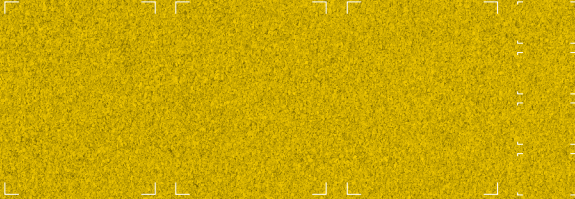


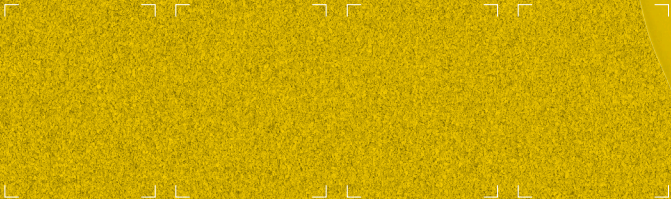
NEW IN OUR NEIGHBOURHOOD.

*It's the people
that make this
place great.*

LOCAL EVENTS



STORE NEWS



KEVIN AND APRIL SHEA
Kevin and April's No Frills®
Owners Since 2010

No Frills Owner Elevation Signage Score Board



BANANAS
Per Pound

.67



MILK
4 Litre

455



BUTTER
No Name 454 g

397



EGGS
One Dozen

189

**YOU CAN'T
BEAT FREE.**

Every 10,000 points is like
\$10 worth of free stuff!

Not a member yet? Join PC Optimum today!



No Frills Owner Elevation Signage
Wall Banner



FRESH IS NOT A FRILL.

KEVIN AND APRIL SHEA No Frills® Owners

ALL GOOD ADVICE



DIETITIAN SERVICES

SELECT STORE

What can I do to support my immune system this cold and flu season?

Eating a balanced diet that includes foods from all food groups can help maintain health, but to give your immune system extra support, be sure to include vegetables and fruits, beans and lentils, and nuts and seeds. The bottom line: include a variety of foods at each meal to get the most immune support out of your diet!



In-Store Dietitian

Registered in-store dietitians can guide you through the store, showing you how to make healthier choices in the grocery aisle.

[Find a Dietitian](#)

[Download Weekly Meal Planner](#)

[Download Client Consent Form PDF](#)



Dietitian Tips & Meal Ideas

Maintaining health during the cold and flu season might be easier than you think, it just takes a little planning. Keep these tips in mind when planning meals and snacks this cold and flu season:

- Probiotics are the good bacteria found in foods like kefir, and in addition to being good for gut health they can help support your immune system. When using kefir, do not heat it as heat will destroy the good bacteria.
- Vitamin A and zinc are nutrients that contribute to normal function of the immune system. This nutrient is found in orange vegetables like carrots, sweet potato, and butternut squash in the form beta carotene, which is converted in the body to vitamin A. Zinc is found in nuts and seeds like almonds and pumpkin seeds as well as legumes like beans and lentils. Include these foods regularly to reap their benefits!
*Per 100g serving, carrots provide 1380 RE Vitamin A (140% DV), Sweet Potato 1418 RE Vitamin A (140% DV), Butter nut Squash 732 RE Vitamin A (10% DV).
*Per 100g serving, almonds provide 3 mg Zinc (35% DV), Pumpkin Seeds 10 mg Zinc (110 % DV), Kidney Beans provide 3 mg (30% DV), and 3 mg (35% DV).
- In addition to eating well, getting enough sleep and washing hands regularly are strategies to help prevent illness.

Quick Links

[Weekly Flyer](#)
[Click & Collect](#)
[Store Locator](#)

Orders

[Substitutions](#)
[Returns & Exchanges](#)
[Payments & Process](#)

About

[Contact Us](#)
[FAQs](#)
[Who We Are](#)
[About Click & Collect](#)

Get Deals & News

Enter Your Email





Loblaws

Dietitian Tip: Create weekly menus using seasonal produce, and look for products made in your province. [#WellnessWednesday](#)



All Good Advice | Loblaws In-Store Dietitians

LOBLAWS.CA

1,910 people reached

Boost Post

Like Comment Share

Deborah Chamberlain, Christina Rogers and 7 others

1 share



Write a comment...





Loblaws

Dietitian Tip: ask your kids to wash, chop, mix and assemble your locally grown produce to increase their interest in new foods and learn new cooking skills. [#WellnessWednesday](#)



All Good Advice | Loblaws In-Store Dietitians

LOBLAWS.CA

650 people reached

Boost Post



Like



Comment



Share



Deborah Chamberlain, Kristi Linda Kalaj and 4 others

1 share



Write a comment...



No Frills Facebook Page

National Banana Day Cover Image



No Frills

@nofrillsCA

Home

About

Photos

Likes

Locations

nofrills

Community

Videos

Posts

Create a Page



Liked Following Share

Send Message

Status

Write something on this Page...

Search for posts on this Page

Visitor Posts

No Frills
May 2 at 3:50pm ·

Angela Grant
Yesterday at 1:23am
Hi, I am disappointed that there was a limit on your cake sale. I wa... See More
3 Comments
Like · Comment

I never met a dollar sale I didn't like. Don't miss your sneak peek at this week's flyer. See flyer for details.



Agnes Drake
May 2 at 4:23pm
awesome dollar deals!
1 Like
Like · Comment

Like Comment Share

Christine Purdaby
April 30 at 2:11pm
Hello my name Christine PURDABY I love the prices/sales amazing thank you very much I appreciate your help
2 Likes

3.3K Top Comments

558 shares
 Write a comment...



No Frills

April 15 at 7:17am · 🌐

We just couldn't wait till Easter morning. Some treats are just too ear-resistible. #HappyEaster



👍 Love

💬 Comment

➦ Share



👍 😄 ❤️ You, Maham Shakeel and 2.2K others

Top Comments ▾

269 shares



Write a comment...





No Frills

February 24 · 🌐

Who brought the flavour best in 2016? Vote for the best supporting chip flavour in a snack motion picture!



🤩 Wow 💬 Comment ➦ Share

👍❤️😬 You, Maham Shakeel, Steph Elle and 909 others

Top Comments ▾

22 shares

99 Comments

Write a comment...



No Frills

February 26 · 🌐

This chip brought a salty performance with a flavour that could almost bring us to tears. And the winner is... no name Salt and Vinegar chips.



🤩 Wow 💬 Comment ➦ Share

👍❤️😬 You, Steph Elle and 858 others

Top Comments ▾

28 shares

45 Comments

Write a comment...



No Frills

February 27 · 🌐

Actually...the winner really is no name Sour Cream & Onion. We blame Steve Harvey for this 😬 #Oscars



👍 Like 💬 Comment ➦ Share

👍😬❤️ Steph Elle and 1.5K others

Top Comments ▾

64 shares

Write a comment...

CAULIFLOWER



See flyer for details.

LOW MATO SOUP



See flyer for details.

PEPPERLOWNI PIZZA



See flyer for details.

BERRY LOW PRICES



See flyer for details.