\$1.26/kg

WON'T BE BEAT[®]

If you find a cheaper price, simply show us and we will match.

this weekend's

3 DAY
LOW!

Fri	Sat	Sun
Mar	Mar	Mar
7	8	9



20 lb!

297

20 lb bag
White or Russet Potatoes
product of Canada
Canada no. 1 grade

Friday March 7 until
Sunday March 9, 2014 only!



2kg
197

Lantic Sugar
2 kg
white, granulated



675g
188

Mealtyme Bread
675 g
white or whole wheat



4L
397

Nelson Milk
4 L
1%, 2% or skim



nofrills. NOFRILLS
lower food prices won't be beat

Prices effective from Fri. Mar. 7 until Thurs. Mar. 13, 2014.