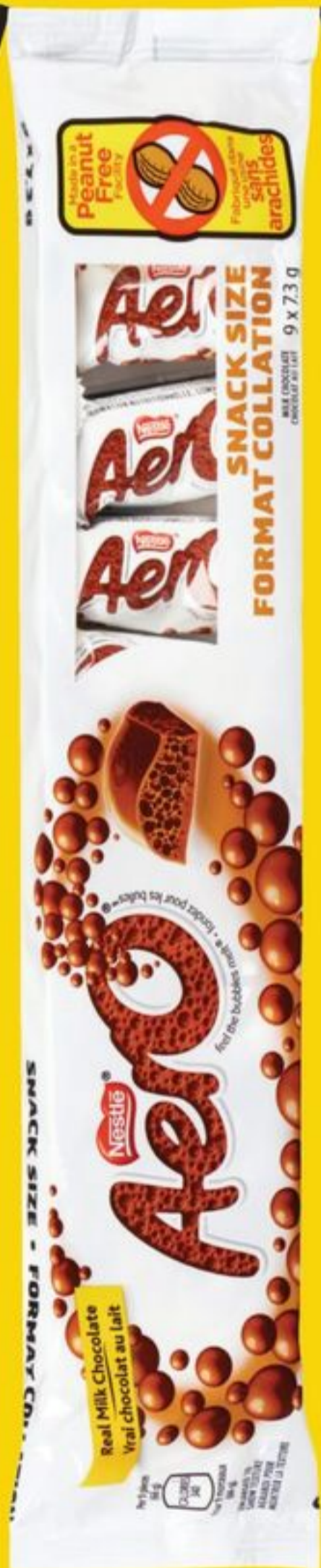


THANK YOU DAY!

SEPTEMBER 7TH



Be one of the first 500
customers and receive a free pack of
Nestlé mini chocolate bars, 9 x 7.3 g.

*Valid only on September 7th, 2024 until supplies last. Be one of the first 500 customers and get a free pack of Nestlé mini chocolate bars, 9 x 7.3 g fulfilled via a physical giveaway at participating NOFRILLS® locations. Limit one per family and/or customer. No cash value. Product availability may vary by location. Cannot be combined with any other coupons or promotional offers. No substitutions, refunds or exchanges on free product.

The
NOFRILLS
thing to do.

SEPTEMBER

**HIT
OF THE
MONTH**



95¢

Unico solid light tuna in oil, 99g
Limit: 6, over limit retail \$1.69



\$2

Huggies wipes
1x56-64 ea, selected varieties
Limit: 6, over limit retail \$2.49



Optimum
Members-Only Price
\$1.77
Non-Members
\$2

Quaker Chewy Granola Bars
120g, selected varieties
Limit: 6



\$3.95

Schneiders Bologna
500g, selected varieties
Limit: 4, over limit retail \$5.50

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from September 1st - 30th, 2024.

JUST SAVIN' YOU MONEY



FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 5 TO WEDNESDAY, SEPTEMBER 11, 2024.



GROWN IN CANADA

.77

ICEBERG LETTUCE
product of Canada, Canada no. 1 grade
laitue iceberg
20135226001 EA



CUT FROM AAA GRADE BEEF

HOT DEAL!

3.99
LB

WHOLE EYE OF ROUND ROAST fresh
rôti de noix de ronde entière
8.80/kg
21019179 RG

WHILE QUANTITIES LAST



SAVE 50%

.99 EA/LB

BROCCOLI CROWNS each,
product of Canada or
ROMA TOMATOES
product of Canada, Canada no. 1 grade
couronnes de brocoli ou tomate
2.18/kg
20143281001 RG



SAVE UP TO 74%

1.27
LB

**ORANGE, RED or
YELLOW SWEET FIELD PEPPERS**
product of Ontario, 2.80/kg
poivrons rouges, jaunes ou orange
20166820001 RG/20007330001 RG/20141814001 RG



**SEAQUEST[®]
RAW SHELL ON SHRIMP or
COOKED PEELED SHRIMP**
36-45 per lb, frozen, 300 g
crevettes
21043685 EA

ONLY

4.99



SAVE UP TO 50%

3.99

**SCHNEIDERS SAUSAGE ROUNDS,
BREAKFAST or DINNER SAUSAGES** frozen or
SCHNEIDERS or MAPLE LEAF BACON
regular or salt reduced, 375 g
rondelles de saucisse ou saucisses à repas
20773871 EA/20561359 EA



**UNICO BEANS, LENTILS,
CHICKPEAS or TOMATOES**
selected varieties
340/796 mL
légumineuses ou tomates
2013447001 EA/203314629001 EA

SAVE UP TO 49%

1.25



**REAL CANADIAN NATURAL
SPRING WATER**
24x500 mL
eau de source naturelle
20154975 C24

SAVE 30%

1.99



**DAN D PAK
CASHEWS**
selected varieties
908 g
noix de cajou
20134882002 EA

SAVE 33%

11.88



bubly
sparkling water
12x355 mL
simbubly

ONLY

4.99



**GATORADE[®]
SPORT DRINKS**
6x591/8x355 mL
BUBLY 12x355 mL or
MONTELLIER 10x355 mL
SPARKLING WATER
selected varieties
boissons deshydratées ou eau pétillante
203022180003 COM/21097177 C12

SAVE 34%

3.47



**RISTORANTE or CASA
MAMA PIZZA**
selected varieties, frozen
320-410 g
pizza
20296100001 EA/20296434001 EA



THROW BACK PRICES

Deals from the past on select items. †

SAVE 28%

2.49

POST CEREAL
selected varieties
311-525 g
céréales
20299648 EA/21427214 EA



**ROBIN HOOD[®]
FIVE ROSES
ALL PURPOSE
FLOUR**
farine
20124262 EA/2021901 EA

SAVE UP TO 27%

11.99

10 KG



PRICE DROP

SAVE 36%

4.77

GAY LEA BUTTER
selected varieties
454 g
beurre
20299408 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY. (excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

中秋節快樂

HAPPY MID- AUTUMN FESTIVAL

908 G



SAVE 33%

11⁸⁸

**DAN-D PAK
CASHEWS**
selected varieties
noix de cajou
3031484 2002 EA



ONLY
.88

**SWANSON CHICKEN
BROTH**
412 ml
bouillon de poulet
30042814 EA



SAVE 35%

2⁸⁸

**KJ FOODS
DUMPLINGS**
selected varieties, frozen
280-450 g
Boulettes
31357997 EA



SAVE 21%

7⁸⁸

**KNORR CHICKEN
BOUILLON**
1 kg
mélange à bouillon
30314804 EA



SAVE 40%
2.99

PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
charcuteries tranchées
20965534_EA/21206382_EA



SAVE UP TO 37%
2.50

ZIGGY'S FRESH PASTA
350/360 g or
SALADS 454 g
selected varieties
pâtes ou salades fraîches
20309160_EA/21521168_EA



SAVE 33%
3.99

FARMER'S MARKET MUFFINS
selected varieties
6's
muffins
21283356_EA/212833578_EA
WHILE QUANTITIES LAST

WE KNOW LOCAL.

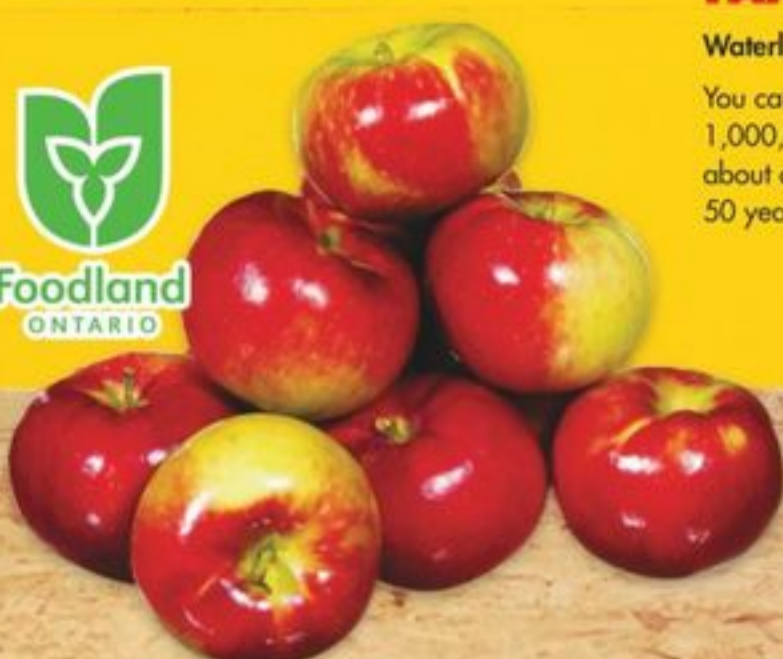
FRESH GUARANTEE

Martin's
— EST 1971 —
FAMILY FRUIT FARM

MARTIN'S FAMILY FRUIT

Waterloo, Ontario

You can't go from 100 apple trees to over 1,000,000 without knowing a thing or two about apples. Taste the difference. 50 years of experience makes.



PAULA RED APPLES
product of Ontario, Canada fancy grade
pommes
2.84/kg
20811233001 KG

1.29
LB



4.99

2 LT BASKET

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



11.99

APPROX 11 LB. CASE

RED SHEPHERD PEPPERS
product of Ontario
piments
20964134001 EA



2.99

283 G CLAMSHELL

FARMER'S MARKET™ GRAPE TOMATOES
product of Ontario
tomates raisins
2134788001 EA



4.99

3 LT BASKET

FIELD TOMATOES
product of Ontario, Canada no. 1 grade
tomates des champs
20906554 EA



.99
LB

GREEN CABBAGE
product of Ontario,
Canada no. 1 grade
chou
2.18/kg
20793034001 KG



3.99

PKG OF 11

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario, Canada no. 1 grade
mini-concombres
21070479001 EA



454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS,
product of Ontario,
champignons
20761373 EA/20734571 EA

3.99



3.99

2 LB BAG

FARMER'S MARKET™ MINI CARROTS
product of Ontario, Canada no. 1 grade
carottes miniatures
20021434001 EA



GROWN IN CANADA

2.99
LB

GREEN or YELLOW BEANS
product of Canada
légumineuses
6.59/kg
20142682001 KG/20098126001 KG



GROWN IN CANADA

3.99

680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
21347299001 EA/21347300001 EA

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH*



2⁹⁹
LB

RED or GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
6.59/kg
raisins sans pépins
30423773001_KG/301919199001_KG



4 LB BAG

6⁹⁹

FARMER'S MARKET™ MANDARINS
product of South Africa
mandarines
30054023001_EA



4⁹⁹

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
31307212001_EA/30767998001_EA



.99

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombre anglais
30070122001_EA



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



GROWN IN CANADA

2⁹⁹

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



3⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocats
21097912001_EA



3⁹⁹

1 LB CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade
fraises
30049773001_EA



1⁴⁹
LB

HAMI MELON
product of U.S.A.,
3.28/kg
melon
21051297001_KG



2⁹⁹

6 OZ CLAMSHELL

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
framboises
20128938001_EA



4⁹⁹

600 G CLAMSHELL

KIWI
product of Chile
kiwi
21176167001_EA



1 KG

GARLIC
product of China
ail
31238843001_EA

3⁹⁹



4⁹⁹

425 G

MANN'S SNAP PEAS
product of U.S.A.,
pois
3044358_EA



4⁹⁹

3 LB BAG

FARMER'S MARKET™ NAVEL ORANGES
product of South Africa
oranges navel
30182945001_EA



1⁹⁹
LB

FORELLE PEARS
product of South Africa,
extra fancy grade
4.39/kg
poires Forelle
20143210001_KG



GROWN IN CANADA

3⁹⁹

PKG OF 5

FARMER'S MARKET™ SWEET CORN
product of Canada,
Canada no. 1 grade
maïs sucré
30214929001_EA



2 LB BAG

FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20795213001_EA

3⁹⁹

*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.

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH



3.99
LB

PORK COMBO CHOP
bone-in, fresh
côtelettes de porc
8.80/kg
20683470_KG

WHOLE QUANTITIES LAST



**MAPLE LEAF
PRIME CHICKEN
DRUMSTICKS or THIGHS**
up to 923 g, selected varieties
plans ou hauts de cuisse de poulet
20633026_EA/20633113_EA

\$9



3.49

**SCHNEIDERS REDHOTS or
MAPLE LEAF TOP DOGS**
selected varieties
375 g
saucisses fumées
20602479_EA



BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
860031665
21343790_EA

ALWAYS
\$10



7.49

**LILYDALE
TURKEY DINNER
SAUSAGES**
selected varieties
500 g
saucisses de dinde à repas
21264924_EA



9.99
LB

BONELESS BEEF STEW
cubes de bœuf désossé
22.02/kg
20327443_KG



15.99

**BEYOND MEAT
PLANT-BASED
BURGERS**
frozen
678 g
burgers à base de plantes
21378994_EA



3.79

**MINI
BABYBEL**
selected varieties
120 g
fromage
20376222_EA



**FANTINO AND
MONDELLO
SPECIALTY
DELI MEAT**
selected varieties
100-200 g
charcuteries de spécialité
21310363_EA

5.49



2.99

**GO SHRIMP
RAW
COOKED**
\$1.70 per lb, 160 g,
\$1.70 per lb, 160 g,
**SMOKED
STEELHEAD
SALMON**
per lb, 200 g, frozen or
**SEAQUEST®
FLAVOURED
ALASKA
POLLOCK**
ready to eat, 227 g
croquettes au saumon fumé
ou pollock aromatisé
207046_EA/2100691_EA



5.99

**SEAQUEST®
FROZEN
FISH FILLETS**
selected varieties
400 g
filets de poisson
2033229_EA/21014746_EA



2.99

**HOSTESS
SNACK CAKES**
selected varieties
120-222 g
gâteaux de collation
21287022_EA



\$3

**COUNTRY
HARVEST
BREAD
BAGELS** 200 g or
bagels
selected varieties
pain ou bagels
21178397_EA/21078463_EA



\$4

**PC TOPPED
HUMMUS**
selected varieties
280 g
hummus garni
20471228_EA



\$7

**FARMER'S
MARKET
PIES**
selected varieties
580 g / 1 kg
tartes
21277047_EA

APP EXCLUSIVE OFFER*

Optimum
1,000 pts

\$1
Value

For every \$5* spent on Ziggy's® products in the Deli department

selected varieties
20397952_EA/21147063_EA/21190279_EA/21192641_EA



JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK + pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH*

DANONE



333

DANONE OIKOS YOGURT
selected varieties
4's
yogourt
20418713001, EA/20423053, EA



399

DANONE ACTIVIA 8's or MIX & GO VANILLA 7's YOGURT
selected varieties
yogourt
20234741001, EA/20225384002, EA



549

DANONE OIKOS TUBS 650/750 g or ACTIVIA DRINKS 8's YOGURT
selected varieties
yogourt
21006634, EA/21106497, EA

General Mills



299

PILLSBURY PIZZA POPS
selected varieties, frozen
200 g
pizzas
21432996, EA



299

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
120-230 g
barres granola ou collations aux fruits
20215230002, EA/20318474001, EA



599

YOPLAIT SOURCE or CREAMY YOGURT
selected varieties
10's
yogourt
20120316004, EA/20137217001, EA

CONAGRA BRANDS

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
sauce
20308726001, EA

299



399

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or KERNEL JAR 350 g
selected varieties
mots à échauffer ou en pot
20629322002, EA



449

HUNGRY-MAN XL BOWLS 397 g, HEALTHY CHOICE SIMPLY 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-308 g
selected varieties, frozen
plats cuisinés
20974538, EA/21406289, EA

Coca-Cola



1,000^{PC} \$1 Value

599

AHA SPARKLING WATER
selected varieties
12x355 mL
bois gazeux pétillants
21240792, C12/21240794, C12

699

COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
boissons gazeuses ou thé glacé
20130460002, C12/201301604002, C12



899

MONSTER ENERGY DRINKS
selected varieties
4x473 mL
boissons énergisantes
20747535, C04/20917631, C04

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks 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.

NOFRILLS

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

nofrills.ca



Be your best and make a difference.





MARVEL



**FREE
CARD PACK
EVERY \$25
SPENT**



**\$5
UNIQUE
ALBUM**



**BUY THE ALBUM
AND COLLECT ALL 90
UNIQUE CARDS**

DISCLAIMER: WHILE SUPPLIES LAST. FROM AUGUST 1 UNTIL SEPTEMBER 12, 2024 GET ONE (1) FREE CARD PACK FOR EVERY \$25 SPENT IN-STORE BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION. EXCLUDES PURCHASE OF TOBACCO, ALCOHOL PRODUCTS, PRESCRIPTIONS, GIFT CARDS, PHONE CARDS, LOTTERY TICKETS, ALL THIRD PARTY OPERATIONS (POST OFFICE, GAS BARS, DRY CLEANERS, ETC.) AND ANY OTHER PRODUCTS WHICH ARE PROVINCIALY REGULATED. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE PRODUCT. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS.

SCAN FOR MORE INFO



©2024 MARVEL

MARVEL



**GET BONUS CARD PACKS
WHEN YOU BUY THESE
PARTICIPATING OFFERS**

**FREE
CARD PACK
EVERY \$25
SPENT**



**SPEND \$12*
ON ANY**

**COCA-COLA, SPRITE, FANTA, A&W OR
CANADA DRY OR ANY BODY ARMOR,
POWERADE, VITAMIN WATER,
SMART WATER, AHA, MONSTER
OR NESTEA/PEACE TEA
BEVERAGE PRODUCT, AND
GET A BONUS CARD PACK**

BOISSON
20318694002_EA/21518427_EA



**SPEND \$15*
ON ANY**

**CHUNKY SOUP OR
GOLDFISH CRACKER
PRODUCT AND
GET A BONUS CARD PACK**

SOUPE OU CRAQUELINS
21480447_EA/20300320_EA



**SPEND \$15*
ON ANY**

**NESCAFÉ OR STARBUCKS
COFFEE, PERRIER OR MAISON
PERRIER SPARKLING
WATER AND
GET A BONUS CARD PACK**

CAFÉ OU EAU PÉTILLANTE
20873036_EA/20548682004_EA



**SPEND \$12*
ON ANY**

**PC® BLACK LABEL, PC® WOOD
FIRED, PC® THIN CRUST, PC®
FLATBREADS OR
NO NAME® PIZZA AND
GET A BONUS CARD PACK**

PAINS PLATS OU PIZZA
21540352_EA/21531415_EA



**SPEND \$12*
ON ANY**

**CHRISTIE COOKIES OR CRACKERS
AND GET A BONUS CARD PACK**

BISCUITS OU CRAQUELINS
21547034_EA/21358407_EA



**SPEND \$9*
ON ANY**

**MILK2GO 6 PACK 2% PARTLY
SKIMMED MILK PRODUCT AND
GET A BONUS CARD PACK**

LAIT
21537885_EA



*SEE TERMS AND CONDITIONS IN-STORE OR AT WWW.LOBLAWUNIVERSE.CA

©2024 MARVEL

MARVEL



**GET BONUS CARD PACKS
WHEN YOU BUY THESE
PARTICIPATING OFFERS**

**FREE
CARD PACK
EVERY \$25
SPENT**



**SPEND \$10*
ON ANY**

**KRAFT, HEINZ,
PHILADELPHIA OR
MAXWELL HOUSE PRODUCTS
AND GET A BONUS CARD PACK**

PRODUITS
20039581001_EA / 20069080_EA



**SPEND \$12*
ON ANY**

**CHEERIOS, NATURE VALLEY,
LIBERTÉ, ANNIES, OLD EL PASO
OR PILLSBURY PIZZA
POPS PRODUCT AND
GET A BONUS CARD PACK**

PRODUITS
21103495_EA / 20887250_EA



**SPEND \$15*
ON ANY**

**CRACKER BARREL, BLACK DIAMOND, AMOOZA!
CHEESE PRODUCTS OR LACTANTIA MILK AND
GET A BONUS CARD PACK**

PRODUITS DE FROMAGE
21290384_EA / 20763661_EA



**SPEND \$10*
ON ANY**

**QUAKER INSTANT OATS OR READY TO EAT
CEREAL AND GET A BONUS CARD PACK**

PRODUITS
21219824_EA / 20637355_EA / 21190254_EA / 21190260_EA



**SPEND \$15*
ON ANY**

**TIDE PODS, DOWNY BEADS OR
CASCADE PRODUCT AND GET A
BONUS CARD PACK**

PRODUITS
20548511001_EA / 21549966_EA / 21549746_EA / 21507156_EA / 21516545_EA



**SPEND \$15*
ON ANY**

**ROYALE PAPER PRODUCT AND
GET A BONUS CARD PACK**

PRODUITS DE PAPIER
21378235_EA / 21191252_EA



*SEE TERMS AND CONDITIONS IN-STORE OR AT WWW.LOBLAWUNIVERSE.CA

©2024 MARVEL

ONLINE 03 NFO



KRAFT DINNER ORIGINAL
200 g
pâtes
21549526 EA

\$1



AMOOZA! STICKS
selected varieties
228 g
fromage
21402514 EA

5.79



CAVENDISH QUICK CRISP, PREMIUM or PATTIES
selected varieties, frozen
400-750 g
frites ou galettes de pommes de terre
21384277 EA

2.99



4.99



MILK 2GO 2%
selected varieties
6x200 mL
lait
21337985 EA

CADBURY CHOCOLATE BAR
selected varieties
80/100 g
barres de chocolat
20024247001 EA/20522749001 EA

2.49



LAY'S POTATO CHIPS POPPABLES 177-235 g
130 g or
CHEETOS 170-285 g
selected varieties
croustilles ou grignotines
21541022 EA/21270195 EA

3.49



COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties
2 L
20311342001 EA/2031403002 EA

1.99



STARBUCKS ROAST AND GROUND COFFEE 340 g or
PODS 10's
selected varieties
café torréfié et moulu ou capsules
20548682002 EA/20548682004 EA

9.99



ROYALE FACIAL TISSUE
selected varieties
6x100/72 sheets
mouchoirs
20702419 EA

5.99



OLD EL PASO DINNER KIT
HARD & SOFT Taco
selected varieties
250-510 g
trousseaux-pépés
20795300 EA/20795534 EA

3.99



DOVE DEODORANT 45-76 g
HAIR CARE 142-198 g/195-355 mL
BAR SOAP 3x106 g
or **BODY WASH** 325/400 mL
selected varieties
déodorant ou soins capillaires
ou pain de savon ou
nettoyant pour le corps
2020403001 EA/21220515 EA

4.88



TIDE PODS 31/23/18's
LAUNDRY DETERGENT or
DOWNY BOOSTERS 379 g
selected varieties
détergent à lessive ou
rehausseurs de parfum
20548511001 EA/21549968 EA

10.99



JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH

Nestlé
Good Food, Good Life



4.99 NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L selected varieties, frozen fromilles glacées ou dessert glacé 303238001 EA/31142960 EA



4.99 HÄAGEN-DAZS ICE CREAM 400-450 mL or NOVELTIES 3/4's selected varieties crème glacée ou fromilles glacées 3030279001 EA/31313347 EA

Kellanova



2.99 EGGO WAFFLES selected varieties, frozen 8's gâufres 30302779 EA



2.99 KELLOGG'S RICE KRISPIES 176/198 g, POP TARTS 304 g, SPECIAL K 123 g or NUTRI-GRAIN BARS 293 g selected varieties barres 20126567001 EA/2031294001 EA

Mondelēz International



4.79 CHRISTIE COOKIES family size, selected varieties 374-488 g biscuits 21520747 EA



2.49 CADBURY CHOCOLATE BAR selected varieties 95/100 g barres de chocolat 30323793001 EA/20468833002 EA

Campbell's

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



.99



CAMPBELL'S BROTH selected varieties 250/900 mL bouillon 3032348001 EA/21347245 EA

1.49



SNYDER'S PRETZELS selected varieties 240 g bretzels 20314052004 EA

2.99

PEPSICO

PEPSI SOFT DRINKS selected varieties 2 L boissons gazeuses 3029450402 EA 30306117002 EA



1.69

ROCKSTAR 473 mL or CELSIUS 355 mL ENERGY DRINKS selected varieties boissons énergisantes 30304415011 EA 31534418 EA 31534446 EA



\$3



PEPSI SOFT DRINKS selected varieties 12x355 mL boissons gazeuses 30322341002 C12/30322341002 C12

6.99

IRVING



7.99 ROYALE BATHROOM TISSUE selected varieties 15x30 rolls papier hygiénique 21187143 EA/21372800 EA

ROYALE FACIAL TISSUE 12x100 sheets mouchoirs 20750292 EA

10.99



ROYALE TIGER TOWELS 6x12 rolls essuie-tout 21484704 EA

11.99

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH

Unilever



3⁹⁹

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.66 L
dessert glacé
20301305002, EA

Kellogg's



3⁴⁹

KELLOGG'S CEREAL
selected varieties
247-435 g
céréales
20591279, EA/21430814, EA

Keurig Dr Pepper Canada



10⁹⁹

CORONA SUNBREW NON-ALCOHOLIC BEER
6x330 mL
bière sans alcool
21433615, C06



4⁹⁹

BREYERS CREAMERY STYLE ICE CREAM
selected varieties
1.66 L
crème glacée
20344925001, EA
20344925006, EA



3⁹⁹

KELLOGG'S ALL BRAN RAISIN BRAN 450/525 g
425/451 g
VECTOR SPECIAL K 306/400 g
or **MINI-WHEATS CEREAL**
405-510 g
selected varieties
céréales
20015041, EA/20041177, EA



13⁹⁹

TIMOTHY'S COFFEE PODS
selected varieties
30's
capsules de café
21433903, EA

Cavendish



2⁴⁹

CAVENDISH FRIES
selected varieties, frozen
800 g
frites
21539837, EA

TWININGS



6⁹⁹

TWININGS TEA
selected varieties
50's
the
20006148001, EA
21111078, EA

RECKITT BENCKISER



19⁹⁹

FINISH DISHWASHER TABS
selected varieties
60-100's
capsules de détergent
pour lave-vaisselle
21238873, EA/21361337, EA

Reynolds



4⁴⁹

HEFTY STORAGE BAGS
selected varieties
20-100's
sacs de rangement
21390092, EA

Johnson A FAMILY COMPANY



4⁷⁹

ZIPLOC STORAGE BAGS
selected varieties
10-90's
sacs de rangement
20871415, EA

P&G



7⁹⁹

CHARMIN BATHROOM TISSUE 8-24 rolls or **BOUNTY PAPER TOWEL** 4-6 rolls
selected varieties
papier hygiénique ou essuie-tout
21515804, EA/21549793, EA

LACTALIS CANADA



3⁴⁹

IÖGO NANO DRINKABLE YOGURT 6's or **SIGGI'S ICELANDIC SKYR** 4's
selected varieties
yogourt
2006047001, EA/21390027, EA

SOFINA



8⁹⁹

JANES PUB STYLE BREADED CHICKEN or TURKEY
selected varieties, frozen
600/700 g
yogourt
21191828, EA/21191830, EA

SWISS CHALET



11⁹⁹

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
600 g
côtes de dos de porc
21022221, EA

JUST SAVIN' YOU MONEY

PRICE
DROPS

RAIN
CHECK
+ pts

ALWAYS
LOW
PRICES

FRESH
GUARANTEE

PRICE
MATCH



GENERAL MILLS CEREAL
family size,
selected varieties
475-778 g
céréales
21103492 EA
21103495 EA

5.49



Honey Nut Cheerios
FAMILY SIZE
My partner
MAKES ME HAPPY

Kraft

KRAFT PEANUT BUTTER
750 g/1 lb or
HAZELNUT SPREAD
725 g
selected varieties
beurre d'arachide ou
tartinade de noisettes
20039981001 EA/21285418 EA

5.99



Colgate

100th
Value

COLGATE TOOTHPASTE
52-95 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents
20277681002 EA/20973562 EA

\$1



Leclerc



2.99

LECLERC CELEBRATION COOKIES
selected varieties
240 g
biscuits
20633797001 EA

FritoLay



3.99

TOSTITOS TORTILLA CHIPS
205-295 g or
SMARTFOOD POPCORN 150-200 g
selected varieties
croustilles de tortilla
ou maïs soufflé
20972839 EA/21005073 EA

Colgate

IRISH SPRING

IRISH SPRING BODY WASH 591 mL or
BAR SOAP 6x104 g or
SOFTSOAP BODY WASH 591 mL
selected varieties
nettoyant pour le corps ou savon
212719273 EA/21436407 EA

4.49



Kimberly-Clark Inc.



19.99

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 32-108's
couches
21436221 EA

P&G



32.99

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-180's
couches
21351523 EA

HERSHEY'S

OH HENRY!



\$1

HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties
42-58 g
barres de chocolat
20381797 EA/20382012 EA



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or
POUCHES 160-230 g
selected varieties
barres ou sachets de chocolat
20302970004 EA/20573406 EA

3.99

P&G

FEBREZE AIR CARE 250 g,
MR. CLEAN ALL PURPOSE CLEANER 1.21 L or
MAGIC ERASER 2's
selected varieties
nettoyant tout usage
21009017 EA/21574839 EA

3.49



14.99

GAIN LIQUID 4.55 L or
FLINGS 42's
LAUNDRY DETERGENT
selected varieties
détergent à lessive
20939627 EA/21405174 EA



TIDE PODS 57/43/32's
LAUNDRY DETERGENT
DOWNY or GAIN FABRIC SOFTENER
4.16 L or **SCENT BOOSTERS** 680 g
détergent à lessive ou assouplissant
textile ou rehausseurs de parfum
21454813 EA/21552884 EA

16.99

中秋節快樂

HAPPY MID-AUTUMN FESTIVAL



1.98
LB

BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY or GAI LON product of Canada or **BABY NAPA CABBAGE** product of Mexico
4.37/kg
pak-choi ou choy cantonnais ou brocoli chinois ou chou napa
3008279051_KG/3003244001_KG



.98
LB

NAPA CABBAGE or TAIWANESE CABBAGE product of Canada or **DAIKON** product of China
2.16/kg
chou ou daikon
3008230901_KG/3001303301_KG



1.98
LB

GINGER ROOT
product of China
4.37/kg
racine de gingembre
3017903001_KG



PAPAYA
product of Mexico
3.26/kg
papaye
3017904001_KG

1.48
LB



1.88

ROOSTER® TOFU
selected varieties
454 g
tofu
31470719_EA



3.88

PMC BASA FILLETS 400 g or **SEAQUEST® SEAFOOD MEDLEY** 340 g
selected varieties, frozen
filets de pangasius ou mélange de fruits de mer
31433307_EA/31192029_EA

SEAHORSE COOKED SHRIMP
90/120 per lb, 340 g or **COOKED SHRIMP**
head on, shell on 400 g
frozen
crevettes
30117802_EA



7.88



11.88

CALIFORNIA SQUID
frozen
1 kg
calmar
30121461_EA



6.88
LB

PORK BELLY
fresh
15.17/kg
flanc de porc
30353421_KG



10.48
LB

BEEF OXTAIL
frozen
23.10/kg
queue de boeuf
30079558_KG

APP EXCLUSIVE OFFER*

Optimum™
1,000 pts

\$1
Value

For every \$5* spent on Rooster® or T&T® products
31498233_EA/31447367_EA/31447368_EA/30070772_EA/31470719_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

中秋節快樂

HAPPY MID-AUTUMN FESTIVAL



6⁸⁸

SHAOMEI FROZEN DESSERT BARS
280 mL, frozen
barres de dessert glacé
21309179 EA



9⁸⁸

BILLY BEE HONEY
1 kg
miel
20228715 EA



5⁸⁸

FLYING GOOSE SRIRACHA MAYO 730 mL or
KEWPIE MAYONNAISE 517 mL
mayonnaise à la sauce sriracha
21044091 EA/21332301 EA



5⁸⁸

SKYFLAKES CRACKERS
800 g
craquelins
21172716 EA



LAY'S FLAVOURED CHIPS
selected varieties
165 g
craquelins
21332306 EA/21332430 EA

2⁸⁸



LOTTE YUKIMI MOCHI
selected varieties, frozen
270 g
mochi
21347111 EA/21347122 EA

4⁴⁸



CHACHA SUNFLOWER SEEDS
selected varieties
260 g
graines de tournesol
11278229 EA/21327951 EA

2²⁸



INDOMIE INSTANT NOODLES 5's
selected varieties
moules instantanées
20444719 EA

2⁸⁸



.88

NONG SHIM NOODLE SOUP
selected varieties
75 g
soupe aux nouilles
2022441001 EA



3⁸⁸

PALM CORNED BEEF
selected varieties
328 g
bœuf salé
20434342 EA



4⁸⁸

HEIWA SANUKI STYLE UDON NOODLES
1.25 kg (250 g x 5)
pâtes de viande
20270574 EA



3⁸⁸

CHAROEN POKPHAND AUTHENTIC ASIA FROZEN ENTREES
selected varieties, 250-350 g
20196730 EA



3⁸⁸

SPAM TOCINO LUNCHEON MEAT
340 g
selected varieties
21430729 EA



7⁸⁸

ROOSTER® BLACK GLUTINOUS RICE
2 kg or
MAGGI SEASONING 800 mL
riz glutineux noir ou assaisonnement
20073029 EA/21190636 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 02 NFO

LOW PRICES ON KITCHEN MUST-HAVES.



\$5

**EVERYDAY ESSENTIALS™
2-PIECE 12" PIZZA PAN
AND CRISPER**
20647480 EA



\$5

**EVERYDAY ESSENTIALS™
LOAF PAN SET**
2 piece
20647078 EA



\$5

**EVERYDAY ESSENTIALS™
JUMBO MUFFIN
PAN**
20692734 EA



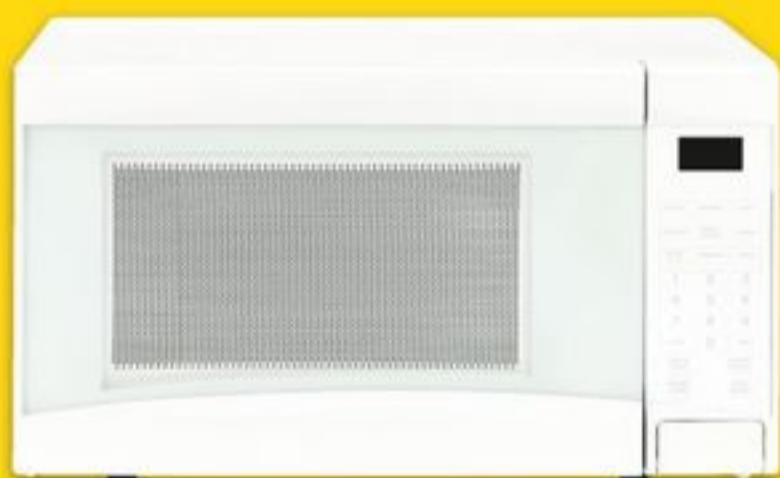
\$17

**EVERYDAY ESSENTIALS™
STAINLESS
STEEL STOCK
POT**
16 quart
20733460 EA



\$24

**EVERYDAY ESSENTIALS™
NON-STICK SKILLETS**
SET OF 3
21243884 EA



\$85

**EVERYDAY ESSENTIALS™
MICROWAVE**
black or white
0.7 cubic feet
20834401 EA/20834402 EA

\$2



**EVERYDAY ESSENTIALS™
NYLON LADLE**
21213840 EA

\$4



**EVERYDAY ESSENTIALS™
GARLIC PRESS**
21213660 EA

\$15



**EVERYDAY ESSENTIALS™
COFFEE GRINDER**
20054993 EA

**EVERYDAY ESSENTIALS™
NYLON TURNER**
21214127 EA



**EVERYDAY ESSENTIALS™
POTATO MASHER**
21214379 EA



**EVERYDAY ESSENTIALS™
HAND BLENDER**
20164241 EA



**EVERYDAY ESSENTIALS™
SPICE SHAKER**
21142834 EA



**EVERYDAY ESSENTIALS™
LEMON JUICER**
21416917 EA



**EVERYDAY ESSENTIALS™
RICE COOKER**
20053721 EA

**PC Optimum™ members
can save up to 35%
on car insurance.†**

GET A QUOTE



†Conditions apply. Subject to change. For full details see www.pcinsurance.ca.

**Get \$250
in welcome
points.**

**+
No
annual fee
for your
first year***



APPLY NOW

*Limited time offers. Receive a one-time credit of \$120, equivalent to the annual fee. Conditions apply.

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



**RAIN
CHECK
+ pts**
We'll honour a current flyer
deal if we're sold out, plus
give you 10% back in PC
Optimum™ points.



**THROW
BACK
PRICES**
Deals from the past
on select items.

The  NOFRILLS® thing to do.

†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.

ONLINE NF MKT