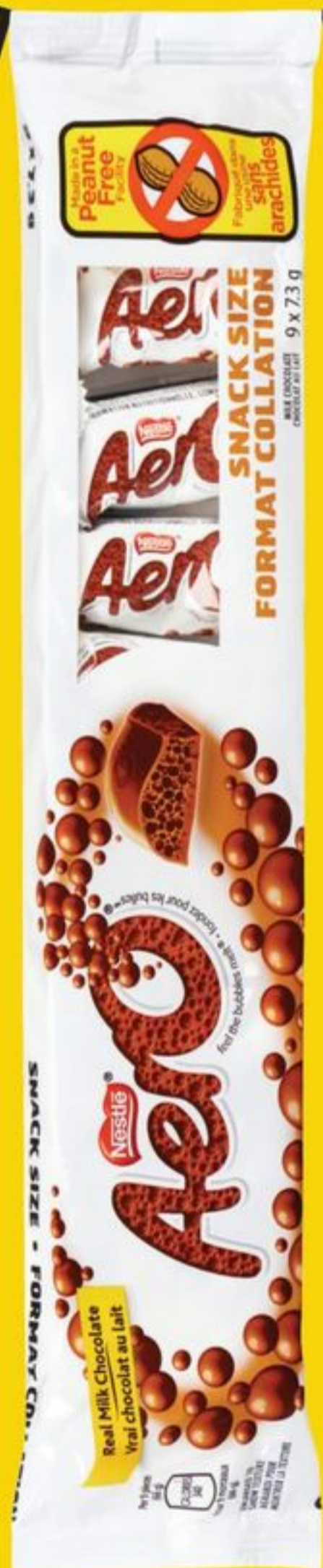


THANK YOU DAY!

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**



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.

JUST SAVIN' YOU MONEY



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



SAVE UP TO 20%
5.99

SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 36-45 per lb., 300 g or **SMALL SCALLOPS** 400 g
frozen
21043685 EA/21558537 EA



WOW!
6.99 LB

BONELESS BLADE ROAST
cut from Canada Grade AA Beef, fresh
15.41/kg
21545143 RB
WHILE QUANTITIES LAST



SAVE UP TO 33%
4.99

NO NAME® BACON
regular or salt reduced
500 g
20158771 EA



ONLY
.97 LB

ROYAL GALA APPLES
product of Western Provinces, Canada fancy grade
2.14/kg
21140638001 RB
GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta
Saskatchewan
Manitoba



SAVE 33%
.99

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, CHICKEN NOODLE or VEGETABLE SOUP 284 mL
20176314004 EA



SAVE UP TO 40%
1.49

UNICO BEANS, LENTILS, CHICKPEAS or TOMATOES
selected varieties
540-796 mL
20213447001 EA/202114629001 EA



SAVE UP TO 48%
3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
20229610001 EA/202296424004 EA



ONLY
5.49

GATORADE SPORT DRINKS 6x591/8x355 mL,
BUBBLY 12x355 mL or **MONTELLIER** 10x355 mL
SPARKLING WATER
selected varieties
20302218003 C06/21097177 C12

Deals from the past on select items. ‡



POST CEREAL
selected varieties
311-523 g
20071915001 EA/21427314 EA
SAVE UP TO 48%
2.49

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

nofrills.ca
01 NFW



SAVE 40%
2.99

PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
21206382_EA/21206939_EA



SAVE UP TO 37%
2.50

ZIGGY'S® FRESH PASTA 350 g or SALAD 454 g
selected varieties
20084505_EA/21302270_EA



SAVE 33%
3.99

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

中秋節快樂

HAPPY MID- AUTUMN FESTIVAL



ONLY

1⁸⁸
LB

PAPAYA
product of Mexico
4.14/kg
2041796601 EA

908 G



SAVE 23%

13⁸⁸

**DAN-D PAK
CASHEWS**
selected varieties
2014842002 EA



SAVE 32%

.88

**CAMPBELL'S SWANSON
CHICKEN BROTH**
412 mL
20043814 EA



ALWAYS

\$5

**T&T
POTSTICKERS**
Frozen, selected varieties
567 g
21493603 EA



SAVE 24%

8⁸⁸

**KNORR CHICKEN
BOUILLON MIX**
1 kg
20134074 EA

WE KNOW LOCAL.

FRESH GUARANTEE



PKG OF 3



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

FARMER'S MARKET™
ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20018441001 EA

3⁹⁹



**BIG MARBLE FARMS
(RED HAT
CO-OPERATIVE LTD.)**

Medicine Hat, Alberta

Big Marble Farms carries an important tradition, fresh and high-quality tomatoes on the vine and English cucumbers.



GROWN IN CANADA

2⁹⁹
LB

BROCCOLI CROWNS
product of Canada
6.59/kg
20026161001 KG



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

5⁹⁹

2 LB CLAMSHELL

**FARMER'S MARKET™
GRAPE TOMATOES**
product of Western Provinces
20040020001 EA



GROWN IN CANADA

3⁹⁹

2 LB BAG

**FARMERS MARKET™
MINI CARROTS**
product of Canada, Canada no. 1 grade
2003141001 EA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3⁹⁹

680 G

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



GROWN IN CANADA

5⁹⁹

2 LT BASKET

BLUE GRAPES
product of Canada,
Canada no. 1 grade
20017943001 EA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

2⁹⁹
LB

GREEN BEANS
product of Western Provinces
6.59/kg
20143443001 KG



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1⁶⁹
LB

BARTLETT PEARS
product of Western Provinces,
Canada fancy grade
3.73/kg
2002223001 KG



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

.⁹⁹

CILANTRO
product of Western Provinces
2001823001 EA

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH*



2.99
LB

RED or GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
6.99/kg
20423773001 80/201319199001 80



GROWN IN CANADA

2.99

CANTALOUPE
product of Canada, Canada no. 1 grade
each
201467017001 8A



6.99

5 LB BAG

FARMER'S MARKET™ AMBROSIA or PINK LADY APPLES
product of U.S.A., extra fancy grade
20423640001 8A/20497736001 8A



3 LB BAG

6.99

PC® MANDARIN
product of Peru or South Africa
20844941001 8A



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



1.99
LB

ROMA TOMATOES
product of Canada, Canada no. 1 grade,
4.39/kg
20142381001 80



4.99

1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A. or Mexico,
no. 1 grade
20049778001 8A



4.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
20142222001 8A



1.69

RED MANGOES
product of Mexico or Brazil
20009632001 8A



1 KG

4.99

GARLIC
product of China
21238842001 8A



4.99

600 G

KIWI
product of Chile
21276167001 8A



1.49
LB

HAMI MELON
product of U.S.A.
2.28/kg
21081297001 80



PKG OF 3

3.99

ROMAINE HEARTS
product of Canada or U.S.A.
20067389001 8A



425 G

5.99

MANN'S SNAP PEAS
product of U.S.A.
20445338 8A



4.99

3 LB BAG

FARMER'S MARKET™ NAVAL ORANGES
product of South Africa
2044240001 8A



5.99

3 LB BAG

FARMER'S MARKET™ LEMONS
product of South Africa
20790110001 8A



5.99

PKG OF 15

FARMER'S MARKET™ MINI CUCUMBERS
product of Western Provinces, Canada no. 1 grade
2102220001 8A



\$6

2.5 LB BAG

NO NAME™ NATURALLY IMPERFECT™ MIXED PEPPERS
product of Western Provinces
2071144001 8A

*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

MEDIUM GROUND PORK
fresh
8.80/kg
2063991 SA



MAPLE LEAF TOP DOGS or **SCHNEIDERS RED HOTS WIENERS**
selected varieties
375 g
2109377 SA

3.49



ALWAYS
\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
2154370 SA



PC® SPLIT CHICKEN WINGS or **BONELESS SKINLESS CHICKEN THIGHS**
up to 720 g
2140168 SA/21406306 SA

\$13



GO SHRIMP RAW - 51/70 per lb. or **COOKED** - 61/90 per lb.
TUNA STEAKS - 92 g
SMOKED STEELHEAD SALMON - sea-cooked, 50 g
or **SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 227 g
selected varieties
2079240 SA/2130891 SA

2.99

HIGH LINER WILD PACIFIC PINK SALMON FILLETS
frozen
400 g
2109367 SA

7.99



7.79
LB

EXTRA LEAN GROUND BEEF
fresh
17.17/kg
20981822 KG



3.49

MASTRO CAPOCOLLO
125 g or **SAN DANIELE MORTADELLA REGULAR** or **LIGHT** 175 g
selected varieties
2007140 SA/2007341 SA



3.79

MINI BABYBEL CHEESE
selected varieties
102/120 g
2046220 SA



\$4

PC® TOPPED HUMMUS
selected varieties
280 g
20611264 SA



10.99

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or **PATTIES**
selected varieties
1.2/1.4 kg
2079997 SA



2.49

NO NAME® BAGELS or **ENGLISH MUFFINS**
selected varieties
6's
2107967 SA/2107971 SA



\$3

COUNTRY HARVEST BREAD 600/650 g or **BAGELS** 6's
selected varieties
2117821 SA/2117842 SA



4.50

SIMPLE JOYS FILLED CROISSANTS
selected varieties
275 g
2107961 SA



15.99

BEYOND MEAT PLANT-BASED BURGERS
frozen
478 g
2107994 SA

APP EXCLUSIVE OFFER*

Optimum
1,000 pts

\$1
Value



For every \$5* spent on Ziggy's® products in the Deli department
selected varieties
2079253 SA/21619838 SA/21590279 SA/2159041 SA

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
20419713001, EA/200230015, EA



399

DANONE ACTIVIA YOGURT
selected varieties
8's
20226741001, EA/20221384002, EA



DANONE OIKOS TUBS 650/750 g or ACTIVIA DRINKS 8's YOGURT
selected varieties
21006634, EA/21108409, EA

549

General Mills



299

PILLSBURY PIZZA POPS
selected varieties, frozen
380 g
21430071, EA



299

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS 120-230 g
selected varieties
20215320002, EA/20318474001, EA



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

599

CONAGRA BRANDS

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
20308736001, EA

299



399

ORVILLE REDENBACHER MICROWAVE POPCORN KERNEL JAR 850 g
selected varieties
20029532002, EA



HUNGRY-MAN XL BOWLS 397 g, HEALTHY CHOICE SIMPLY 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-298 g
selected varieties, frozen
20318616004, EA/21219527, EA

449

Coca-Cola

1,000 Value \$1

599

AHA SPARKLING WATER
selected varieties
12x355 mL
21300762, C12



699

COCA-COLA SOFT DRINKS
selected varieties
12x341/355 mL
20130400002, C12



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

899

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 kinder, use less and reuse more





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**

20318694002_EA/21518427_EA



**SPEND \$15*
ON ANY**

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

21480447_EA/20300320_EA



**SPEND \$15*
ON ANY**

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

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**

21540352_EA/21531415_EA



**SPEND \$12*
ON ANY**

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

21547034_EA/21358407_EA



**SPEND \$9*
ON ANY**

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

21537885_EA



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

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**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**

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**

21103495_EA / 20887250_EA



**SPEND \$15*
ON ANY**

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

21290384_EA / 20763661_EA



**SPEND \$10*
ON ANY**

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

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**

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



**SPEND \$15*
ON ANY**

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

21378235_EA / 21191252_EA



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

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ONLINE 03 NFW

KRAFT DINNER ORIGINAL
200 g
21549526 EA

\$1



AMOOZA! STICKS
selected varieties
228 g
21402514 EA

5⁷⁹



CAVENDISH QUICK CRISP, PREMIUM or PATTIES
selected varieties, frozen
400-750 g
21544077 EA

2⁹⁹



4⁹⁹



MILK 2GO 2%
selected varieties
6x200 mL
21337983 EA

CADBURY CHOCOLATE BAR
selected varieties
95/100 g
2052424701 EA/2022219301 EA

2⁴⁹



**LAY'S POTATO CHIPS 177-235 g,
POPPABLES 130 g or
CHEETOS 170-285 g**
selected varieties
21241022 EA/21270195 EA

3⁴⁹



COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties
2 L
2051124201 EA/2021402002 EA

1⁹⁹



STARBUCKS ROAST AND GROUND COFFEE 340 g or PODS 10's
selected varieties
20548682002 EA/20548682004 EA

9⁹⁹



ROYALE FACIAL TISSUE
selected varieties
6x100/72 sheets
20702414 EA

5⁹⁹



3⁹⁹



OLD EL PASO DINNER KITS
selected varieties
250-310 g
20795300 EA/20795534 EA

**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
2020402001 EA/21226515 EA

4⁸⁸



**TIDE PODS 31/23/18's
LAUNDRY DETERGENT or
DOWNY BOOSTERS 379 g**
selected varieties
20548511001 EA/21548968 EA

10⁹⁹



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

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PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH



4.99 NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5L
selected varieties, frozen
2032238001 EA/211142960 EA



2.99 EGGO WAFFLES
selected varieties, frozen
8's
20302779 EA



4.79 CHRISTIE COOKIES
family size, selected varieties
374-488 g
20126567001 EA/20313984001 EA



4.99 HÄAGEN-DAZS ICE CREAM 400-450 mL or NOVELTIES 3/4's
selected varieties
20302299001 EA/21313347 EA



2.99 KELLOGG'S RICE KRISPIES 176/198 g, POP TARTS 384 g, SPECIAL K 125 g or NUTRI-GRAIN BARS
selected varieties
20126567001 EA/20313984001 EA



2.49 CADBURY CHOCOLATE BAR
selected varieties
95/100 g
20024341001 EA/20322192001 EA



CAMPBELL'S BROTH
selected varieties
250/900 mL
20322348001 EA/21347243 EA

1.49



SNYDER'S PRETZELS
selected varieties
240 g
20314052004 EA

2.99



PEPSI SOFT DRINKS
selected varieties
2L
2029405002 EA
20306117002 EA

1.69



ROCKSTAR 473 mL or CELSIUS 355 mL ENERGY DRINKS
selected varieties
20304415011 EA
21529458 EA
21529466 EA

\$3



PEPSI SOFT DRINKS
selected varieties
12x355 mL
20322361900 C13/2030253779001 C12

6.99



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

ROYALE FACIAL TISSUE
12x100 sheets
20750292 EA

10.99



ROYALE TIGER TOWELS
6x12 rolls
21484704 EA

12.99

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH



3⁹⁹ BREYERS CLASSIC FROZEN DESSERT selected varieties 1.66 L 20301303002 EA



4⁹⁹ BREYERS CREAMERY STYLE ICE CREAM selected varieties 1.66 L 20344725001 EA 20344725006 EA



3⁴⁹ KELLOGG'S CEREAL selected varieties 247-435 g 20991279 EA/21430814 EA



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



10⁹⁹ CORONA SUNBREW NON-ALCOHOLIC BEER 6x330 mL 21433615 C06



13⁹⁹ TIMOTHY'S COFFEE PODS selected varieties 30's 21433303 EA



2⁴⁹ CAVENDISH FRIES selected varieties, frozen 800 g 21339537 EA



6⁹⁹ TWININGS TEA selected varieties 50's 20006148001 EA 21111078 EA



19⁹⁹ FINISH DISHWASHER TABS selected varieties 60-105's 21218873 EA/21516337 EA



4⁴⁹ HEFTY STORAGE BAGS selected varieties 20-100's 21390092 EA



4⁷⁹ ZIPLOC STORAGE BAGS selected varieties 10-90's 20671415 EA



8⁹⁹ CHARMIN BATHROOM TISSUE 8-24 rolls or BOUNTY PAPER TOWELS 4-6 rolls selected varieties 21484880 EA/21515858 EA



3⁴⁹ IÖGO NANO DRINKABLE YOGURT 6's or SIGGI'S ICELANDIC SKYR 4's selected varieties 20609487001 EA/20609487003 EA



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



11⁹⁹ SWISS CHALET or MONTANA'S PORK BACK RIBS fully cooked, selected varieties 600/650 g 21022321 EA

JUST SAVIN' YOU MONEY

PRICE DROP

RAIN CHECK
+ pts

ALWAYS LOW PRICES

FRESH GUARANTEE

PRICE MATCH

Kraft

KRAFT PEANUT BUTTER
750 g/1 kg or
HAZELNUT SPREAD
725 g
selected varieties
20029981001 SA/21285418 EA

5⁹⁹



General Mills

GENERAL MILLS CEREAL
family size,
selected varieties
475-775 g
21103492 EA
21103493 EA

5⁴⁹



Colgate

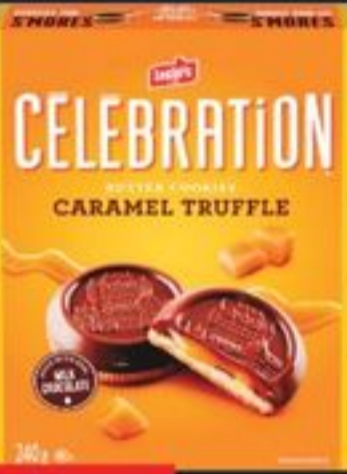
100th

COLGATE TOOTHPASTE
52-95 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
20277681002 EA/20975362 EA

\$1



Leclerc



2⁹⁹

LECLERC CELEBRATION COOKIES
selected varieties
240 g
20633797001 EA

FritoLay



3⁹⁹

TOSTITOS TORTILLA CHIPS
205-295 g or
SMARTFOOD POPCORN 150-200 g
selected varieties
20972839 EA/211030573 EA

Colgate

IRISH SPRING
BAR SOAP 6x104 g or
SOFTSOAP BODY WASH 591 mL
selected varieties
21219373 EA/21436477 EA

3⁹⁷



Kimberly-Clark Inc.



19⁹⁹

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

P&G



32⁹⁷

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-180's
21351323 EA

HERSHEY'S



\$1

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



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

3⁹⁹

P&G

FEBREZE AIR CARE 250 g,
MR. CLEAN ALL PURPOSE CLEANER 1.21 L or
MAGIC ERASER 2's
selected varieties
21005017 EA/215374839 EA

3⁴⁹



14⁹⁹

GAIN LIQUID LAUNDRY DETERGENT 4.55 L or
FLINGS 42's
LAUNDRY DETERGENT BOOSTERS
selected varieties
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
selected varieties
21454813 EA/21549929 EA
21552884 EA

16⁹⁹

中秋節快樂

HAPPY MID-AUTUMN FESTIVAL



128
LB

DAIKON or TAIWANESE CABBAGE product of China or
NAPA CABBAGE product of U.S.A.
2.82/kg
3008310901 EA/3001302001 KG



198
LB

JAPANESE SWEET YAMS
product of U.S.A.
4.37/kg
3034972001 KG



488
LB

PORK BELLY SLICES
fresh
10.76/kg
21414914 EA



688

O'TASTY STEAMED BUNS
selected varieties, frozen
680 g
3031934001 EA



888

SEAQUEST® WHOLE TILAPIA
1.36 kg or **WHOLE POMPANO**
800 g
frozen
21391947 EA/21392084 EA



888

THAI GOLD SHRIMP,
head on, headless or peeled, 400/434 g, or
COOKED SHRIMP,
head on, shell on, 400 g
frozen
20917802 EA/20939043 EA



228

CHACHA SUNFLOWER SEEDS
selected varieties
260 g
21379799 EA/21379921 EA



288

LAY'S FLAVOURED CHIPS
selected varieties, 165 g
21365043 EA/21404383 EA



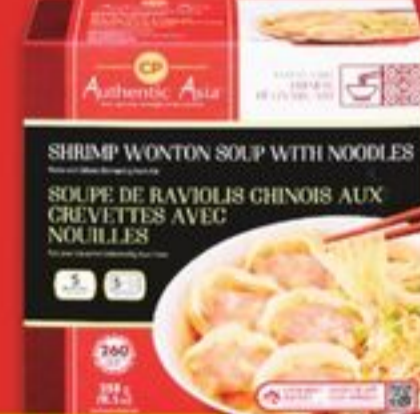
348

INDOMIE INSTANT NOODLES
selected varieties
5x
20846719 EA



388

SPAM TOCINO LUNCHEON MEAT
selected varieties
340 g
21450729 EA



448

CP AUTHENTIC ASIA ENTREES
selected varieties, frozen
250-350 g
30958234 EA



588

FLYING GOOSE SRIRACHA MAYO 730 ml or
KEWPIE MAYONNAISE 517 ml
21064091 EA/21138201 EA

APP EXCLUSIVE OFFER*

Optimum
1,000 PTS

\$1
Value

For every \$5* spent on
Rooster® or T&T® products
21495823 EA/21447367 EA/21447368 EA/20807972 EA/21474718 EA



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deal if we're sold out, plus
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Optimum™ points.**



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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.

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