

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



*Based by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



**ONLY
1.99**

6 OZ CLAMSHELL

BLUEBERRIES

product of Chile or Peru, no. 1 grade
blevels
20132443001 EA



**SAVE 68%
.94**

3 LB BAG

**FARMER'S MARKET™ CARROTS or
YELLOW ONIONS**

product of Ontario, Canada no. 1 grade
carottes ou oignons jaunes
20600927001 EA/20611994001 EA

325 G

ASPARAGUS

product of Peru
asperges
20181709001 EA

**ONLY
2.77**



**SAVE 28%
2.88**

2 LB BAG

**FARMER'S MARKET™
LEMONS**

product of South Africa
citrons
20795315001 EA

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES:



*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 31 TO WEDNESDAY, NOVEMBER 6, 2024.

CLUB SIZE

SAVE 43%

3.97 LB

LEAN GROUND BEEF
fresh
bœuf haché maigre
8.75/kg
30318041 SA

CLUB SIZE

WOW!

1.77 LB

HALAL INCLUDED
CHICKEN LEGS
back attached
cuisses de poulet
3.90/kg
30654709 SA

WHILE QUANTITIES LAST

SAVE 27%

7.99

LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos de porc
31330517 SA

WOW!

9.77 LB

ATLANTIC SALMON FILLET
fresh
filet de saumon de l'Atlantique
21.54/kg
30329167 SA

WHILE QUANTITIES LAST

SAVE 20%

1.99

WONDER BREAD BUNS
675 g or 875 g
selected varieties
pain ou petits pains
30276296 SA/30297433 SA

SAVE UP TO 28%

2.50

ZIGGY'S FRESH PASTA
350/360 g or 454 g
selected varieties
pâtes ou salades fraîches
30209140 SA/31321148 SA

SAVE 39%

1.99

LANTIC GRANULATED SUGAR
2 kg
sucre granulé
30143632 SA

SAVE 34%

6.88

PC® ENTRÉES
600 g / 1.12 kg
SWANSON OVEN EASY MEALS
375/392 g or **SWANSON FAMILY SKILLETS**
1.19 kg
selected varieties, frozen
plats cuisinés
30236324 SA/31329254 SA

ONLY

4.25

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage naturel
31299762 SA

SAVE UP TO 37%

2.99

SILK NON-DAIRY REFRIGERATED BEVERAGES
selected varieties
1.74 L/59.1 FL OZ
boissons réfrigérées non lactées
30233392 SA

ONLY

2.99

GENERAL MILLS CEREALS
selected varieties
297-430 g
céréales
31304067 SA/31304068 SA

THROW BACK PRICES

Deals from the past on select items. †

SAVE 58%

1.25

MAPLE LEAF FLAKES
selected varieties
156 g
Recesses
30298273001 SA

SAVE UP TO 37%

2.49

KOOL-AID JAMMERS
15x180 mL
MINUTE MAID ICED TEA
selected varieties
15x200 mL
soit au 946 mL
30237666 SA/30237667 SA

SAVE 62%

1.50

NO NAME BLEACH
selected varieties, 2.4 L
eau de Javel
31304032 SA

148 LOADS

74 LOADS

SAVE UP TO 38%

7.97

TIDE SIMPLY LIQUID LAUNDRY DETERGENT
3.1 L
FLEECY FABRIC SOFTENER
3.3 L or **DRYER SHEETS**
200 x
selected varieties
détergent ou assouplissant
ou feuilles pour sècheuse
31311729 SA/31311728 SA

SAVE 44%

3.33

ROYALE FACIAL TISSUE
6x72/100 sheets
mouchoirs
30344218 SA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London; please see nofrills.ca for flyers for these stores.

nofrills.ca

01 NFO

NOVEMBER

**HIT
OF THE
MONTH**

STARTS FRIDAY NOVEMBER 1ST



PC® Kettle Cooked Potato Chips

Selected varieties, 200 g
Limit: 6, over limit retail \$2.50



Granarolo Quattrocento Parmesan Style Wedge, 200 g or Piller's Kolbassa 250-375 g

Selected varieties
Limit: 6, over limit retail \$6.00



Hershey's Chocolate Pouches

Selected varieties, 180-230 g



D'Italiano Gusto! Bagels

Selected varieties, 6's
Limit: 6, over limit retail \$4.49

**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 November 1st - 30th, 2024.

OCTOBER

**HIT
OF THE
MONTH**



\$1⁷⁷

**Jolly Ranchers or Twizzlers 170-198g,
or Dare Real Fruit candy 180g**

selected varieties
Limit: 6, over limit retail \$2.00

20078139_EA/21391610_EA



No Name flour,
selected varieties, 2.5kg

20013256_EA



\$2

Dom Smoked Steelhead Salmon,
50g, Frozen

Limit: 6, over limit retail \$3.29

20792840_EA

**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 October 1st - 31st, 2024.

FRESH AT LOW PRICES

6 OZ
CLAMSHELL

PINEAPPLE
product of Costa Rica or
RASPBERRIES
product of U.S.A. or
Mexico, no. 1 grade
ananas ou framboises
20160992001 SA/20128918001 EA

2⁹⁹



4 LB BAG

FARMER'S MARKET™ MANDARINS
product of South Africa or Chile
mandarines
20054023001 SA

6⁹⁹



1⁹⁹
LB/EA

BROCCOLI CROWNS each, product of Canada, U.S.A. or Mexico,
BUNCH SPINACH each, product of U.S.A. or Mexico or
TOMATOES ON THE VINE
4.29/kg, product of Canada, U.S.A. or Mexico
couronnes de brocoli ou épinards en botte ou tomates
21121540001 SA/20162640001 EA



10 LB BAG

FARMER'S MARKET™ RED ONIONS
product of Ontario, Canada no. 1 grade
oignons rouges
20171965001 EA



5⁹⁹



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



2⁹⁹

FARMER'S MARKET™ MINI CUCUMBERS
product of Canada, Canada no. 1 grade
or **ROMAINE HEARTS**
product of U.S.A.
mini concombres ou cœurs de romaine
2012719001 SA/20082754001 EA



3⁹⁹
LB

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins verts ou rouges sans pépins
8.80/kg
2042572001 SA/2123499001 SA



3⁹⁹

454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Canada
champignons cremini
ou blancs entiers
20141371 EA



.99

FUYU PERSIMMONS
product of U.S.A. or
KIWI product of New Zealand
each
kaki ou kiwi
20129417001 SA/2013032001 EA



1²⁹
LB

SWEET POTATOES
product of Ontario
patates douces
2.84/kg
2012719001 SA



1⁴⁹

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
each
concombres anglais
2007012001 EA



1²⁹

RED MANGOES
product of Brazil
each
mangues rouges
2002942001 EA



3⁹⁹

PC® BLUE MENU™ WONDERSFUL PISTACHIOS
selected varieties
product of U.S.A.
200-225 g
pistaches
2044022 EA/20044014 EA



3⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocats
20142222001 EA



3⁹⁹

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
piments
2012719001 EA



3⁹⁹

MINI SEEDLESS WATERMELON
product of U.S.A.
each
mini melon d'eau sans pépins
2016279001 EA



4⁹⁹

FARMER'S MARKET™ AMBROSIA or MCINTOSH APPLES
product of Ontario,
Canada honey grade
pommes
2120712001 SA/2012219001 EA



5⁹⁹

FARMER'S MARKET™ VARIETY PACK TOMATOES
Product of U.S.A. or Canada
or **PC® VARIETY TOMATOES**
product of Canada or Mexico
tomates
2004022001 SA/200440001 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



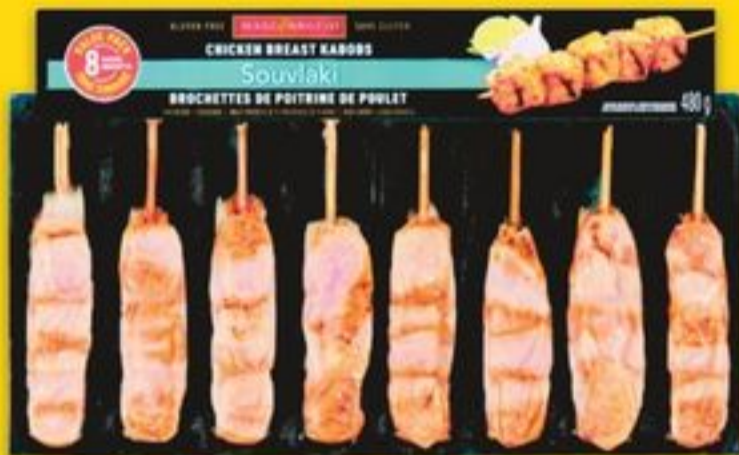
\$13

MAPLE LEAF PRIME CHICKEN
assorted varieties
up to 880 g
poulet
3089087 EA



9.99
LB

BONELESS BEEF STEW
cubes de bœuf déossé
22.02/kg
30357442 EA



12.99

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
brochettes
2104723 EA



PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
bûchettes ou bouchettes de saucisson
2109286 EA/2109291 EA



6.99



1.99

MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
saucisses fumées de poulet
2086457 EA/2086475 EA



2.99

GO SHRIMP RAW, or COOKED, or SEAQUEST FLAVOURED ALASKA POLLOCK
ready to eat, 227 g
selected varieties
crevettes ou goberge
3074979 EA



\$10

SEAQUEST WILD PINK SALMON FILLETS
700 g
filets de saumon rose
2102044 EA



\$6

ZIGGY'S SLICED DELI MEAT SUB TRIO
300 g
charcuteries
2119417 EA



11.99

JANES BONELESS CHICKEN BREAST BITES or FILLETS
selected varieties, frozen
710/720 g
bouchettes ou filets de poitrine de poulet
2148049 EA



11.99

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties
1 kg
saucisses italiennes ou boulettes de viande
2087484 EA



2.99

PC CINNAMON RAISIN BREAD
475 g
pain cannelle et raisins
2043724 EA



\$3

COUNTRY HARVEST BREAD
600 g or **BAGELS**
selected varieties
pain ou bagels
2117897 EA/2117940 EA



4.50

FARMER'S MARKET LOAF CAKES
selected varieties
344-390 g
gâteaux quatre-quarts
2084361 EA/21043157 EA



4.49

PC GOAT CHEESE LOGS
selected varieties
140 g
bûchettes de chèvre
2080244 EA



\$5

ZIGGY'S CHEESE SLICES
selected varieties
140/180 g
tranches de fromage
2104324 EA



7.99

CASTELLO HAVARTI CHEESE
425 g or **BALDERSON CHEESE**
250/280 g
selected varieties
fromage
2104342 EA/2104347 EA



7.99

ZIGGY'S FETA CHEESE
selected varieties
400 g
feta
2080922 EA

no name®



.99

NO NAME® TUNA
selected varieties
85/170 g
flon
20321647 EA



NO NAME® LASAGNA
frozen
1 kg
lasagne
20634824 EA

6.79



3.50

NO NAME® PIZZA
selected varieties, frozen
350-411 g
pizza
21341641 EA



700 G

NO NAME® CHEESE
selected varieties
fromage
20925772 EA

7.99



NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide
2029493001 EA/21430543 EA

4.29

NO NAME® STIRRED YOGURT
selected varieties
12's
yogourt
20685574001 EA/20685574002 EA

4.49



1.29

NO NAME® VEGETABLES
selected varieties
241/299 ml
légumes
20302111 EA/20302112 EA

NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB
300 g
saucisson de pepperoni ou salami ou saucisson d'été
20015818 EA

PRICE DROP
\$5



NO NAME® ROAST AND GROUND COFFEE
selected varieties
925 g
café torréfié et moulu
21284118 EA

9.99



1.69

NO NAME® CHOCOLATE BAR
selected varieties
100 g
barres de chocolat
20484720 EA/20484721 EA



2.50

NO NAME® MARSHMALLOWS
selected varieties
400 g
bonbons
203447201 EA/203447202 EA



8.49

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20304418 EA/20304419 EA

NO NAME® FRUIT BEVERAGES
selected varieties
2 L
boissons aux fruits
20324206 EA

\$2



NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21282771 EA/21282770 EA

\$4



NO NAME® LAUNDRY DETERGENT, FABRIC SOFTENER or DRYER SHEETS
selected varieties
200's
détergent en concentration
204847201 EA/204847202 EA

6.99



APP EXCLUSIVE OFFER*

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer
**Must be a registered PC Optimum™ member to get this offer

Earn*
200 pts
for every \$1* spent on
any no name® items in
the bakery department

20¢
value



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.

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



PRICE DROP

1.99

PC® LEMONADE

selected varieties
1.89 L
limonade
20773870001_EA/21425929_EA



PRICE DROP

3.49

PC® THE DECADENT® CHOCOLATE CHIP COOKIE

selected varieties
280/300 g
biscuits aux brisures de chocolat
20612257_EA



PRICE DROP

3.49

PC® LEMONADE OR TEA

selected varieties, refrigerated
1.54 L
limonade ou thé
21430542_EA/21506771_EA

**MULTI
BUY?
TRY
SINGLE
BUY.**



ONE FOR

179

**GREEN GIANT
VEGETABLES**
selected varieties
341/398 mL
légumes
21021483 SA



**BETTY CROCKER
POTATOES**
selected varieties
141-215 g
purée de pommes de terre
21374295 SA

ONE FOR

199



**SILK SOY
BEVERAGES**
selected varieties
1.89 L
boissons
20134384001 SA

ONE FOR

299



**GENERAL MILLS
CHEERIOS VEGGIE
BLENDS, CHEX,
LOADED BITES,
OATMEAL CRISP AND
NATURE VALLEY
GRANOLA CEREAL**
selected varieties
300-437 g
céréales
21213368 SA/212599148 SA

ONE FOR

449

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL, **COLD FOAM** 396 g or **NEILSON TRUTASTE MILK** 2 L
selected varieties
colorants à café ou mousse froide au lait
30130270 SA/20893480004 SA

PRICE DROP

4.49



PRICE DROP

\$2

UNICO PASSATA 680 mL or **BARILLA PASTA** 340/410 g
selected varieties
passato ou pâtes
30446340 SA/21404963 SA



PRICE DROP

4.99

BREYERS CREAMERY STYLE 1.66 L or **FUDGSICLE NOVELTIES** 12's
selected varieties, frozen
crème glacée
30344932006 SA/20763171 SA

ST-HUBERT FRESH POT PIES
selected varieties
235 g
pâtis frais
11038812 SA

PRICE DROP

\$3



DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
21427174 SA/21393736 SA

PRICE DROP

5.99



PRICE DROP

6.99

LITTLE NORTHERN BAKEHOUSE BREAD
selected varieties
320-567 g
pain
21100853 SA/21100857 SA



PRICE DROP

6.99

SEAQUEST® COLOSSAL RAW WHITE SHRIMP
14-20 per lb., 200 g or **FROZEN BAY SCALLOPS** 400 g
crevettes ou pétoncles
21042847 SA/21038227 SA



PRICE DROP

15.99

BEYOND MEAT PLANT BASED BURGERS
678 g
burgers à base de plantes
21279994 SA

SPARKLING ICE - MONTELLIER SPARKLING WATER
selected varieties
503 mL/1.1 L
eau pétillante
208343001 SA/20934304 SA

PRICE DROP

\$1



PRICE DROP

1.99

BAGEL BITES
selected varieties, frozen
198 g
2021441001 SA



PRICE DROP

3.99

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à éclater ou en pot
20429322012 SA

PEPSI PEPSI

PRICE DROP

3.99

COCA-COLA - PEPSI SOFT DRINKS
selected varieties
4x710 mL
boissons gazeuses
2021441001 SA/2021441001 SA



PRICE DROP

4.49

M&M'S - MARS CHOCOLATE POUCHES
135-200 g or **BAR MULTIPACK**
selected varieties
chocolat
2021441001 SA/2021441001 SA



PRICE DROP

4.99

QUAKER BAKING MIX 900 g or **OAT FLOUR** 700 g
mélange à pâtisserie
mélange à pâtisserie
ou farine d'avoine
2021441001 SA



PRICE DROP

\$5

PC® SPARKLING WATER - SOFT DRINKS
selected varieties
12x355 mL
eau pétillante ou
boissons gazeuses
2021441001 SA/2021441001 SA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PC® FROZEN FRUIT

selected varieties
300-600 g
fruits surgelés

20312217_EA/21277841_EA

PRICE DROP

3.99



GIUSEPPE EASY PIZZI 560-600 g or **TRADIZIONALE** 385-415 g

PIZZA

selected varieties, frozen
pizza

31299117_EA

PRICE DROP

5.99



BECEL MARGARINE

selected varieties
637/850 g
margarine

3029761802_EA

PRICE DROP

6.99



PRICE DROP

5.99

NESCAFÉ GOLD or SWEET & CREAMY INSTANT COFFEE

selected varieties
90-331 g
café instantané

31074563_EA/21363371_EA



PRICE DROP

\$6



PC® FREE FROM® SLICED DELI MEAT 175 g or **ZIGGY'S® CHICKEN or TURKEY STRIPS** 150/200 g

selected varieties
charcuteries tranchées ou lamelles de poulet ou dinde

30403555_EA/21402178_EA



PRICE DROP

7.99

PC® FREE FROM® MINI MEAT PIES

selected varieties, frozen
500 g
mini-pâtis à la viande

31545309_EA



PRICE DROP

1.25

KD ORIGINAL

200 g
31349728_EA



PRICE DROP

2.99

NATURE VALLEY GRANOLA BARS or MOTT'S or BETTY CROCKER FRUIT SNACKS

selected varieties
120-220 g

barres granola ou collations aux fruits

3021102800_EA
3021347401_EA



PRICE DROP

\$3

DENTYNE, TRIDENT GUM or MENTOS CANDY MULTIPACK or HARIBO CANDY 175/175 g

selected varieties
gummies ou bonbons

3021298800_EA/21217678_EA



PRICE DROP

3.79

DEL MONTE FRUIT

selected varieties
750 mL
cocktail de fruit

3030218004_EA



PRICE DROP

3.29

NO NAME® PICKLES

selected varieties
3 L
pickles

30304072_EA



PRICE DROP

7.99

PC® ORGANICS FLOUR

selected varieties
2.5 kg
farine biologique

30402122_EA/20280171_EA



PRICE DROP

7.99

GLAD GARBAGE BAGS

selected varieties
18-32's
sacs à ordures

3007154001_EA
21412960_EA



PRICE DROP

31.99

ALPO COOKOUT CLASSICS DRY DOG FOOD

16 kg
nourriture sèche pour chiens

30012174_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* **3,000** pts

for every \$10* spent on Cadbury chocolate selected varieties 33-200 g chocolat

20322193001_EA/20690539_EA

\$3 value



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

MCCAIN CAKES 310 g or
NESTLÉ DRUMSTICKS or
NOVELTIES 4-10's or
CONFECTIONARY
FROZEN DESSERT 1.5 L
selected varieties, frozen
gâteaux ou dessert glacé de confiserie
30110133003 EA/20204737003 EA



PRICE DROP

5.49

CHEEZ-IT
CRACKERS
selected varieties
191/200 g
croquillons
31214340 EA



PILLSBURY REFRIGERATED DOUGH 318-468 g or
LIBERTÉ MÉDITERRANÉE 4 1/2/500 g
LIBERTÉ CLASSIQUE 650 g or
GREEK 4's, YOGURT
selected varieties
pâte réfrigérée ou yogurt grec
30318034001 EA/20788663001 EA

PRICE DROP

2.49

PRICE DROP

2.99



PRICE DROP

\$4

PC® TOPPED HUMMUS
selected varieties
280 g
hummus garni
20811044 EA

LA GRILLE SEASONING
CLUB HOUSE BLENDS 120-248 g or
111-181 g
selected varieties
assaisonnements ou mélange
30309777003 EA/20221740001 EA

PRICE DROP

4.99



PRICE DROP

\$12

SEAQUEST® SHRIMP RING WITH SAUCE
frozen
454 g
couronne de crevettes avec sauce
20819191 EA



PRICE DROP

2.99

LIPTON® KNORR
SOUP MIX
selected varieties
113-328 g
mélange à soupe
2011043002 EA



PRICE DROP

3.99

RUFFLES
POTATO CHIPS
selected varieties
180-220 g
croustilles
21241032 EA



PRICE DROP

3.99

NESTLÉ CHOCOLATE BAR MULTIPACK 4's or
POUCHES 135-203 g
selected varieties
chocolat
303222042 EA/21244948 EA

PC® NATURAL SPRING WATER
4 L
eau de source
naturelle
2120401 EA



PRICE DROP

1.50



PRICE DROP

1.99

PALMOLIVE
DISHWASHING LIQUID
selected varieties
375/328 mL
détergeant liquide à vaisselle
20041480 EA/21004388 EA



PRICE DROP

5.49

NO NAME®
PAPER TOWELS
6-8 rolls
essuie-tout
20276123 EA



PRICE DROP

14.49

CHOSEN FOODS
ORGANIC NON-GMO PURE AVOCADO OIL
750 mL
huile d'avocat pure biologique
20047194 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*
1,000 pts

for every \$5* spent on Old Dutch Humpty Dumpty snacks 230-290 g or potato chips 235 g or Restaurante torilla chips 275/290 g selected varieties grignolines ou croustilles
21445100_EA/21367546_EA

\$1
value



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP
26⁹⁹



HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS
selected varieties
28-74"
couches d'entraînement
30962841 SA/21317199 SA

PRICE DROP
2⁹⁹



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
31347046 SA/21347099 SA



PRICE DROP
5⁹⁹

TRESEMME HAIR CARE
selected varieties
198-311 g / 168-828 mL
soins capillaires
3031530314 SA/21179103 SA



PRICE DROP
3⁴⁹

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
21041430 SA/21354804 SA



PRICE DROP
4⁷⁹

SENSODYNE or PRONAMEL TOOTHPASTE
75/100 mL or
POLIGRIP 40 g
selected varieties
dentifrice
3030117901 SA/20756073 SA



PRICE DROP
6⁴⁹

DOVE MEN+ CARE DEODORANT
selected varieties
76/85 g
déodorant
3033348001 SA



PRICE DROP
1⁷⁹

BABY GOURMET ORGANIC FRUIT & VEGETABLE BABY FOOD POUCHES
selected varieties
130 mL
sachets de fruits et légumes bio/organiques pour bébé
3033348001 SA/21122810 SA



PRICE DROP
2⁹⁹

GERBER SNACKS ENTRÉES
selected varieties, 43-147 g
collations en plats réchauffés
3033348001 SA/21354804 SA



PRICE DROP
3⁹⁹

NIVEA BODY WASH 100-ML, DEODORANT ROLL-ON ANTIPERSPIRANT
30/30 g
selected varieties
savon pour le corps ou déodorant à bille au contre-odorant
3033348001 SA/21354804 SA



PRICE DROP
6⁹⁹

VASELINE LOTION
selected varieties
400/160 mL
lotion
3033348001 SA/21354804 SA



PRICE DROP
3⁹⁹

Q-TIPS
500
coton-tige
3033348001 SA



PRICE DROP
4⁴⁹

IVORY BAR SOAP 10-102 g or BODY WASH 421 mL
selected varieties
pain de savon ou savon moussant pour le corps
3033348001 SA/21354804 SA



PRICE DROP
4⁹⁹

ALWAYS LINERS 26-27% PADS 10-22% or TAMPAX TAMPONS 14-18%
selected varieties
protège-femelle ou serviette hygiénique
3033348001 SA/21354804 SA



PRICE DROP
12⁹⁹

BOOST HIGH PROTEIN MEAL REPLACEMENT SHAKES
selected varieties
640/207 mL
boissons de substitut de repas
3033348001 SA/21354804 SA



PC® DISTILLED WATER
4 L
eau distillée
20797191 SA

ALWAYS
1²⁵



LIFE BRAND® MOUTHWASH
selected varieties
1 L
rinçage-bouche
21301386 SA/21201606 SA

ALWAYS
\$4

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.

**HOT
PRICE**

**NO PREP
ALL SAVINGS**

Easy holiday hosting for less? Just pop these frozen faves in the oven and you're good to go.

\$15



**PC® HOLIDAY FEAST
TURKEY PIE**
frozen, 800 g
pâte à la dinde
21613959_EA



\$5

**PC® CHICKEN
WONTON SOUP**
frozen
300 g
soupe won-ton au poulet
21565996_EA



7.99

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
pizza
21615467_EA



\$11

PC® BREADED SHRIMP
selected varieties, frozen
400/454 g
crevettes panées
20080117_EA/20135874_EA



\$14

**PC® HOLIDAY FEAST
TURKEY STUFFING
BURGERS**
frozen, 568 g
burgers à la farce de dinde
21547041_EA



14.99

PC® MEATBALLS
selected varieties, frozen
907 g
boulettes de viande
20503356_EA/20503111_EA



14.99

PC® CHICKEN WINGS
selected varieties, frozen
907 g
ailes de poulet
20708931_EA/20708932_EA



PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$6



PC® BRUSSELSLAW SALAD KIT
253 g
salade de choux de Bruxelles
21626132_EA

REFRESHING HOLIDAY PRICES

Holiday food comas are totally a thing. Take a break from heartier meals with fresh eats at low prices.



349



PC® HUMMUS
selected varieties
227 g
hummus
20584097_EA/20584212_EA



\$6

PC® NAAN DIPPERS
400 g
bouchées de pain Naan
20999700_EA



\$5

PC® PARADISE CRUNCH PEPPERS
454 g
poivrons Croc'paradis
21534092_EA



\$5

PC® CHOCOLATE CHIP BRIOCHE BREAD
400 g
pain Brioche aux brisures de chocolat
21607172_EA



\$6

PC® DOUBLE CREAM BRIE
200 g
brie double crème
20787327_EA



\$15

PC® THE ULTIMATE PORK RIB ROAST
1.1 kg
rôti de côtes de porc
21616767_EA



PC Optimum™ members can save up to 35% on home and auto insurance*



GET A QUOTE

*Conditions apply. Subject to change. For full details see www.pcinsurance.ca.



THE MOBILE SHOP
NOW THAT'S REWARDING.

BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



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



Deals from the past on select items.

The  **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.