

SEPTEMBER

**HIT
OF THE
MONTH**



Unico solid light tuna in oil, 99g



Huggies wipes
1x56-64 ea, selected varieties



Quaker Chewy Granola Bars
120g, selected varieties



Schneiders Bologna
500g, selected varieties

See in-store for retails

**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.

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, SEPTEMBER 12 TO WEDNESDAY, SEPTEMBER 18, 2024.



SAVE UP TO 53%

6⁹⁹

SCHNEIDERS CHICKEN WINGS or SCHNITZELS 450/615 g or **ST-HUBERT PIES** 650-800 g
selected varieties, frozen
20719334 EA/21481408 EA
WHILE QUANTITIES LAST



WOW!

2⁴⁹ LB

PORK HALF LOIN
fresh, boneless
5.49/kg
20534787 KG
WHILE QUANTITIES LAST



SAVE UP TO 54%

4⁹⁹

10 LB BAG

BEETS, RUTABAGAS or FARMER'S MARKET CARROTS or YELLOW ONIONS
product of Western Provinces, Canada no. 1 grade
30600991001 EA/21121329001 EA



SAVE 39%

1⁶⁹

ITALPASTA
selected varieties
750 g
20294341003 EA



CAMPBELL'S CHUNKY or READY TO SERVE
515 ml or **HABITANT SOUP**
796 ml
selected varieties
21479030 EA/21480447 EA

SAVE UP TO 42%

1⁸⁸



BEER BATTERED
JUMBO POPCORN SHRIMP

SAVE UP TO 40%

5⁹⁹

HIGH LINER FAMILY FAVOURITES FISH or SHRIMP
selected varieties, frozen
330-700 g
2057299001 EA/211919973 EA



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
960 ml or **FRUITE BEVERAGES** 2 L
selected varieties
20326722008 EA/20894117004 EA

SAVE UP TO 37%

1²⁵



18 KG

JASMINE GOLD THAI JASMINE RICE
21330401 EA

SAVE 22%

27⁸⁸

THROW BACK PRICES

Deals from the past on select items. †



74 LOADS

148 LOADS

SAVE UP TO 38%

7⁹⁷

TIDE SIMPLY LIQUID LAUNDRY DETERGENT 3.1 L, **FLEECY FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200%
selected varieties
21312729 EA/21327944 EA



ONLY

12⁹⁹

ROGERS FINE GRANULATED SUGAR
10 kg
20170191 EA



SAVE 37%

1⁸⁸

PC® HERBAL TEA
selected varieties
20/24's
20027612001 EA/21105270 EA



BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
800 g-1.81 kg
21372692 EA/21447395 EA

ALWAYS

\$10



10

Buttermilk Chicken Breast Pieces
1.2 kg
20170191 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](https://www.nofrills.ca)

01 NFW

**1000s OF
LOWERED
PRICES
EVERY DAY!**



PRICE DROP

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
20297818002 EA



PRICE DROP

1⁴⁹

**GREEN GIANT
VEGETABLES**
selected varieties
341/398 mL
21021179 EA/21021234 EA



PRICE DROP

5⁹⁹

**iöGO CREAMY or
0% YOGURT**
selected varieties
16's
2066779001 EA/20609583001 EA



500^{ms}

50¢ Value

3⁹⁹

KRAFT CHEEZ WHIZ 450 g or **PHILADELPHIA CREAM CHEESE PRODUCT** 227/250 g
selected varieties
20441267 EA/20029906001 EA



500^{ms}

50¢ Value

4⁹⁹

HEINZ KETCHUP 750 mL/1 L or **KRAFT MIRACLE WHIP** 650/890 mL
selected varieties
2004060 EA/20298481001 EA



1,000^{ms}

\$1 Value

5⁷⁷

KRAFT PEANUT BUTTER 750 g/1 kg or **HAZELNUT SPREAD** 725 g or **MAXWELL HOUSE** or **NABOB TASSIMO DISCS** 8-16's
selected varieties
20039581001 EA/20552968 EA



1,000^{ms}

\$1 Value

8⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
21406862 EA

WE KNOW LOCAL.

FRESH GUARANTEE

WHOLE LEAF FARMS (THE STAR GROUP)

Lethbridge County, Alberta

Star Produce's Whole Leaf farm in southern Alberta proudly grows living lettuce - the better-tasting, longer-lasting lettuce!

PC® BOSTON LIVING LETTUCE
product of Western Provinces
each 21123489 SA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

2.99



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1.99 LB

BEEFSTEAK TOMATOES
product of Western Provinces,
Canada no. 1 grade
4.39/kg
30426141001 SA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

4.99

10 LB BAG

RUSSET POTATOES
product of Western Provinces,
Canada no. 1 grade
20401020001 SA



.79 LB

GREEN CABBAGE
product of Western Provinces,
Canada no. 1 grade
3.74/kg
30793054001 SA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1.69 LB

BARTLETT PEARS
product of Western Provinces,
Canada fancy grade
3.73/kg
20022233001 SA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1.29 LB

ROYAL GALA APPLES
product of Western Provinces,
Canada fancy grade
2.84/kg
2114048001 SA



GROWN IN CANADA

3.99

CAULIFLOWER
product of Canada,
Canada no. 1 grade
each
20133377001 SA



.99 LB

ACORN, BUTTERNUT, BUTTERCUP or SPAGHETTI SQUASH
product of Western Provinces
2.18/kg
2030746001 SA/20071263001 SA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3.99

680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Western Provinces,
Canada no. 1 grade
21347299001 SA/21347300001 SA

FRESH AT LOW PRICES

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
6.59/kg
30423773001_KG/20151119001_KG

2.99
LB



PKG OF 5 OR 6

AVOCADOS
product of Mexico
2014232001_EA

4.99



2.99
LB

YELLOW PEACHES
product of U.S.A., no. 1 grade
6.59/kg
2011564001_KG



1 LB CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A.
no. 1 grade
20049779001_EA

4.99



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



3.99

6 OZ CLAMSHELL

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
20124928001_EA

GROWN IN CANADA

4.99

PKG OF 5

FARMER'S MARKET™ SWEET CORN
product of Canada,
Canada no. 1 grade
20114929001_EA



.59

LIMES
product of Mexico or Hawaii
each
20040489001_EA



1.99
LB

GREEN, GREY or YELLOW ZUCCHINI
product of Western Provinces
4.29/kg
2042679001_KG/2003679001_KG
20148363001_KG



3.99

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
2003841001_EA

EAT SMART SWEET KALE or TAYLOR FARMS CHOPPED SALAD KITS
product of U.S.A.
selected varieties
319-383 g
20674118_EA/212325159_EA

4.99



1 KG PKG

4.99

GARLIC
product of China
21238842001_EA



5.99

DEGLET NOUR PITTED DATES
793 g, product of Tunisia,
HONEY PITTED DATES
907 g,
product of Iran or
ORGANIC PITTED DATES
340 g,
product of Tunisia
21342279001_EA/20772841_EA



4.99

3 LB BAG

FARMER'S MARKET™ NAVEL ORANGES
product of South Africa
2014294001_EA

GROWN IN CANADA

5.99

907 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada
2084003001_EA



6.99

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of South Africa
or Peru
20054025001_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.

FRESH AT LOW PRICES



\$8

PC® BLUE MENU® GROUND CHICKEN or MINCED TURKEY or SUFRA® HALAL LEAN GROUND CHICKEN
454 g
2110091 EA/2110092 EA



LILYDALE TURKEY DINNER SAUSAGES
selected varieties
500 g
2104793 EA

6.99



\$10

MARINATED CHICKEN BREASTS, THIGHS or LEGS
selected varieties
500-900 g
2140474 EA



PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
2109286 EA/2109291 EA

6.99



7.99

LOU'S KITCHEN ENTREES
selected varieties, fully cooked
375/400 g
2050130 EA



8.99

PC® ULTIMATE CANADIAN BURGER 852 g or LOU'S PORK BACK RIBS
selected varieties, 680 g
2101123 EA/2113054 EA



\$10

SEAQUEST® WILD PINK SALMON FILLETS
700 g
2119264 EA



2.99

THE LAUGHING COW CHEESE
selected varieties
120-140 g
20219107 EA



1.99

MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
20006371 EA/20042713 EA



\$6

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
20036114 EA/21314740 EA



2.49

WONDER BREAD BUNS 12's
selected varieties
300/314 EA/300/317 EA



2.99

D'ITALIANO BREAD 420/473 g or BUNS 4/8's
selected varieties
300/313 EA/300/316 EA



4.99

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties
123-172 g
200/211 EA/200/212 EA



\$7

FARMER'S MARKET PIES
selected varieties
380 g 1 kg
2101167 EA

NEW ZEALAND STEAKS
product of New Zealand
assorted varieties, fresh
2142045 EA/2142271 EA

\$12



BACK TO SCHOOL DEALS



ARMSTRONG or PC SHREDDED CHEESE 250-320 g
ARMSTRONG CHEESE 400 g
 selected varieties
 21380240 EA/21346789 EA

SAVE UP TO 31%
5⁴⁹



DANONE ACTIVA YOGURT
 selected varieties
 12's
 30303413001 EA/20408934 EA

ONLY 5⁵⁰



ONLY 3⁴⁹

QUAKER INSTANT OATMEAL
 selected varieties
 232-344 g
 21190254 EA/21190240 EA



NO NAME® PEANUT BUTTER
 selected varieties
 1 kg
 2029693001 EA/21430543 EA



ONLY 4²⁹

OCEAN'S LIGHT TUNA or GOLD SEAL SARDINES
 selected varieties
 85-170 g
 21005134 EA/21034463 EA

1⁴⁹



3⁹⁹



HEREFORD CORNED BEEF
 340 g
 20004022 EA

PC® SOFT DRINKS
 selected varieties
 2 L
 20311443003 EA
 20311443073 EA

APP EXCLUSIVE OFFER
500

1²⁵



5⁷⁹

BLACK DIAMOND CHEESTRINGS
 16's or **STICKS** 12's
 selected varieties
 20762661 EA/20964474 EA



12⁹⁹

POGO
 selected varieties, frozen
 20's
 20061324002 EA



2⁹⁹

OASIS JUICE or ARIZONA ICED TEA DRINK BOXES
 selected varieties
 8x200 mL
 2015764002 EA/21165148 EA



2⁴⁹

CHRISTIE KID'S COOKIES
 selected varieties
 150-200 g
 21380019 EA



2²⁹

ANNIE'S PASTA
 selected varieties
 170 g
 20118187001 EA



2⁴⁹

REAL CANADIAN NATURAL SPRING WATER
 24x500 mL
 20154973 C34



2⁴⁹

NO NAME® STORAGE BAGS
 selected varieties
 80-100's
 20180019 EA



4⁹⁹

JAMIESON VITAMINS C or D
 selected varieties
 75-240's
 20299993 EA/20303316001 EA

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.

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

179

MICHELINA'S ENTRÉES
selected varieties, frozen
156-284 g
21208614 EA/21208622 SA



PRICE DROP

299

KELLOGG'S SPECIAL K® KASHI BARS
selected varieties
165-200 g
2049822001 SA/21010739 SA



PRICE DROP

499

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-20's
20111322 EA/20117341001 SA



GATORADE FIT
325 mL or
GATORLYTE
391 mL **SPORT DRINKS**
selected varieties
21449902 EA/21010622 SA

PRICE DROP

199



PRICE DROP

299

NO NAME® DRINK BOXES or DEL MONTE ON ICE REFRESHER 1.89 L
selected varieties
20030402 EA/21010903 SA



PRICE DROP

\$3

SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
2027720001 SA/20071234 SA



PRICE DROP

399

FRANK'S RED HOT or THICK SAUCE
selected varieties
354 mL
2018762001 SA
21220401 SA



PRICE DROP

699

SEAQUEST® COLOSSAL RAW WHITE SHRIMP RING or BAY SCALLOPS
16-20 per lb, 300 g, SHRIMP RING 227 g or BAY SCALLOPS 400 g
frozen
21040807 SA/21030327 SA



PRICE DROP

249

DAWN DISHWASHING LIQUID
selected varieties
431/473 mL
21420001 SA/21420009 SA



PRICE DROP

499

NO NAME® SUNFLOWER OIL
946 mL
20099203 SA



PRICE DROP

1799

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
2013480001 SA



PRICE DROP

399

PINE-SOL
selected varieties
1.41 L
2029647001 SA
2029647002 SA



PRICE DROP

1149

GLAD GARBAGE BAGS
selected varieties
20-40's
20144629001 SA



PRICE DROP

1399

ARM & HAMMER LIQUID LAUNDRY DETERGENT
selected varieties
4.02 L
21017007 SA



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

6⁹⁹

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
30084972 EA



PRICE DROP

2⁷⁹

CATELLI GLUTEN-FREE PASTA 300/340 g or
BEN'S ORIGINAL BISTRO EXPRESS 240/250 g
selected varieties
30704241 EA/3140495 EA



PRICE DROP

3³³

DANONE ACTIVIA 650 g
DANINO KIDS DRINKABLES 6 1/2 or 4 1/2
TWO GOOD YOGURT
selected varieties
3033513003 EA/31303233 EA

PRICE DROP

1⁹⁹

BUSH'S BEST BAKED BEANS
selected varieties
398 mL
3010131801 EA



PRICE DROP

2⁵⁰

SUNRISE EXTRA FIRM TOFU
350 g
30107007 EA



PRICE DROP

7⁹⁹

TRE STELLE CHEESE TWIN PACK
selected varieties
240-540 g
31100661 EA/31100664 EA



PRICE DROP

\$2

NESTLÉ, HERSHEY'S or MARS SNACK SIZE CHOCOLATE
selected varieties
8/9's
31323048 EA/31371114 EA



PRICE DROP

7⁴⁹

PEPPERIDGE FARMS GOLDFISH FAMILY SIZE CRACKERS
selected varieties
750 g
31182363 EA



PRICE DROP

13⁹⁹

MAXWELL HOUSE or NABOB COFFEE PODS
selected varieties
30's
31300076 EA



PRICE DROP

2⁵⁰

CLIF ENERGY, BUILDERS or NUT BUTTER BAR
selected varieties
50/68 g
30120914902 EA/302001132002 EA



PRICE DROP

3⁷⁹

HAVOC POTATO ROLLED TORTILLA or TWISTED CORN CHIPS
selected varieties
190 g, 200 g, 232 g
31188437 EA/31308847 EA



PRICE DROP

5⁴⁹

JORDANS CEREAL
selected varieties
325-400 g
31323230 EA



PRICE DROP

2⁴⁹

SUNTYPE 100% JUICE BOXES
selected varieties
5x200 mL
30130905112 EA



PRICE DROP

3⁷⁹

ALCAN FOIL 30 lb, NON STICK FOIL 25 lb, GLAD PLASTIC WRAP 60' or REYNOLDS PARCHMENT PAPER 25 lb
30043471 EA/30051462 EA



PRICE DROP

6⁹⁹

NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's
300849001 EA/31340072 EA



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP



no name® sans nom®
ham & cheese
uncooked stuffed breaded chicken breast cutlettes
jambon et fromage
escaloppettes de poitrine de poulet farcies et panées

PRICE DROP
3⁷⁷

284 g

NO NAME® STUFFED AND BREADED CHICKEN
selected varieties, frozen
284 g
20923300 EA



MARIO'S
Luncheon Meat
côtes de viande

MARIO'S
FLAKES OF HAM
FLOCONS DE JAMBON

PRICE DROP
1⁹⁹

MARIO'S LUNCHEON MEAT 340 g or
FLAKES OF HAM 156 g
21396410 EA
21396417 EA



Kellogg's VERY HIGH FIBRE
FAMILY SIZE
TWO SCOOPS
Raisin Bran
SOURCE OF 12 VITAMINS & MINERALS

Kellogg's VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN
FAMILY SIZE
MINI-WHEAT
ORIGINAL

1,000⁰⁰ **1\$ Value**

PRICE DROP
5⁴⁹

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
450-650 g
21430749 EA
21430755 EA



STOK or **STARBUCKS**
COFFEE
selected varieties, refrigerated
1.18/1.42 L
21300729 EA

PRICE DROP
7⁹⁹



TIM HORTONS ROAST AND GROUND COFFEE 875/930 g or
PODS 30's
selected varieties
20875767 EA
21166882 EA

PRICE DROP
17⁹⁹

Tim Hortons
ORIGINAL BLEND
30
ORIGINAL BLEND
MELANGE ORIGINAL



Tilda
Coconut
Noix de coco

Molisana
TOMATO
SAUCE & CHEESE

PRICE DROP
2⁵⁰

TILDA READY TO HEAT RICE or **MINUTE RICE**
READY TO SERVE CUPS 350 g or **MOLISANA**
PASSATA 680 mL
selected varieties
20514681 EA/21097160 EA



ROGERS
icing sugar
sucre à glacer

ROGERS
dark brown sugar
sucre brun foncé

PRICE DROP
2⁷⁹

ROGERS SUGAR
selected varieties
1 kg
20738812 EA/20149704 EA



MADE GOOD
SOFT BAKED MINI COOKIES
Biscuits mini

MADE GOOD
Chocolate Dipped

PRICE DROP
3⁴⁹

MADE GOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
selected varieties
110-150 g
21107425 EA/21302121 EA



Caesar
dressing
margarite
César

ranch
dressing
margarite
ranch

PRICE DROP
2⁴⁹

NO NAME® SALAD DRESSING
selected varieties
475 mL
2062689901 EA/2062689902 EA



Coca-Cola

CANADA DRY
mini
GINGER ALE

PRICE DROP
3⁹⁹

COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties
6x222 mL
2023428802 CDA/20234227001 CDA



Friskies
Chef's Select

Purina
Party Mix

PRICE DROP
5⁹⁹

FRISKIES CAT TREATS
454 g or **DRY CAT FOOD**
1.4-1.5 kg
selected varieties
2014225281 EA/21166810 EA



Windex

FANTASTIK
CLEANERS

PRICE DROP
4²⁹

WINDEX GLASS CLEANER
750-970 mL, **SCRUBBING BUBBLES** 710-950 mL/547-422 g or **FANTASTIK CLEANERS**
selected varieties
2012222001 EA/21097124 EA



SOFT & DRY

PC
MAX

PRICE DROP
\$7

PC® BATHROOM TISSUE
12x34 rolls or **PAPER TOWELS**
2nd roll
selected varieties
21487114 EA/21366802 EA



Downy

Tide

PRICE DROP
10⁹⁹

TIDE LIQUID LAUNDRY DETERGENT 1.66 L
DOWNY FABRIC SOFTENER 1.89-2.63 L or **BOUNCE DRYER SHEETS**
120/200's
selected varieties
21330405 EA/21349781 EA

SAVING IS SWEET



17⁹⁹

NESTLÉ MINI BARS
100's
21395323 SA



10⁹⁹

DARE REAL FRUIT
50's
21430861 SA



6⁹⁹

PC® CHOCOLATE COVERED NUTS or FRUIT
selected varieties
200-400 g
20002236 SA



9⁹⁹

KINDER CHOCOLATE or BUENO MINI
55's
21388295 SA



8⁹⁹

HERSHEY'S ASSORTED CHOCOLATE or CANDY PACK
selected varieties
50's
21328274 SA



5⁹⁹

KINDER SURPRISE 100g, CARNABY SWEET HALLOWEEN KISSES or CARMELS
600/700 g
20965318 SA/20969203 SA



2⁹⁹

DOLE FRUIT BOWLS 4x107 ml or FRUIT 'N GEL SNACKS 4x123 g
selected varieties
20218435001 SA/20218435007 SA



\$1

NESTLÉ SINGLE CHOCOLATE BAR
selected varieties
41-60 g
20064954 SA



\$2

NESTLÉ or AERO CHOCOLATE TABLET
selected varieties
90-120 g
20640580 SA/21247054 SA



3⁷⁹

NESTLÉ CHOCOLATE BAR MULTIPACK 4's or POUCHES 135-203 g
selected varieties
20176138 SA/21080077 SA

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn*
5,000 pts

\$5
value

for every \$15* spent on Kinder chocolates

all sizes and varieties
21388295 SA/20238058 SA



YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



LACTANTIA LACTOSE FREE or PURFILTYRE MILK
selected varieties
2 L
20201822001 SA
21434991 SA



5⁴⁹

CAVENDISH QUICK CRISP, PREMIUM or PATTIES
selected varieties, frozen
400-750 g
21564077 SA



2⁷⁹

GENERAL MILLS CEREAL
family size, selected varieties
475-778 g
21103492 SA/21103495 SA



5⁴⁹

TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.63 L
20119756001 SA



6⁷⁹

SIGGI'S ICELANDIC SKYR
selected varieties
650/750 g
21233074 SA/21233092 SA



5⁴⁹

LIBERTÉ GREEK 650/750 g
YOPLAIT YOP NO SUGAR ADDED 900 g or YOGURT
selected varieties
20642273 SA/21290111 SA



5⁹⁹

CHRISTIE COOKIES
selected varieties
251-303 g
21298407 SA



2⁷⁹

MCCAFÉ ROAST AND GROUND COFFEE 950 g or PODS 30's
selected varieties
capsules de café
21240975 SA/21228559 SA



19⁹⁹

CHRISTIE CRACKERS
selected varieties
175-386 g
21547034 SA



2⁷⁹

FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS 125-210 g
selected varieties
21213359 SA/21213384 SA



3⁴⁹

SAN PELLEGRINO ITALIAN SPARKLING DRINK
selected varieties
6x330 mL
21432205 CO6



6⁹⁹

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



7²⁹

KRAFT SINGLES
selected varieties
825 g
21188312 EA

5⁴⁹

NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT
1.5 l
selected varieties, frozen
30322360001 EA/21142940 EA

CARAMILK
selected varieties
475 g

3⁹⁹

KELLOGG'S ALL BRAN 450/525 g
RAISIN BRAN 425/451 g
VECTOR 306/400 g
SPECIAL K 320-435 g or
MINI-WHEATS 405-510 g
CEREAL
selected varieties
20015041 EA/20841177 EA

3⁹⁹

QUAKER CEREAL 250-500 g
or **HARVEST CRUNCH**
400-510 g
selected varieties
30637255 EA
21219824 EA

Life
WHOLE GRAIN CEREAL
original
475 g

HARVEST CRUNCH
ORIGINAL
475 g

2⁹⁹

KELLOGG'S RICE KRISPIES BARS 176/198 g
POP TARTS 384 g
SPECIAL K BARS 125 g or
NUTRI-GRAIN BARS 295 g
selected varieties
20124547001 EA/20212944001 EA

4⁹⁹

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
20661811001 EA/20872804 EA

6⁹⁹

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21358473 EA/21438913 EA

3⁹⁹

RUFFLES POTATO CHIPS
selected varieties
180-200 g
21241052 EA

\$4

DORITOS TORTILLA CHIPS
selected varieties
210-280 g
21249118 EA

1,000⁰⁰ **\$1 Value**

8⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
21406882 EA

\$3

MONSTER ENERGY DRINKS
selected varieties
473 mL
20928249 EA

1,000⁰⁰ **\$1 Value**

5⁹⁹

AHA SPARKLING WATER
selected varieties
12x355 mL
21240792 C12

6⁹⁹

COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
20120440002 C12/20218440001 C12

ONLINE 06 NFW *In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
156-227 g
30300330 SA

2.29



KELLOGG'S CEREAL
selected varieties
247-435 g
30911279 SA/31400814 SA

3.49



2.49

DARE CRACKERS
selected varieties
100-225 g
2133044 SA



2.79

DARE COOKIES
selected varieties
168-315 g
2100071 SA



2.99

QUAKER CRISPY MINIS or RICE CAKES
selected varieties
90-199 g
3014370002 SA/3030000001 SA



2.99

LECLERC NUGABAR or GO PURE BARS
selected varieties
140-175 g
21307938 SA/21313034 SA



2.99

LECLERC CELEBRATION COOKIES
selected varieties
240 g
2061277001 SA



3.99

ORVILLE REDENBACHER MICROWAVE POPCORN KERNEL JAR
selected varieties
305-472 g or 650 g
3040523002 SA



2.29

CHRISTIE CRISPERS
selected varieties
145 g
21340233 SA



2.99

PRINGLES POTATO CHIPS
selected varieties
148/154 g
21000823 SA/21000823 SA



3.99

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
21000571 SA



\$2

MAYNARDS CANDY
selected varieties
150/154 g
21340405 SA/21340373 SA



2.99

VH SAUCE
selected varieties
341-380 mL
3030073001 SA



3.79

MOTT'S CLAMATO or GARDEN COCKTAIL
selected varieties
1.89 L
3018121002 SA/30181003 SA



*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



1,000[¢]
1\$ Value

DENTASTIX 500-608 g or **MARROBONE** 1.9 kg
selected varieties
21061180 EA/21362338 EA



9⁴⁹

PURINA ONE DRY DOG FOOD
selected varieties
6.8/7 kg
20229412 EA



29⁹⁹

LYSOL MULTI SURFACE CLEANER 1.2 L or **SPRAYS** 650-950 mL
selected varieties
20209672002 EA/20210677001 EA



3⁹⁹

LYSOL TOILET BOWL CLEANER
2x710 mL, **DISINFECTANT SPRAY** 537 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
21228341 EA/21487308 EA



6⁹⁹

PUREX LIQUID LAUNDRY DETERGENT 4.08-4.43 L or **SNUGGLE FABRIC SOFTENER** 3.41 L
selected varieties
2008322001 EA/20151241 EA



12⁹⁹

PERSIL LIQUID LAUNDRY DETERGENT
selected varieties
4.43 L
2092977 EA



20⁹⁹

ROYALE BATHROOM TISSUE
selected varieties
15-30 rolls
21187145 EA/21572800 EA



8⁹⁹

CHARMIN BATHROOM TISSUE 8x24 rolls or **BOUNTY PAPER TOWELS** 4x6 rolls
selected varieties
21515858 EA/21549793 EA



8⁹⁹

ROYALE PAPER TOWEL
6x12 rolls
21484704 EA



11⁹⁹

CASCADE AUTO DISHWASHER TABS
selected varieties
30-48's
2044082001 EA/21307158 EA



13⁹⁹

FINISH DISHWASHER TABS
selected varieties
60-105's
21218873 EA/21541337 EA



19⁹⁹

TIDE LIQUID 3.9 L or **PODS** 45/57/76's **LAUNDRY DETERGENT**
selected varieties
21393670 EA/21393706 EA



21⁹⁹

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



2.50

PC® TORTILLA CHIPS
selected varieties
320-350 g
30305180 EA



5.49

PC® DRY ROASTED PEANUTS 700 g
CASHEWS or DELUXE MIXED NUTS 200 g
selected varieties
2005799003 EA



2.49

PC® SCALLOPED CRACKERS
selected varieties
185 g
2040388003 EA



3.49

PC® FROZEN VEGETABLES
selected varieties
400-750 g
20297967 EA/20218913 EA



5.99

PC® COFFEE PODS
selected varieties
12's
20285343 EA



4.99

PC® SALSA
selected varieties
650 mL
20209646003 EA

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.



financial®

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.

no name™ mobile

introducing
no name® mobile

great quality plans
with loads of data.

starting at only
\$19 per month

no long-term contracts,
just value.

exclusively at

 **NOFRILLS**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing.

Earn*

7,500 pts

\$7.50
value

September 12-18, 2024

for every \$50* spent on Boston Pizza gift cards.



* Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$50 spent on Boston Pizza gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.

**GET FLYER
TO YOUR
EMAIL.**

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

**THREE NEW WAYS
WE'RE KEEPING
BUDGETS HAPPY**



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



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



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 2