

**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.

**CANADA'S  
MOST  
TRUSTED  
GROCERY  
STORE FOR  
LOW PRICES:**



**NOFRILLS**

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



**SAVE 30%**  
**6<sup>99</sup>**

**ST-HUBERT 715/800 g or  
SWISS CHALET 650/655 g PIES**  
selected varieties, frozen  
sauces  
2077926 EA/21047194 EA



**ONLY  
1<sup>97</sup>**  
**LB**

**WHOLE CHICKEN**  
fresh  
poulet entier  
4.34/kg  
2060992 KL



**SAVE UP TO 63%**  
**2<sup>77</sup>**

**10 LB BAG**  
**BEETS or FARMER'S MARKET  
CARROTS or YELLOW ONIONS**  
product of Ontario, Canada no. 1 grade  
betteraves ou carottes ou oignons jaunes  
2112329001 EA/2060030001 EA/20600991001 EA



**ONLY  
1<sup>77</sup>**  
**10 LB BAG**  
**WHITE POTATOES**  
product of Ontario, Canada no. 1 grade  
pommes de terre blanches  
20600991001 EA



**ONLY  
3<sup>99</sup>**

**SCHNEIDERS or MAPLE LEAF BACON**  
selected varieties  
375 g  
bacon  
2077871 EA



**NEILSON CHOCOLATE MILK**  
750 ml  
lait au chocolat  
2077479 EA

**SAVE 20%**  
**.77**



**SAVE UP TO 42%**  
**5<sup>99</sup>**

**HIGH LINER FAMILY FAVOURITES FISH or SHRIMP**  
selected varieties, frozen  
320-700 g  
poisson ou crevettes  
2077299001 EA/210329173 EA



**LANTIC FINE GRANULATED SUGAR**  
7 kg  
sucre  
2014302 EA

**SAVE 39%**  
**1<sup>99</sup>**



**SAVE 55%**  
**1<sup>25</sup>**

**ITALPASTA**  
selected varieties  
750 g  
pâtes  
2079624100 EA



**74 LOADS** **148 LOADS**

**SAVE UP TO 38%**  
**7<sup>97</sup>**

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT 3.1L  
FLEECY FABRIC SOFTENER 3.5L or DRYER SHEETS 200's**  
selected varieties  
détergent ou assouplissant  
2121179 EA/21279024 EA



**SAVE 44%**  
**.99**

**HEINZ BEANS or PASTA  
399 ml or GREEN GIANT  
VEGETABLES 341/398 ml**  
selected varieties  
legumineuses ou pâtes ou légumes  
2101234 EA/2017729001 EA



**SAVE 37%**  
**1<sup>88</sup>**

**CAMPBELL'S CHUNKY or  
READY TO SERVE  
SOUP**  
515 ml or HABITANT  
selected varieties  
soupe  
2147920 EA/2148047 EA



**THROW  
BACK  
PRICES**

**Deals from the past on select items.\***



**PC HERBAL TEA**  
selected varieties  
20/24's  
tisane  
20627812001 EA/21105270 EA

**SAVE 37%**  
**1<sup>88</sup>**

**FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:** **nofrills.ca**

AVAILABLE IN QUEBEC & BANGOR, ACTON, KESWICK, BRIMLEY, CLAYTON, DON MILLS, MISSISSAUGA, MARKHAM, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, URBAIN, VANCOUVER, WESTMONTARY, WHITBY, WILLOWDALE, YONGE. \*NOT AVAILABLE IN ALBERTA, MANITOBA, ONTARIO, QUEBEC, SASKATCHEWAN, SK, YUKON. †SALES TAXES ARE NOT INCLUDED. © 2024 NOFRILLS INC. ALL RIGHTS RESERVED.

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



**PRICE DROP**

**3<sup>99</sup>**

**ASTRO ORIGINAL  
YOGURT**  
selected varieties  
12's  
yogurt  
20200811 SA/20301507001 SA



**PRICE DROP**

**6<sup>99</sup>**

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
20207818002 SA



**PRICE DROP**

**1<sup>25</sup>**

**OASIS JUICE,  
DEL MONTE NECTAR or  
ARIZONA  
ICED TEA** 960 mL  
or **FRUITÉ BEVERAGES** 2 L  
selected varieties  
juice or nectar or the glass  
2024058003 SA/20894117004 SA



Optimum 500

50¢ Value

3.99

**KRAFT CHEEZ WHIZ** 450 g or **PHILADELPHIA CREAM CHEESE PRODUCT** 227/250 g selected varieties  
produit de fromage fondu ou fromage à la crème  
2041267 EA/2041406001 EA



Optimum 500

50¢ Value

4.99

**HEINZ KETCHUP** 750 mL/1 L or **KRAFT MIRACLE WHIP** 890 mL selected varieties  
ketchup ou tartinaide  
2392141 EA/2031923 EA



Optimum 1,000

\$1 Value

5.77

**KRAFT PEANUT BUTTER** 750 g/1 kg or **HAZELNUT SPREAD** 725 g or **MAXWELL HOUSE** or **NABOB TASSIMO DISCS** 8-16's selected varieties  
beurre d'arachide ou tartinaide de noisettes ou café  
20039581001 EA/20532968 EA



Optimum 1,000

\$1 Value

8.97

**MAXWELL HOUSE ROAST AND GROUND COFFEE** 631-900 g or **KRAFT DINNER** 12x200 g selected varieties  
café torréfié et moulu ou macaroni ou fromage  
21330823 EA/21604882 EA

# WE KNOW LOCAL.



## BAYSHORE VEGETABLE

Milton, Ontario

For over 85 years, the proud growers at Bayshore have made it their mission to grow high-quality delicious vegetables to feed hungry Canadians!

**CAULIFLOWER**  
product of Canada,  
Canada no. 1 grade  
chou-fleur  
2012377001 SA

**GROWN IN CANADA** 🇨🇦

**2<sup>99</sup>**



**11<sup>99</sup>**

**APPROX. 11 LB CASE**

**RED SHEPHERD PEPPERS**  
product of Ontario,  
poivrons  
2094413001 SA



**4<sup>99</sup>**

**2 L BASKET**

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



**.99**

**ENGLISH CUCUMBERS**

product of Ontario,  
Canada no. 1 grade  
concombres anglais  
20079133001 SA



**4<sup>99</sup>**

**4 LB BAG**

**FARMER'S MARKET™  
AMBROSIA or ROYAL GALA APPLES**  
product of Ontario, Canada fancy grade  
pommes  
21307213001 SA/20767998001 SA



**GROWN IN CANADA** 🇨🇦

**1<sup>99</sup>**

**BROCCOLI CROWNS**

product of Canada,  
march  
couronnes de brocoli  
20121340001 SA



**5<sup>99</sup>**

**907 G**

**FARMER'S MARKET™  
GRAPE TOMATOES**

product of Ontario,  
tomates  
20840010001 SA



**1<sup>99</sup>**  
LB

**BARTLETT PEARS**

product of Ontario,  
Canada fancy grade  
poires  
4.29/1kg  
20172340001 SA



**GROWN IN CANADA** 🇨🇦

**5<sup>99</sup>**

**FAIRYTALE, CINDERELLA,  
TIGER STRIPE or WARTED PUMPKINS**

product of Canada  
citrouilles  
21341204001 SA



**GROWN IN CANADA** 🇨🇦

**.99**

**CILANTRO or GREEN ONIONS**

product of Canada  
coriandre ou oignons verts  
20091823001 SA/20107300001 SA



**GROWN IN CANADA** 🇨🇦

**5<sup>99</sup>**

**WHITE PUMPKIN**

product of Canada  
citrouille blanche  
2009809001 SA

# FRESH AT LOW PRICES



**2.99**  
LB

**GREEN or RED SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins verts ou rouges sans pépins  
6.59/kg  
30425773001 EA/20159199001 EA



**3.99**

**11 LB AVERAGE**

**WHOLE SEEDLESS WATERMELON**  
product of Canada or U.S.A.  
melon d'eau sans pépins entier  
30047326001 EA



**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocats  
31097012001 EA

**3.99**



**PINEAPPLE**  
product of Costa Rica  
ananas  
30160992001 EA

**2.99**



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



**GROWN IN CANADA**

**PKG OF 3**

**2.99**

**ROMAINE HEARTS**  
product of Canada  
cœurs de romaine  
30047389001 EA



**6 OZ CLAMSHELL**

**2.99**

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



**1 LB CLAMSHELL**

**3.99**

**STRAWBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade  
framises  
30049778001 EA



**.99**

**KIWI**  
product of New Zealand  
kiwi  
30130343001 EA



**1.99**

**BUNCH SPINACH**  
product of Canada or U.S.A. or  
**KALE** product of Canada  
épinards en botte ou chou frisé  
20162840001 EA/20138800001 EA



**2 LB BAG**

**3.99**

**FARMER'S MARKET LEMONS**  
product of South Africa  
citrons  
20795313001 EA



**.49**

**LIMES**  
product of Mexico  
limes  
30040489001 EA



**2.99**

**BROCCOLINI or RAPINI**  
product of U.S.A.  
broccolini ou rapini  
20154907 EA/20048070001 EA

**1 KG PKG**

**3.99**

**GARLIC**  
product of China  
ail  
31238843001 EA



**5.99**

**681 G**

**PC VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
3004848001 EA



**6.99**

**4 LB BAG**

**FARMER'S MARKET MANDARINS**  
product of South Africa  
mandarines  
30040338001 EA



**\$4**

**2.5 LB BAG**

**NO NAME NATURALLY IMPERFECT GREEN - MIXED SWEET PEPPERS**  
product of Ontario  
poivrons  
3004848001 EA/3011648001 EA



**4.99**

**3 LB BAG**

**FARMER'S MARKET NAVEL ORANGES**  
product of South Africa  
oranges navel  
30040338001 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



**CLUB SIZE**

**3.99**  
LB

**LEAN GROUND PORK**  
fresh  
8.80/kg  
porc haché  
20333831\_KG



**PC® FREE FROM® SAUSAGE**  
selected varieties  
375/500 g  
sauces douces  
20119782\_EA

**5.88**



**1.99**

**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
saucisses fumées de poulet  
20064571\_EA/20042713\_EA



**PILLAR'S PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
bâtonnets ou bouchées de saucisson  
21099284\_EA/21099291\_EA

**6.99**



**8.99**

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
côtes de dos  
21330777\_EA

**PC® BONELESS SKINLESS CHICKEN THIGHS, SPLIT CHICKEN WINGS or BREAD CUTLETS**  
up to 720 g, fresh  
21549964\_EA

**\$12**



**2.99**

**THE LAUGHING COW CHEESE**  
selected varieties  
120-140 g  
fromage  
20331907\_EA/21301454\_EA



**7.99**

**LOU'S KITCHEN ENTRÉES**  
selected varieties, fully cooked  
375/400 g  
plats cuisinés  
20079077\_EA



**11.99**  
LB

**ATLANTIC SALMON FILLET**  
fresh  
26.43/kg  
filet de saumon  
20329767\_KG



**2.49**

**WONDER BREAD BUNS**  
475 g or 6 buns  
selected varieties  
pain ou petits pains  
20079296\_EA/20079455\_EA



**2.99**

**D'ITALIANO BREAD BUNS**  
400-475 g or 6 buns  
selected varieties  
pain ou petits pains  
20042703\_EA/20042834\_EA



**3.99**

**SUN-MAID CINNAMON RAISIN BREAD**  
450 g  
pain aux raisins  
20042873\_EA



**\$5**

**FARMER'S MARKET COOKIES**  
selected varieties  
12x  
biscuits  
20042971\_EA

**NEW ZEALAND STEAKS**  
product of New Zealand  
assorted varieties, fresh  
bilback  
21422567\_EA/21422571\_EA

**\$12**



# BACK TO SCHOOL DEALS



**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
emballage  
21386240 EA/21386749 SA

SAVE UP TO 29%

**5.49**



**NEILSON TRUTASTE 1%, 2%, SKIM or CHOCOLATE 4L or LACTOSE FREE 2 L MILK**  
selected varieties  
lot  
30148677 EA/2018803301 SA



ONLY

**5.99**



**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
beurre d'arachide  
2029493001 EA

ONLY  
**4.29**



**DANONE ACTIVIA YOGURT**  
selected varieties  
12's  
yogourt  
20303412001 EA/20608924 EA

ALWAYS  
**5.50**



**1.49**

**OCEAN'S LIGHT TUNA**  
85/170 g or  
**GOLD SEAL SARDINES** 125 g  
selected varieties  
thon ou sardines  
21004270 EA/21004463 SA



**4.88**

**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
selected varieties  
125-175 g  
viandes de charcuterie  
20663281 EA/20542222 EA



**3.99**

**HEREFORD CORNED BEEF**  
340 g  
boeuf salé  
2000422 EA

**PC® SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
20311443003 EA  
20311443012 EA



APP EXCLUSIVE OFFER  
**500**

**50¢**

**1.25**



**5.79**

**BLACK DIAMOND CHEESTRINGS**  
16's or STICKS 12's  
selected varieties  
emballage  
20262661 EA/20264474 EA



**12.99**

**POGO**  
selected varieties, frozen  
20's  
associer sur bâtonnet  
20065326002 EA



**2.49**

**CHRISTIE KID'S COOKIES**  
selected varieties  
150-200 g  
biscuits  
21549976 EA



**2.99**

**ARIZONA ICED TEA, OASIS or ALLEN'S JUICE DRINK BOXES**  
selected varieties  
8x200 mL  
the good ou jus  
2031396002 EA/21518021 EA



**3.49**

**QUAKER INSTANT OATMEAL**  
selected varieties  
232-344 g  
gruaux  
21190234 EA/21190260 EA

**ANNIE'S PASTA**  
selected varieties  
170 g  
pâtes  
20216187001 EA



**2.29**



**2.49**

**NO NAME® STORAGE BAGS**  
selected varieties  
80/100's  
sacs à sandwich  
2018292 EA



**4.99**

**JAMIESON VITAMINS C or D**  
selected varieties  
75-240's  
vitamines C ou D  
20299992 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  
plats cuisinés  
31208614 EA/31208630 EA



**PRICE DROP**

**299**

**KELLOGG'S SPECIAL K - KASHI BARS**  
selected varieties  
165-200 g  
barres  
3084923001 EA/31010739 EA



**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-20's  
friandises glacées  
3007232001 EA/30111532 EA

**PRICE DROP**

**499**



**GATORADE FIT 628 mL or GATORLYTE 591 mL SPORT DRINKS**  
selected varieties  
boissons sportifs  
21449902 EA/21514602 EA

**PRICE DROP**

**199**



**PRICE DROP**

**299**

**NO NAME® DRINK BOXES or DEL MONTE ON ICE REFRESHER** 1.89 L  
selected varieties  
boissons  
2003042 EA/21514942 EA



**PRICE DROP**

**\$3**

**SENSIBLE PORTIONS VEGGIE STRAWS AND CHIPS**  
selected varieties  
120-142 g  
grignolines ou croquettes  
3037204001 EA/30971374 EA

**FRANK'S RED HOT or THICK SAUCE**  
selected varieties  
354 mL  
sauce piquante  
3010762001 EA/31030813 EA

**PRICE DROP**

**399**



**PRICE DROP**

**699**

**SEAQUEST® COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb., 300 g or  
**BAY SCALLOPS** 400 g  
frozen  
crevettes blanches crues cabossées  
ou pétoncles de baie  
3140287 EA/31030837 EA



**DAWN LIQUID DISH DETERGENT**  
selected varieties  
431/473 mL  
savon liquide à vaisselle  
21420041 EA/21420094 EA

**PRICE DROP**

**249**



**UNICO SUNFLOWER OIL**  
3 L  
huile de traitement  
2008402 EA

**PRICE DROP**

**1299**



**BERTOLLI OLIVE OIL**  
selected varieties  
750 mL/1 L  
huile d'olive  
2010482001 EA

**PRICE DROP**

**1799**



**PRICE DROP**

**399**

**PINE-SOL**  
selected varieties  
1.41 L  
nettoyant  
3029967901 EA/3029967902 EA



**PRICE DROP**

**1149**

**GLAD GARBAGE BAGS**  
selected varieties  
20-40's  
sacs à ordures  
3014443901 EA



**PRICE DROP**

**1399**

**ARM & HAMMER LIQUID LAUNDRY DETERGENT**  
selected varieties  
4.02 L  
détergent à lessive liquide  
21517567 EA

# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**PRICE DROP**

**6<sup>99</sup>**

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.36 kg  
margarine  
30084972 EA



**PRICE DROP**

**2<sup>79</sup>**



**CATELLI GLUTEN-FREE PASTA** 300/340 g or  
**BEN'S ORIGINAL BISTRO EXPRESS** 240/250 g  
selected varieties  
pâtes ou riz  
30794241 EA/211409472 EA

**DANONE ACTIVIA** 650 g  
**DANINO KIDS DRINKABLES** 6's or  
**TWO GOOD YOGURT** 4's  
selected varieties  
yogourt  
30235132003 EA/211502050 EA

**PRICE DROP**

**3<sup>33</sup>**

**PRICE DROP**

**1<sup>99</sup>**

**BUSH'S BEST BAKED BEANS**  
selected varieties  
398 mL  
fèves  
3012711807 EA



**PRICE DROP**

**2<sup>50</sup>**

**SUNRISE EXTRA FIRM TOFU**  
350 g  
soja  
30179007 EA



**PRICE DROP**

**7<sup>99</sup>**

**TRE STELLE CHEESE TWIN PACK**  
selected varieties  
240-540 g  
fromage  
21100642 EA/2110064 EA



**PRICE DROP**

**\$2**

**NESTLÉ, HERSHEY'S<sup>®</sup> MARS SNACK SIZE CHOCOLATE**  
selected varieties  
87%  
chocolat  
21323668 EA/213717114 EA



**PRICE DROP**

**7<sup>49</sup>**

**PEPPERIDGE FARMS GOLDFISH CRACKERS**  
family size,  
selected varieties  
750 g  
croûtes  
21143265 EA



**PRICE DROP**

**13<sup>99</sup>**

**MAXWELL HOUSE<sup>®</sup> NABOB COFFEE PODS**  
selected varieties  
30 x  
capsules de café  
21100072 EA



**PRICE DROP**

**2<sup>50</sup>**

**CLIF ENERGY BAR, BUILDERS<sup>®</sup> or NUT BUTTER BAR**  
selected varieties  
50/68 g  
barres d'énergie  
30130914802 EA/20001013092 EA



**PRICE DROP**

**3<sup>79</sup>**

**HAVOC POTATO ROLLED TORTILLA** 280 g or  
**TWISTED CORN CHIPS** 232 g  
selected varieties  
croûtes  
21108837 EA



**PRICE DROP**

**5<sup>49</sup>**

**JORDAN'S CEREAL**  
selected varieties  
225-400 g  
céréales  
21122230 EA



**PRICE DROP**

**3<sup>49</sup>**

**PC<sup>®</sup> 100% JUICE BOXES**  
selected varieties  
10x200 mL  
jus  
21061912 EA



**PRICE DROP**

**3<sup>79</sup>**

**ALCAN FOIL** 30 ft,  
**NON STICK FOIL** 25 ft,  
**GLAD PLASTIC WRAP** 60 m or  
**REYNOLDS PARCHMENT PAPER** 35 ft  
papier d'aluminium  
ou pellicule plastique  
ou papier parchemin  
30043471 EA/20011843 EA



**PRICE DROP**

**6<sup>99</sup>**

**NO NAME<sup>®</sup> LAUNDRY DETERGENT** 4.43 L,  
**FABRIC SOFTENER** 3.5 L  
or  
**DRYER SHEETS** 200's  
détergent à lessive  
ou assouplissant textile liquide  
ou feuilles pour sècheuse  
2004938061 EA/21104072 EA



# 1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

3.77



**NO NAME® BREADED AND STUFFED CHICKEN**

selected varieties, frozen  
284 g  
poulet pané ou farci  
3090296 EA

PRICE DROP

1.99



**MARIO'S LUNCHEON MEAT** 340 g or  
**FLAKES OF HAM** 156 g  
pain de viande ou flocons de jambon  
2139410 EA



1,000

1\$ Value

PRICE DROP

5.49

**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties  
480-650 g  
céréales  
21430748 EA/21430750 EA



PRICE DROP

7.99

**STOK or STARBUCKS REFRIGERATED COFFEE**  
selected varieties  
1.18/1.42 L  
café réfrigéré  
2193279 EA/2121337 EA



PRICE DROP

10.99

**SEAQUEST® SHRIMP RING WITH SAUCE** 454 g or  
**SMOKED STEELHEAD SALMON** 250 g  
frozen  
couronnes de crevettes avec sauce ou  
saumon fumé  
2099791 EA/2121768 EA



PRICE DROP

17.99

**TIM HORTONS ROAST AND GROUND COFFEE**  
selected varieties  
875/930 g or PODS 30%  
café torréfié et moulu ou capsules  
2067677 EA/2116482 EA



PRICE DROP

2.50

**TILDA READY TO HEAT RICE or MINUTE RICE READY TO SERVE CUPS** 230 g or  
**MOLISANA PASSATA**  
680 mL  
selected varieties  
riz ou coulis de tomates  
2091461 EA/2049347 EA



PRICE DROP

2.79

**LANTIC SUGAR**  
selected varieties  
1 kg  
sucre  
2099792 EA/2149764 EA



PRICE DROP

3.49

**MADE GOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES**  
selected varieties  
110-150 g  
barres granolées ou biscuits ou carrés ou  
bouchées  
2110232 EA/2122211 EA



PRICE DROP

2.49

**NO NAME® SALAD DRESSING**  
selected varieties  
475 mL  
 vinaigrette  
2092490 EA/2042490 EA



PRICE DROP

3.99

**COCA-COLA or CANADA DRY SOFT DRINKS**  
selected varieties  
6x222 mL  
boissons gazeuses  
2033428802 CDA/2033422701 CDA



PRICE DROP

5.99

**FRISKIES PARTY MIX CAT TREATS or DRY CAT FOOD**  
1.4-1.5 kg  
selected varieties  
gâteries pour chats ou nouritures pour  
chats  
2091212 EA/2116401 EA



PRICE DROP

4.29

**WINDEX GLASS CLEANER** 750-950 mL, **SCRUBBING BUBBLES** 710-950 mL/567-622 g or  
**FANTASTIK CLEANERS** 650 mL  
selected varieties  
nettoyants  
20122301 EA/2109734 EA



PRICE DROP

\$7

**PC® BATHROOM TISSUE** 12x24 rolls or **PAPER TOWELS** 21-roll rolls  
selected varieties  
papier hygiénique ou essuie-tout  
2148714 EA/2148445 EA



PRICE DROP

10.99

**TIDE LIQUID LAUNDRY DETERGENT** 1.66 L, **DOWNY FABRIC SOFTENER** 1.89-2.63 L or  
**BOUNCE DRYER SHEETS** 130/200's  
selected varieties  
détergent ou assouplissant  
2110262 EA/2109792 EA

# SAVING IS SWEET



**17<sup>99</sup>**

**NESTLÉ MINI BARS**  
100's  
mini-bars  
3199333 EA



**10<sup>99</sup>**

**DARE REAL FRUIT**  
50's  
friandises aux fruits  
3143061 EA



**6<sup>99</sup>**

**PC® CHOCOLATE COVERED NUTS or FRUIT**  
selected varieties  
200-400 g  
noix ou fruits enrobés de chocolat  
3099236 EA



**9<sup>99</sup>**

**KINDER CHOCOLATE or BUENO MINI**  
55's  
chocolat  
3158293 EA



**8<sup>99</sup>**

**HERSHEY'S ASSORTED CHOCOLATE or CANDY PACK**  
selected varieties  
50's  
chocolats variés ou friandises  
31328274 EA



**5<sup>99</sup>**

**KINDER SURPRISE 100 g CARNABY SWEET HALLOWEEN KISSES or CARMELS**  
600/700 g  
chocolat  
30963318 EA/30969203 EA



**2<sup>99</sup>**

**DOLE FRUIT BOWLS 4x107 ml or FRUIT 'N GEL SNACKS 4x123 g**  
selected varieties  
bols de fruits ou collations en gelée  
30318435001 EA/30318435007 EA



**\$1**

**NESTLÉ SINGLE CHOCOLATE BAR**  
selected varieties  
40-60 g  
barre de chocolat  
3084974 EA



**\$2**

**NESTLÉ or AERO CHOCOLATE TABLET**  
selected varieties  
90-120 g  
barre de chocolat  
30642590 EA/31347054 EA



**3<sup>79</sup>**

**NESTLÉ CHOCOLATE BAR MULTIPACK 4's or POUCHES 135-203 g**  
selected varieties  
chocolat  
30179138 EA/31069077 EA

## 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  
chocolat  
3158293 EA/30328058 EA



# 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:



**LACTANTIA  
PURIFILTRE 2 L or  
ULTRAPUR 1.5 L**  
selected varieties  
lait



**4.99**

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



**2.79**

**GENERAL MILLS  
CEREAL**  
family size, selected varieties  
475-778 g  
céréales



**5.49**

**TROPICANA  
ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
jus d'orange



**6.79**

**SIGGI'S  
ICELANDIC SKYR**  
selected varieties  
650/750 g  
skyr



**4.99**

**LIBERTÉ GREEK  
650/750 g or  
MÉDITERRANÉE 900 g,  
YOPLAIT YOP  
NO SUGAR ADDED**  
8's or YOP 6's YOGURT  
selected varieties  
yogourt sans sucre ajouté



**5.99**

**CHRISTIE  
COOKIES**  
selected varieties  
224-303 g  
biscuits



**2.79**

**MCCAFÉ  
ROAST AND GROUND  
COFFEE 950 g or PODS 30's**  
selected varieties  
capsules de café



**19.99**



**2.79**

**CHRISTIE  
CRACKERS**  
selected varieties  
175-386 g  
croquillons



**3.49**

**FIBRE 1 or  
NATURE VALLEY  
SWEET & SALTY  
BARS** 125-210 g  
selected varieties  
barres granola



**6.99**

**SAN PELLEGRINO  
ITALIAN  
SPARKLING  
DRINKS**  
selected varieties  
6x330 mL  
boissons pétillantes

\*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.

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# 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**



**7<sup>29</sup>**

**KRAFT SINGLES**  
selected varieties  
825 g  
fromage  
2118812 EA

**NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT**  
1.5L  
selected varieties, frozen  
friandises glacées  
ou dessert glacé  
2002280001 EA/21142940 EA

**5<sup>49</sup>**



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

**3<sup>99</sup>**



**QUAKER CEREAL 350-500 g or HARVEST CRUNCH 400-510 g**  
selected varieties  
céréales  
20637355 EA/21219824 EA

**3<sup>99</sup>**



**2<sup>99</sup>**

**KELLOGG'S RICE KRISPIES 176/198 g, POP TARTS 384 g, SPECIAL K 125 g or NUTRI-GRAIN BARS 295 g**  
collations ou barres  
20124547001 EA/2021394001 EA



**4<sup>99</sup>**

**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-170 g  
café instantané  
20641811001 EA/20872834 EA



**6<sup>49</sup>**

**STARBUCKS COFFEE ENHANCERS**  
selected varieties  
828 mL  
rehausseurs pour café  
21358473 EA/21399462 EA



**3<sup>99</sup>**

**RUFFLES POTATO CHIPS**  
selected varieties  
180-200 g  
croustilles  
21241052 EA



**3<sup>99</sup>**

**DORITOS TORTILLA CHIPS**  
selected varieties  
210-280 g  
croustilles de tortilla  
21249118 EA



**8<sup>97</sup>**

**MAXWELL HOUSE ROAST AND GROUND COFFEE**  
selected varieties  
631-900 g  
café  
21406822 EA



**MONSTER ENERGY DRINKS**  
selected varieties  
473 mL  
boissons énergisantes  
20128349 EA

**\$3**



**1,000<sup>00</sup>**

**\$1 Value**

**5<sup>99</sup>**

**AHA SPARKLING WATER**  
selected varieties  
12x355 mL  
eau pétillante  
21240792 C12



**6<sup>99</sup>**

**COCA-COLA SOFT DRINKS or NESTEA ICED TEA**  
selected varieties  
12x341/355 mL  
boissons gazeuses ou thé glacé  
2013040002 C13/2011644002 C13



# 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  
croquelines  
3030030 SA

**2 29**



**KELLOGG'S CEREAL**  
selected varieties  
347-435 g  
céréales  
3031279 SA/3140014 SA

**3 49**



**2 49**

**DARE CRACKERS**  
selected varieties  
100-223 g  
croquelines  
3130046 SA



**2 79**

**DARE COOKIES**  
selected varieties  
148-313 g  
biscuits  
3130071 SA



**2 99**

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



**2 99**

**LECLERC NUGABAR or GO PURE BARS**  
selected varieties  
140-175 g  
barres  
31307618 SA/31306894 SA



**2 99**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
240 g  
biscuits  
3013270001 SA



**3 99**

**ORVILLE REDENBACHER MICROWAVE POPCORN KERNEL JAR**  
selected varieties  
355-492 g or  
850 g  
popcorn  
3061232002 SA



**2 29**

**CHRISTIE CRISPERS**  
selected varieties  
143 g  
croquelines  
31306223 SA



**2 49**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
croquelines  
3100022 SA/3100023 SA



**3 99**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
croquelines de tortilla  
3100057 SA



**\$ 2**

**MAYNARD'S CANDY**  
selected varieties  
130/154 g  
bonbons  
31304003 SA/31304373 SA



**2 99**

**VH SAUCE**  
selected varieties  
341-380 mL  
sauce  
3030073001 SA



**3 79**

**MOTT'S CLAMATO or GARDEN COCKTAIL**  
selected varieties  
1.89 L  
jus de légumes ou  
cocktail de légumes  
3018121002 SA/3018193002 SA

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# YOU GET, WE GIVE.

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**1,000<sup>¢</sup>**  
**1\$ Value**

**DENTASTIX**  
 500-698 g or **MARROBONE**  
 1.9 kg  
 selected varieties  
 gâteries pour chiens  
 21081180 SA/21342328 SA

**8<sup>99</sup>**

**PURINA ONE DRY DOG FOOD**  
 selected varieties  
 6.8-7 kg  
 nourriture pour chiens  
 20229412 SA

**28<sup>99</sup>**

**LYSOL MULTI SURFACE CLEANER**  
 1.2 L or **SPRAYS** 650-950 mL  
 selected varieties  
 nettoyant  
 2020972002 SA/20310677001 SA

**3<sup>99</sup>**

**LYSOL TOILET BOWL CLEANER**  
 2x710 mL  
**DISINFECTANT SPRAY** 539 g or  
**LAUNDRY DISINFECTANT** 1.2 L  
 selected varieties  
 nettoyant à toilette au vaporisateur  
 désinfectant ou désinfectant pour lessive  
 21238341 SA/21487208 SA

**6<sup>99</sup>**

**PUREX LIQUID LAUNDRY DETERGENT**  
 4.08-4.43 L or  
**SNUGGLE FABRIC SOFTENER** 3.41 L  
 selected varieties  
 détergent à lessive liquide ou  
 assouplissant  
 2008323001 SA/20131241 SA

**12<sup>99</sup>**

**PERSIL LIQUID LAUNDRY DETERGENT**  
 selected varieties  
 4.43 L  
 détergent à lessive liquide  
 2092977 SA

**20<sup>99</sup>**

**ROYALE BATHROOM TISSUE**  
 selected varieties  
 15-30 rolls  
 papier hygiénique  
 21187143 SA/21372800 SA

**7<sup>99</sup>**

**CHARMIN BATHROOM TISSUE** 8-24 rolls or  
**BOUNTY PAPER TOWEL** 4x6 rolls  
 selected varieties  
 papier hygiénique ou essuie-tout  
 21212828 SA/21249793 SA

**7<sup>99</sup>**

**ROYALE PAPER TOWEL**  
 6-12 rolls  
 essuie-tout  
 21484704 SA

**11<sup>99</sup>**

**CASCADE AUTO DISHWASHER TABS**  
 selected varieties  
 30-48's  
 capsules de détergent pour  
 lave-vaisselle  
 20640832001 SA/21307134 SA

**13<sup>99</sup>**

**FINISH DISHWASHER TABS**  
 selected varieties  
 60-105's  
 pastilles pour lave-vaisselle  
 21218875 SA/21241337 SA

**19<sup>99</sup>**

**TIDE LIQUID** 3.9 L or  
**PODS or FLINGS** 45/57/76's  
**LAUNDRY DETERGENT**  
 selected varieties  
 détergent à lessive  
 21392670 SA/21392704 SA

**21<sup>99</sup>**

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# YOU GET, WE GIVE.

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**2.50**

**PC® TORTILLA CHIPS**  
selected varieties  
320-350 g  
croustilles de tortille  
30305180 EA



**4.99**

**PC® DRY ROASTED PEANUTS** 700 g,  
**CASHEWS** or **DELUXE MIXED NUTS** 200 g  
selected varieties  
arachides ou noix de cajou ou mélange de noix  
2005799003 EA



**2.49**

**PC® SCALLOPED CRACKERS**  
selected varieties  
185 g  
craquelins  
3040288003 EA



**3.49**

**PC® FROZEN VEGETABLES**  
selected varieties  
400-750 g  
légumes surgelés  
20297987 EA / 20218913 EA



**5.99**

**PC® COFFEE PODS**  
selected varieties  
12%  
capsules de café  
30185345 EA



**4.99**

**PC® SALSA**  
selected varieties  
650 mL  
salsa  
30209646003 EA

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# FALL INTO SAVINGS



**2.99**

**4" FOAM PUMPKINS**  
21372305 EA/21372304 EA



**\$5**

**EVERYDAY ESSENTIALS™ MEDIUM COOKIE SHEET**  
2's  
20649021 EA



**\$14**

**RUBBERMAID TAKEALONGS SET**  
40 pièces  
21199828 EA



**\$15**

**EVERYDAY ESSENTIALS™ 18" ENAMEL ROASTER**  
21161545 EA

AVAILABLE AT SELECT LOCATIONS ONLY



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.

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no name® mobile

great quality plans  
with loads of data.

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\$19 per month

no long-term contracts,  
just value.

exclusively at

 **NOFRILLS™**

Subject to change. Conditions apply. Visit [nonamemobile.ca](http://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<sup>pts</sup>

September 12-18, 2024

**\$7<sup>50</sup>**  
value

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](http://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](http://nofrills.ca).

ONLINE NF MKT 2