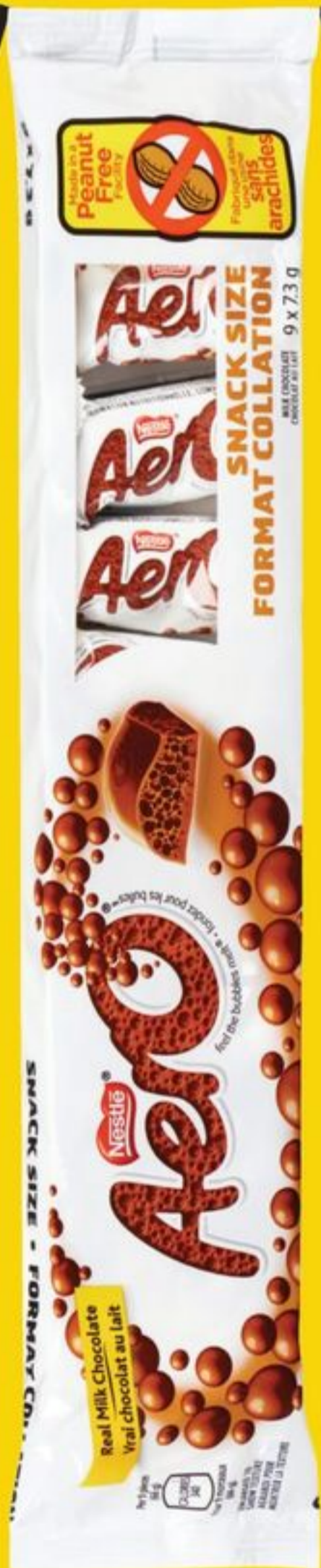


# THANK YOU DAY!

## 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  
20133447001 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**



**ONLY**

**4.99**

**GATORADE SPORT DRINKS**  
6x591/8x355 mL,  
**BUBLY** 12x355 mL or  
**MONTELLIER 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**

**Robin Hood ALL PURPOSE FLOUR ORIGINAL**  
20 kg (44 lb)

**FIVE ROSES ALL PURPOSE FLOUR WHITE**  
20 kg (44 lb)



**PRICE DROP**

**SAVE 36%**

**4.77**

**GAY LEA BUTTER**  
selected varieties  
454 g  
beurre  
20299408 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.

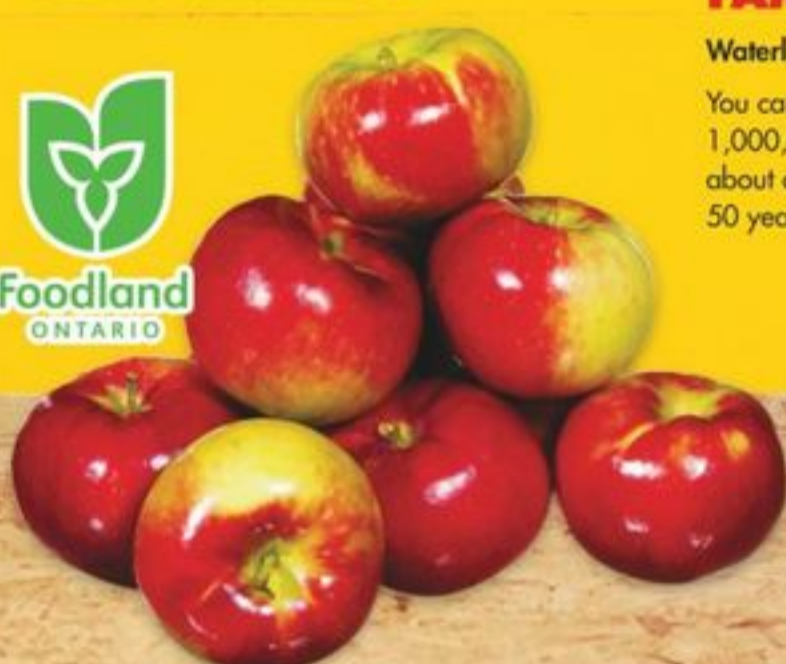


**Martin's**  
— EST 1971 —  
FAMILY FRUIT FARM

**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\***



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

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

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



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

**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**

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

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



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

**PKG OF 5 OR 6**  
**AVOCADOS**  
product of Mexico  
avocats  
21097912001\_EA



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

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



**1<sup>49</sup>**  
LB

**HAMI MELON**  
product of U.S.A.  
3.28/kg  
melon  
31031297001\_KG



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

**6 OZ CLAMSHELL**  
**RASPBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
framboises  
20128938001\_EA



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

**600 G CLAMSHELL**  
**KIWI**  
product of Chile  
kiwi  
21376167001\_EA



**1 KG**

**GARLIC**  
product of China  
ail  
31238843001\_EA

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



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

**425 G**  
**MANN'S SNAP PEAS**  
product of U.S.A.  
pois  
3044358\_EA



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

**3 LB BAG**  
**FARMER'S MARKET™ NAVAL ORANGES**  
product of South Africa  
oranges navel  
30182945001\_EA



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

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



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

**PKG OF 5**  
**FARMER'S MARKET™ SWEET CORN**  
product of Canada,  
Canada no. 1 grade  
maïs sucré  
30314929001\_EA



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

**2 LB BAG**  
**FARMER'S MARKET™ LEMONS**  
product of South Africa  
citrons  
20795213001\_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.

# 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  
20276222, EA



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

**5.49**



**2.99**

**GO SHRIMP RAW**  
\$1.70 per lb, or  
**COOKED**  
\$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 saumon aromatisé  
2072046, EA/21006891, EA



**5.99**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
filets de poisson  
20132279, EA/21014740, 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/21078402, 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/21410026, EA/21390279, EA/21392441, 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



**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

449

Coca-Cola



1,000<sup>PC</sup> \$1 Value

599

**AHA SPARKLING WATER**  
selected varieties  
12x355 mL  
bois aromatisés  
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 proud to recycle and reuse.







**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](http://WWW.LOBLAWUNIVERSE.CA)

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**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](http://WWW.LOBLAWUNIVERSE.CA)

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ONLINE 03 NFO



**KRAFT DINNER ORIGINAL**  
200 g  
pâtes  
21549526 EA

**\$1**



**AMOENZA! STICKS**  
selected varieties  
228 g  
fromage  
21403514 EA

**5<sup>79</sup>**



**CAVENDISH QUICK CRISP, PREMIUM or PATTIES**  
selected varieties, frozen  
400-750 g  
frites ou galettes de pommes de terre  
21384077 EA

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



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



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

**CADBURY CHOCOLATE BAR**  
selected varieties  
80/100 g  
barres de chocolat  
20024247001 EA/20322749001 EA

**2<sup>49</sup>**



**LAY'S POTATO CHIPS** 177-235 g  
**POPPABLES** 130 g or  
**CHEETOS** 170-285 g  
selected varieties  
croustilles ou grignotines  
21341032 EA/21370195 EA

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



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

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



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

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



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

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



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

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



**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  
2030403001 EA/21220515 EA

**4<sup>88</sup>**



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



\*SEE TERMS AND CONDITIONS IN-STORE OR AT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA)

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# 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 3032338001 EA/311142960 EA



**4.99** HÄAGEN-DAZS ICE CREAM 400-450 mL or NOVELTIES 3/4's selected varieties crème glacée ou fromilles glacées 3030279001 EA/21313347 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 21302747 EA



**2.49** CADBURY CHOCOLATE BAR selected varieties 95/100 g barres de chocolat 3032379001 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 3029404002 EA 30306117002 EA



**1.69**

ROCKSTAR 473 mL or CELSIUS 355 mL ENERGY DRINKS selected varieties boissons énergisantes 30304415011 EA 21534418 EA 21534446 EA



**\$3**



PEPSI SOFT DRINKS selected varieties 12x355 mL boissons gazeuses 30323341002 C12/30323341002 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 20705292 EA

**10.99**



ROYALE TIGER TOWELS 6x12 rolls essuie-tout 21484704 EA

**11.99**

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Unilever



3<sup>99</sup>

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

Kellogg's



3<sup>49</sup>

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

Keurig Dr Pepper Canada



10<sup>99</sup>

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



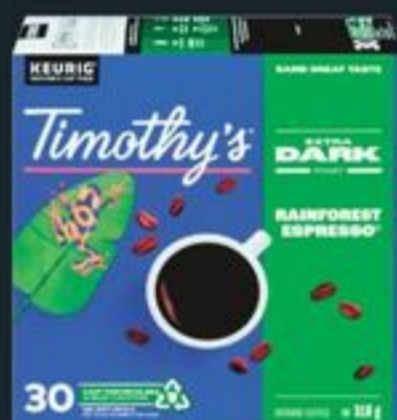
4<sup>99</sup>

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



3<sup>99</sup>

**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/202841177 EA



13<sup>99</sup>

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

Cavendish



2<sup>49</sup>

**CAVENDISH FRIES**  
selected varieties, frozen  
800 g  
frites  
21339837 EA

TWININGS



6<sup>99</sup>

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

RECKITT BENCKISER



19<sup>99</sup>

**FINISH DISHWASHER TABS**  
selected varieties  
60-100's  
capsules de détergent  
pour lave-vaisselle  
21218873 EA/21361337 EA

Reynolds



4<sup>49</sup>

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

Johnson  
A FAMILY COMPANY



4<sup>79</sup>

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

P&G



7<sup>99</sup>

**CHARMIN BATHROOM TISSUE** 8-24 rolls or  
**BOUNTY PAPER TOWEL** 4-6 rolls  
selected varieties  
papier hygiénique ou essuie-tout  
21315804 EA/21314978 EA

LACTALIS CANADA



3<sup>49</sup>

**IÖGO NANO DRINKABLE YOGURT** 6's or  
**SIGGI'S ICELANDIC SKYR** 4's  
selected varieties  
yogourt  
2000647001 EA/21390027 EA

SOFINA



8<sup>99</sup>

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

SWISS CHALET



11<sup>99</sup>

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

# JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK  
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH



**GENERAL MILLS CEREAL**  
family size,  
selected varieties  
475-778 g  
céréales  
21103492 EA  
21100495 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**

100<sup>th</sup>  
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  
20472639 EA/21000573 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/21436477 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  
21000017 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**

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can save up to 35%  
on car insurance.†**

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†Conditions apply. Subject to change. For full details see [www.pcinsurance.ca](http://www.pcinsurance.ca).

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in welcome  
points.**

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



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fresh, we'll replace  
AND refund it.



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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](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).

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