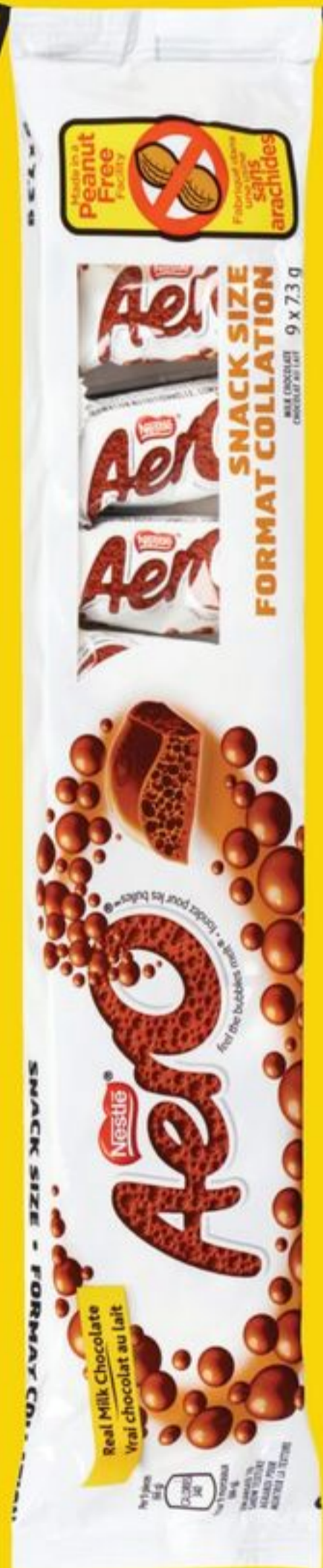


# THANK YOU DAY!

## 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



**\$3.50**

**Sunrise Bologna**  
375g, selected varieties  
Limit: 4, over limit retail \$4.50

**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.

**SAVE 43%**

**3.99**

**500 G**

**NO NAME® BACON**  
regular or salt reduced  
bacon  
20156771 EA

**WOW!**

**5.99** LB

**BONELESS BLADE ROASTS**  
cut from Canada Grade AA Beef, fresh  
rôti de poitrine déossée  
13.21/kg  
21049143 KG

**WHILE QUANTITIES LAST**

**2 LB BAG**

**FARMER'S MARKET® MANDARINS**  
product of South Africa  
mandarines  
20099419001 EA

**SAVE 20%**

**3.99**

**FARMER'S MARKET® DELICES DU MARCHÉ**  
MANDARIN MANDARINES  
907 g (2 lb)

**SAVE 25%**

**2.99** LB

**RED or GREEN SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins rouges or verts sans pépins  
6.59/kg  
20423775001 KG/20158199001 KG

**CAMPBELL'S TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE or VEGETABLE SOUP** 284 mL  
selected varieties  
soupe  
20174214001 EA

**SAVE 33%**

**.99**

**UNICO BEANS, LENTILS, CHICKPEAS or TOMATOES**  
selected varieties  
540/796 mL  
Légumineuses ou tomates  
2013447001 EA/2014629001 EA

**SAVE UP TO 49%**

**1.25**

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
323-410 g  
pizza  
20296100001 EA

**SAVE UP TO 50%**

**3.47**

**Ristorante**  
PIZZA SPINACI

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP**  
36-43 per lb, frozen, 300 g  
crevettes  
21043483 EA/21044927 EA

**SAVE 28%**

**4.99**

**GATORADE SPORT DRINKS** 6x391 mL or 8x355 mL,  
**BUBLY SPARKLING WATER** 12x355 mL or  
**MONTELLIER SPARKLING WATER** 10x355 mL  
selected varieties  
boissons déshydratés ou eau pétillante  
20303218003 C06/21097177 C12

**ONLY**

**4.99**

**bubly**  
sparkling water

**ROBIN HOOD ALL PURPOSE FLOUR**  
farine  
20134743 EA

**SAVE 36%**

**11.99**

**10 KG**

**Robin Hood**  
ALL PURPOSE FLOUR  
ORIGINAL

**THROW BACK PRICES**

Deals from the past on select items. ‡

**SAVE 50%**

**2.49**

**POST CEREAL**  
selected varieties  
311-525 g  
céréales  
20299448 EA/21427214 EA

**SAVE 23%**

**2.29**

**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
eau de source naturelle  
20134873 C24

**SAVE 28%**

**4.99**

**ATLANTIC BUTTER**  
selected varieties  
454 g  
beurre  
20064904 EA





**ONLY**  
**4.99**

**CHRIS BROTHERS PEPPERONI STICKS**  
selected varieties  
250 g  
charcuteries franchées  
21199147\_EA/21199149\_EA



**SAVE UP TO 41%**  
**2.50**

**ZIGGY'S® FRESH PASTAS**  
350/360 g or  
**SALADS** 454 g  
selected varieties  
pâtes ou salades fraîches  
20326055\_EA/21521148\_EA



**SAVE 33%**  
**3.99**

**FARMER'S MARKET™ MUFFINS**  
selected varieties  
6's  
muffins  
21283356\_EA/21283358\_EA

**WHILE QUANTITIES LAST**



# WE KNOW LOCAL.



## VAN MEEKEREN FARMS LTD.

Lakeville, Nova Scotia

Few people know apples the way the farmers at Van Meekeren's know apples! Grab a taste for yourself.

4 LB BAG

**FARMER'S MARKET™ PAULA RED APPLES**  
product of Atlantic Canada,  
Canada fancy grade  
pommes  
2025213001 EA

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



FARMER'S MARKET™  
DÉLICIES DU MARCHÉ  
Paulared  
Apples • Pommes

**GROWN IN CANADA** 🍁

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

**3 LT BASKET**

**FIELD TOMATOES**  
product of Canada, Canada no. 1 grade  
tomates des champs  
20066536 EA

**GROWN IN CANADA** 🍁

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

**1.5 L CLAMSHELL**

**FARMER'S MARKET™ BLUE PLUMS**  
product of Canada, Canada no. 1 grade  
prunes bleues  
20911284001 EA

**GROWN IN CANADA** 🍁

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

**PKG OF 11**

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

**ATLANTIC GROWN**  
CRÉATIVÉ EN ATLANTIQUE

**10 LB BAG**

**WHITE POTATOES**  
product of Atlantic Canada,  
Canada no. 1 grade  
pommes de terre  
20400979001 EA

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

**GROWN IN CANADA** 🍁

**.99<sup>99</sup>** LB

**RUTABAGAS**  
product of Canada,  
Canada no. 1 grade  
rutabagas  
2.18/kg  
20144543001 KG

**GROWN IN CANADA** 🍁

**1<sup>69</sup>** LB

**ACORN, BUTTERCUP, BUTTERNUT & SPAGHETTI SQUASH**  
product of Canada  
courge  
3.28/kg  
20222274001 KG/20207900001 KG

**ATLANTIC GROWN**  
CRÉATIVÉ EN ATLANTIQUE

**.99<sup>99</sup>** LB

**GREEN CABBAGE**  
product of Atlantic Canada, Canada no. 1 grade  
chou  
2.18/kg  
2079304001 KG

**GROWN IN CANADA** 🍁

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

**ROMA TOMATOES**  
product of Canada, Canada no. 1 grade  
tomates roma  
4.29/kg  
20142281001 KG

**GROWN IN CANADA** 🍁

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

**BROCCOLI CROWNS**  
product of Canada  
each  
couronnes de brocoli  
21121340001 EA

**GROWN IN CANADA** 🍁

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

**CELERY**  
product of Canada,  
Canada no. 1 grade  
céleri  
20182179001 EA

**GROWN IN CANADA** 🍁

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

**4 LB BAG**

**FARMER'S MARKET™ SPARTAN APPLES**  
product of Canada,  
Canada no. 1 grade  
pommes  
20281272001 EA



# JUST SAVIN' YOU MONEY

**PRICE DROP**

**RAIN CHECK**  
+ pts

**ALWAYS LOW PRICES**

**FRESH GUARANTEE**

**PRICE MATCH\***

**GROWN IN CANADA**

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

**1 LB CLAMSHELL**

**STRAWBERRIES**  
product of Canada,  
Canada no. 1 grade  
fraises  
21629436001 EA

**ATLANTIC GROWN**

**PKG OF 3**

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

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Atlantic Canada,  
Canada no. 1 grade  
concombrs anglais  
20828461001 EA

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

**6 OZ CLAMSHELL**

**RASPBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
**BLACKBERRIES**  
product of U.S.A. or Mexico  
framboises ou mûres  
20051013001 EA/20129728001 EA

**PKG OF 5**

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

**AVOCADOS**  
product of Mexico  
avocats  
21097012001 EA



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

**GROWN IN CANADA**

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

**CANTALOUPE**  
product of Canada,  
Canada no. 1 grade or  
**PINEAPPLE**  
product of Costa Rica  
cantaloup ou ananas  
20147017001 EA/2016092001 EA

**454 G**

**GROWN IN CANADA**

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

**PKG OF 3**

**PC® WHOLE CREMINI or WHITE MUSHROOMS or ROMAINE HEARTS**  
product of Canada  
champignons ou cœurs de romanesco  
20781372 EA/20728371 EA/20067289001 EA

**680 G**

**GROWN IN CANADA**

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

**907 G**

**FARMER'S MARKET™ GRAPE TOMATOES or PC® MIXIANY TOMATOES**  
product of Canada  
tomatoes  
20840038001 EA/21285888001 EA

**GROWN IN CANADA**

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

**2 LB BAG**

**FARMER'S MARKET™ MINI CARROTS**  
product of Canada,  
Canada no. 1 grade  
carottes miniatures  
20011434001 EA

**GROWN IN CANADA**

**\$4**

**NO NAME™ NATURALLY IMPERFECT™ GREEN or MIXED PEPPERS**  
product of Canada  
poivrons  
200797001 EA/20111424001 EA

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

**3 LB BAG**

**FARMER'S MARKET™ NAVEL ORANGES**  
product of South Africa  
oranges navel  
2012140001 EA

**GROWN IN CANADA**

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

**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Canada,  
Canada no. 1 grade  
mini pommes de terre  
2124720001 EA/21247200001 EA

**4<sup>49</sup>**

**LEAN GROUND PORK**  
fresh  
pork haché magrin  
9.99/lb  
2010000 EA

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

**SEAQUEST™ FROZEN FISH FILLETS**  
400 g  
selected varieties  
filets de poisson  
2010000 EA/2010000 EA

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

**PC® SPRING ROLLS**  
340/374 g  
selected varieties, frozen  
rouleaux de printemps  
20081110 EA

**\$9**

**MAPLE LEAF PRIME CHICKEN DRUMSTICKS or THIGHS**  
4g to 922 g  
Poulet ou fessons de  
poulet  
2002000 EA/2002000 EA

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

**MINI BABYBEL**  
120 g or  
**THE LAUGHING COW CHEESE**  
133-140 g  
selected varieties  
fromage  
20079107 EA/20074322 EA

**\$6**

**PILLER'S KOLBASSA**  
250/275 g or **PC® FREE FROM™ SLICED DELI MEAT**  
175 g  
selected varieties  
kolbassa ou  
charcuteries tranchées  
2010000 EA/20082000 EA

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

**WONDER BREAD**  
300-675 g or  
**BUNS**  
8's  
selected varieties  
pain ou petits pains  
20074322 EA/20082074 EA

**\$7**

**FARMER'S MARKET™ PIES**  
selected varieties  
200 g/1 lb  
tartes  
2107367 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\*

**DANONE**

**333** DANONE OIKOS YOGURT selected varieties 4's yogurt 2011715001, EA/20425053, EA

**399** DANONE ACTIVIA YOGURT selected varieties 8's yogurt 20224741001, EA/20225384002, EA

**549** DANONE OIKOS TUBS 450/750 g or ACTIVIA DRINKS 8's YOGURT selected varieties yogurt 21006634, EA/21430012, EA

**General Mills**

**299** PILLSBURY PIZZA POPS selected varieties, frozen 300 g pizzas 21430071, EA

**299** NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS selected varieties 120-230 g barres granola ou collations aux fruits 20215220002, EA/20318474001, EA

**599** YOPLAIT SOURCE or CREAMY YOGURT selected varieties 16's yogurt 20317317001, EA/20317317002, EA

**CONAGRA BRANDS**

**299** VH COOKING or DIPPING SAUCE selected varieties 341-380 mL sauce 20297348, EA

**399** ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or KERNEL JAR 850 g selected varieties maïs à échauffer ou en pot 20629322002, EA

**449** HUNGRY-MAN XL BOWLS 397 g, HEALTHY CHOICE 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-308 g selected varieties, frozen plats cuisinés 20318414005, EA/20974338, EA

**Coca-Cola**

**1,000** pts **\$1 Value**

**599** AHA SPARKLING WATER selected varieties 12x355 mL 600 g par bouteille 21240762, C12/21240794, C12

**699** COCA-COLA SOFT DRINKS or NESTEA ICED TEA selected varieties 12x341/355 mL boissons gazeuses ou thé glacé 20130460002, C12/20318494002, C12

**899** MONSTER ENERGY DRINKS selected varieties 4x473 mL boissons énergisantes 20767335, C04/20927631, 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 instore for details.





**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



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**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



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

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**MARVEL**



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

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



**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  
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 NFA





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

**\$1**



**AMOZZA! 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  
95/100 g  
barres de chocolat  
2032219201 EA/20648852002 EA

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



**LAY'S POTATO CHIPS AND POPPABLES** 177-235 g  
130 g or  
**CHEETOS** 170-285 g  
selected varieties  
croustilles ou grignotines  
21541032 EA/21270195 EA

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



**COCA-COLA or CANADA DRY SOFT DRINKS**  
selected varieties  
2 L  
boisson gazeuse  
2031134201 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 KITS**  
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  
2020605001 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  
friandises glacées ou dessert glacé  
3032338001 EA/31142960 EA



**4.99** HÄAGEN-DAZS ICE CREAM 400-450 mL or NOVELTIES 3/4's selected varieties  
crème glacée ou friandises 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 293 g selected varieties  
bonnes  
20128567001 EA/201294901 EA

Mondelēz International



**4.79** CHRISTIE COOKIES family size, selected varieties 374-488 g  
biscuits  
31300747 EA



**2.49** CADBURY CHOCOLATE BAR selected varieties 95/100 g  
barres de chocolat  
3032379001 EA/20448833002 EA

Campbell's

CAMPBELL'S BROTH selected varieties 350/900 mL  
bouillon  
30322348001 EA/31347243 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  
3029494002 EA  
30306117002 EA

**1.69**



ROCKSTAR 473 mL or CELSIUS ENERGY DRINKS selected varieties  
boissons énergisantes  
30284813012 EA  
31576438 EA

**\$3**



PEPSI SOFT DRINKS selected varieties 12x355 mL  
boissons gazeuses  
30322341002 C12/30323377001 C12

**6.99**

IRVING



**7.99** ROYALE BATHROOM TISSUE selected varieties 15x30 rolls  
papier hygiénique  
31187143 EA/31372800 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



3<sup>99</sup>

**BREYERS CLASSIC FROZEN DESSERT**  
selected varieties  
1.66 L  
dessert glacé  
30301305003 EA



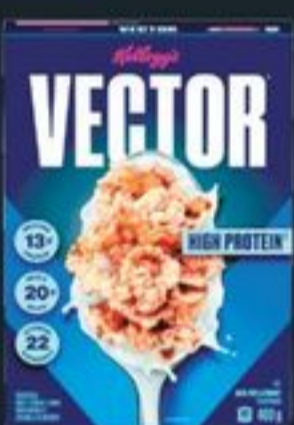
4<sup>99</sup>

**BREYERS CREAMERY STYLE ICE CREAM**  
selected varieties, frozen  
1.66 L  
crème glacée  
30344925001 EA



3<sup>49</sup>

**KELLOGG'S CEREAL**  
selected varieties  
247-435 g  
céréales  
303913279 EA/21450853 EA



3<sup>99</sup>

**KELLOGG'S ALL BRAN RAISIN BRAN** 450-525 g  
425/451 g  
**VECTOR** 306/400 g  
**SPECIAL K** 320-435 g  
**or MINI-WHEATS** 405-510 g  
**CEREAL**  
selected varieties  
céréales  
30013041 EA



10<sup>99</sup>

**CORONA SUNBREW NON-ALCOHOLIC BEER**  
6x330 mL  
bière sans alcool  
21433613 C06



13<sup>99</sup>

**TIMOTHY'S COFFEE PODS**  
selected varieties  
30's  
dosettes de café  
21432503 EA



2<sup>49</sup>

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



6<sup>99</sup>

**TWININGS TEA**  
selected varieties  
50's  
84  
30006148001 EA/21111078 EA



19<sup>99</sup>

**FINISH DISHWASHER TABS**  
selected varieties  
60-105's  
capsules de détergent pour lave-vaisselle  
21218873 EA/21341327 EA



4<sup>49</sup>

**HEFTY STORAGE BAGS**  
selected varieties  
25/100's  
sacs de rangement  
21590092 EA



4<sup>79</sup>

**ZIPLOC STORAGE BAGS**  
selected varieties  
10-90's  
sacs de rangement  
30671453 EA



7<sup>99</sup>

**CHARMIN BATHROOM TISSUE** 8-24 rolls or  
**BOUNTY PAPER TOWELS** 4-6 rolls  
selected varieties  
papier hygiénique ou essuie-tout  
21513858 EA/21549795 EA



3<sup>49</sup>

**IÖGO NANO DRINKABLE YOGURT** 6's or  
**SIGGI'S ICELANDIC SKYR** 4's  
selected varieties  
yogourt  
30099427001 EA/21590027 EA



9<sup>99</sup>

**JANES PUB STYLE BREADED CHICKEN or TURKEY**  
600/700 g  
selected varieties, frozen  
poulet ou dinde pané  
21191828 EA



8<sup>99</sup>

**SWISS CHALET PORK BACK RIBS**  
600 g  
fully cooked,  
selected varieties  
côtes de dos de porc  
21022321 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  
21103495 EA

**5.49**



**Honey Nut Cheerios**  
FAMILY SIZE  
My partner  
MAKES ME HAPPY

**Kraft**

**KRAFT PEANUT BUTTER**  
750 g/1 kg 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 or  
selected varieties  
dentifrice ou brosse à dents  
20277681002 EA/20973582 EA

**\$1**



**Leclerc**



**LECLERC CELEBRATION COOKIES**  
selected varieties  
240 g  
biscuits  
20833797001 EA

**2.99**

**FritoLay**



**3.99**

**TOSTITOS TORTILLA CHIPS**  
205-295 g or  
**SMARTFOOD POPCORN** 150-200 g  
selected varieties  
croustilles de tortilla  
ou maïs soufflé  
20472839 EA/21030573 EA

**Colgate**



**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  
21219273 EA/21436477 EA

**4.49**

**Kimberly-Clark Inc.**



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

**19.99**

**P&G**



**PAMPERS ECONO PACK DIAPERS**  
selected varieties  
size N-8, 58-180's  
couches  
21551523 EA

**32.99**

**HERSHEY'S**



**\$1**

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



**HERSHEY'S CHOCOLATE BAR MOUNTPACK** 4's or  
**POUCHES** 160-230 g  
selected varieties  
barres ou sachets de chocolat  
20302970004 EA/20373406 EA

**3.99**

**P&G**

**FEBREZE AIR CARE** 250 g,  
**MR. CLEAN ALL PURPOSE CLEANER** 1.21 L or  
**MAGIC ERASER** 2's  
nettoyant tout usage  
21009017 EA/21537459 EA

**3.49**



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

**14.99**



**TIDE PODS LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER BOOSTERS** 480 g  
détergent à lessive ou assouplissant textile ou rehausseurs de parfum  
21549929 EA/21552884 EA

**16.99**



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

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No  
annual fee  
for your  
first year\***



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



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



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BACK  
PRICES**  
Deals from the past  
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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).

NF MKT