

# DEALS DEALS DEALS FOR DAYS EVENT



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

**10 LB BAG**

**RUSSET POTATOES**  
product of Atlantic Provinces, Canada no. 1 grade  
pommes de terre  
20401020001 EA



**ONLY**  
**1.88**

**BROCCOLI CROWNS**  
product of Canada or U.S.A.  
each  
couronnes de brocoli  
21121540001 EA



**SAVE 20%**  
**.79** LB

**RUTABAGAS**  
product of Atlantic Canada, Canada no. 1 grade  
rutabagas  
1.74/kg  
20164563001 KG



**SAVE UP TO 49%**  
**.99** LB

**ACORN, BUTTERCUP,  
BUTTERNUT or  
SPAGHETTI SQUASH**  
product of Atlantic Canada  
each  
2.18/kg  
20317208001 KG/20223274001 KG

# DEALS DEALS DEALS FOR DAYS EVENT

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 24 TO WEDNESDAY, OCTOBER 30, 2024.



SAVE UP TO 43%

**3.99**

**500 G**

**NO NAME® BACON**  
regular or salt reduced  
bacon  
20150771 EA



SAVE 37%

**2.49**  
LB

**CHICKEN LEGS**  
back bone removed  
cuisses de poulet  
5.49/kg  
2012996, RD/20207114, RD



SAVE UP TO 33%

**6.99**

**LOU'S KITCHEN or LITTLE JUAN'S**  
**ENTRÉES** fully cooked  
300-400 g  
plats cuisinés  
20078077 EA



SAVE 34%

**3.47**

**RISTORANTE or CASA DI MAMA**  
**PIZZA**  
selected varieties, frozen  
320-410 g  
céréales  
20296100001 EA

**CAMPBELL'S**  
**TOMATO, CREAM OF**  
**MUSHROOM,**  
**CHICKEN NOODLE**  
**or**  
**VEGETABLE SOUP**  
284 mL  
20025  
20175214001 EA

SAVE 22%

**.77**



**POST CEREAL**  
selected varieties  
310-525 g  
céréales  
2022948 EA/21407214 EA

SAVE UP TO 47%

**2.79**



SAVE UP TO 37%

**1.88**



**CHRISTIE CRACKERS** 175-386 g or  
**CHRISTIE CRISPS** 145 g  
selected varieties  
croquettes  
21020647 EA/21167024 EA

SAVE UP TO 37%

**2.99**



**PC® FROZEN VEGETABLES**  
selected varieties  
300-750 g  
légumes surgelés  
21481363 EA/20189113 EA

**OASIS JUICE,**  
**DEL MONTE**  
**NECTAR**  
**or**  
**ARIZONA**  
**ICED TEA**  
selected varieties  
700 mL  
jus de nectar ou thé glacé  
20226722005 EA/20294117904 EA

SAVE UP TO 50%

**.99**



**evaporated**  
**milk**  
Simple

SAVE 49%

**\$1**



**NO NAME®**  
**EVAPORATED MILK**  
selected varieties  
354 mL  
lait évaporé  
2196010 EA/211040543 EA

**110 LOADS**

**100 LOADS**

SAVE UP TO 50%

**8.99**



**SUNLIGHT** 4 L or  
**PUREX** 4.08-4.43 L  
**LAUNDRY**  
**DETERGENT, FLEECY**  
**FABRIC SOFTENER** 200\*,  
selected varieties  
détergent ou assouplissant  
2008212061 EA/21407942 EA

Deals from the past on select items. †



SAVE UP TO 43%

**4.44**

**ARMSTRONG or**  
**PC® SHREDDED CHEESE** 250-320 g or  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21296240 EA/21346749 EA



Set low prices on select items.



**ALWAYS**  
**\$10**

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
sauceuses  
21561790, SA



**ALWAYS**  
**\$10**

**BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES**  
selected varieties, frozen  
994 g / 1.8 kg  
poulet pané ou boulettes ou bœuf haché maigre ou hors-d'œuvre  
21373692, SA



**ALWAYS**  
**\$10**

**SURAJ® BASMATI RICE**  
3.63 kg  
riz basmati  
20839921, SA



**3.99**  
LB/EA

**RED or GREEN SEEDLESS GRAPES**  
8.80/kg, product of U.S.A., no. 1 grade or  
**PINEAPPLE** each, product of Costa Rica  
résins rouges ou verts sans pépins ou entiers  
30423773001, KG/20140992001, KG

**DEALS  
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**BRUSSELS SPROUTS** product of Canada or  
**ROMA TOMATOES**  
product of Canada or Mexico, no. 1 grade  
choux de Bruxelles ou tomates roma  
6.59/kg  
30036153001, KG/20143381001, KG

**2.99**  
LB



**2 LB BAG**

**PKG OF 5**

**AVOCADOS** product of Mexico or  
**FARMER'S MARKET™ MANDARINS**  
product of South Africa or Chile  
avocats ou mandarines  
30142222001, EA/20099819001, EA

**4.99**



**6 OZ CLAMSHELL**

**BLACKBERRIES** product of U.S.A. or Mexico or  
**RASPBERRIES** product of U.S.A. or Mexico, no. 1 grade  
mirras ou framboises  
30031015001, EA/20128708001, EA

**3.99**



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



**GROWN IN CANADA** **680 G**  
**3.99**  
**PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
petites pommes de terre  
204700001, EA



**GROWN IN CANADA** **PKG OF 11**  
**4.99**  
**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada  
mini courcoubes  
201047001, EA



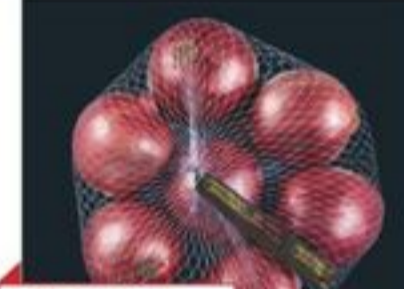
**5 LB BAG**  
**4.99**  
**CAULIFLOWER**  
product of Canada or U.S.A., no. 1 grade or  
**STEW PACK**  
product of Canada, Canada no. 1 grade  
chou-fleur or légumes pour végétal  
201047001, EA



**2.99**  
LB  
**GREEN PEPPERS**  
product of U.S.A.  
poivrons verts  
200000001, EA



**PKG OF 3**  
**4.49**  
**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Canada or Mexico  
courcoubes anglaises ou  
poivrons doux  
201047001, EA



**GROWN IN CANADA** **3 LB BAG**  
**3.99**  
**FARMER'S MARKET™ RED ONIONS**  
product of Canada, Canada no. 1 grade  
oignons rouges  
201047001, EA



**4 LB BAG**  
**3 LB BAG**  
**5.99**  
**FARMER'S MARKET™ PAULA RED or GRAVENSTEIN APPLES**  
product of Alberta, Canada, Canada fancy  
or **MAVEL ORANGES**  
product of South Africa  
pommes ou oranges suaves  
201047001, EA



**GROWN IN CANADA** **2 LB CLAMSHELL**  
**5.99**  
**FARMER'S MARKET™ GRAPE TOMATOES**  
product of Canada  
tomates grappes  
201047001, EA



**3.49**  
**LARSEN WIENSERS**  
375 g  
saucisettes fumées  
21073445, EA



**3.99**  
**LILYDALE TURKEY BREAKFAST SAUSAGES**  
375 g  
saucisettes à déjeuner de dinde  
20178401, EA



**5.77**  
LB  
**LEAN GROUND BEEF AND PORK**  
fresh  
mélange de bœuf et  
porc hachés maigres  
12.72/kg  
20862006, KG



**3.50**  
**ZIGGY'S™ SLICED MEAT**  
selected varieties  
175/200 g  
viandes tranchées  
21189201, EA  
21190487, EA



**3.49**  
**D'ITALIANO BREAD BUNS** 275 g or  
buns 4-15'  
selected varieties  
pain ou petits pains  
20100021, EA/20021008, EA



**4.50**  
**FARMER'S MARKET™ LOAF CAKES**  
selected varieties  
346-390 g  
gâteaux quatre-quarts  
201047001, EA/21421157, EA



**6.99**  
**SEAQUEST™ COLOSSAL RAW WHITE SHRIMP**  
1.5-20 per lb, 300 g or  
**FROZEN BAY SCALLOPS**  
400 g  
crevettes ou palourdes  
210807, EA/21180007, 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.

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SAVE UP TO 35%  
**4.99**

**CHAPMAN'S YUKON 6's or PREMIUM ICE CREAM 2L**  
selected varieties, frozen  
crème glacée  
20323573001 EA/21012383 EA



ALWAYS  
**\$4**

**PC® SINGLE SERVE ENTRÉES**  
selected varieties, frozen  
212-365 g  
plats cuisinés  
20309689 EA/2031253001 EA

SAVE 22%  
**4.99**

**BURNBRAE NESTLAID OMEGA 3 EGGS** 17's  
21069384001 EA



**KD ORIGINAL**  
200 g  
21549526 EA  
**1.25**

**MCCAIN CAKES 340/510 g, NESTLE CONFECTIONARY DESSERT 1.5 L or NOVELTIES 4-10's**  
selected varieties, frozen  
gâteaux ou dessert de confiserie ou friandises glacées  
20310132001 EA/20324737003 EA

**5.49**



**MADE GOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES**  
selected varieties  
110-150 g  
barres granola ou biscuits ou minis ou carrés ou bouchées  
21157621 EA/21352131 EA

**3.49**



**LINDT EXCELLENCE CHOCOLATE BAR**  
selected varieties  
80/100 g  
barres de chocolat  
20313327001 EA/20313527005 EA

**3.79**



**NO NAME® CANOLA or VEGETABLE OIL**  
selected varieties  
946 ml  
huile de canola ou végétale  
20088990 EA

**4.99**



**STAGG CHILI**  
selected varieties  
425 g  
chili  
20091906 EA

**2.49**



**PC® ORGANICS 100% CRANBERRY JUICE**  
946 ml  
jus de canneberges biologique  
20076491 EA

**ORGANIC 8.99**



**11.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
24x355 mL  
boissons gazeuses  
20306687003 CA/20308197001 CA



**5.99**

**NO NAME® NAPKINS**  
500's  
serviettes  
20306817 EA



**8.99**

**NO NAME® CAT LITTER**  
selected varieties  
18 kg  
litière pour chats  
20377169002 EA



**16.99**

**TIDE PODS 37/43/32'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  
21249709 EA/21352884 EA

APP EXCLUSIVE OFFER\*

Optimum  
**6,000**

**\$6 Value**

when you spend \$20\* or more on Coca-Cola soft drinks

all sizes and varieties  
Offer inclusive of select brands across Coca-Cola including Coke, Monster, Nestea, Powerade, Body Armor, Canada Dry, Aha, Fruitopia, Smart Water, Glaceau

20318694002\_C12/2013046002\_C12/20938349 EA



# DEALS DEALS DEALS FOR DAYS EVENT

**SAVE 40%**  
**2.99**



**MCCAIN SUPER FRIES**  
or **SPECIALTY FRIES**  
selected varieties, frozen  
454-750 g  
frites  
2012428002 SA

**PC® FROZEN  
FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
20112227 SA/21277941 SA



**ONLY  
3.99**

**TROPICANA  
ORANGE JUICE** or  
**BEVERAGES** or  
**OASIS**  
**SMOOTHIES** or  
**BEVERAGES**  
selected varieties  
1.36-1.75 L  
jus ou boissons  
21622130 SA



**ONLY  
3.49**



**3.79**

**GREEN GIANT  
VEGETABLES**  
selected varieties, frozen  
400-750 g  
légumes  
21120290 SA/21020293 SA



**3.49**

**EGGO WAFFLES** 6" x  
**THICK AND FLUFFY**  
6" x or **PILLSBURY  
TOASTER  
STRUDEL** 238 g  
selected varieties  
gâteaux ou pâtisseries  
2117264001 SA/21020277 SA



**13.99**

**PC® ROAST AND  
GROUND COFFEE**  
800-930 g or **PODS** 30"  
selected varieties  
café torréfié et moulu ou capsules  
21036877 SA/21036878 SA



**3.49**

**SCOTSBURN  
SOUR CREAM**  
selected varieties  
500 mL  
crème sure  
21121042 SA



**4.49**

**NO NAME®  
PEANUT BUTTER**  
selected varieties  
1 kg  
beurre d'arachide  
2020490001 SA/21420245 SA



**5.99**

**HIGH LINER  
FAMILY  
FAVOURITES FISH** or  
**SHRIMP**  
selected varieties, frozen  
330-700 g  
poisson ou crevettes  
2020430001 SA/2027219004 SA



**.99**

**NO NAME®  
TUNA**  
selected varieties  
85/170 g  
thon  
20111042 SA



**2.99**

**OCEAN'S  
WHITE TUNA**  
170 g or  
**GOLD SEAL  
PINK SALMON**  
213 g  
selected varieties  
thon ou saumon  
21020274 SA



**3.49**

**MARIO'S  
CORNED BEEF** or  
**COOKED HAM**  
340 g  
bœuf salé ou jambon cuit  
21220412 SA



**7.29**

**STOK** or  
**STARBUCKS  
ICED COFFEE**  
selected varieties, refrigerated  
1.18/1.42 L  
café glacé  
20121027 SA/21021028 SA



**1.69**

**COCA-COLA** or  
**PEPSI SOFT  
DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
20204202 SA  
2011402004 SA



**1.89**

**BETTY CROCKER  
SUPER MOIST  
CAKE MIX**  
375/404 g or  
**FROSTING**  
340/450 g  
selected varieties  
mélange à gâteau ou glaçage  
2020410004 SA/21104104 SA



**2.99**

**OASIS JUICE,**  
**ARIZONA  
ICED TEA DRINK  
BOXES** 4x300 mL or  
**ALLEN'S  
CRANBERRY  
COCKTAIL** 1.59 L  
selected varieties  
jus ou thé glacé ou cocktail  
2012110002 SA/21021004 SA



**2.99**

**EAGLE BRAND  
SWEETENED  
CONDENSED  
MILK**  
selected varieties  
300 mL  
lait condensé sucré  
21073418 SA

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.

**OCTOBER**

**HIT  
OF THE  
MONTH**



**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



**Optimum**  
Members-Only Price  
**\$2.50**  
Non-Members  
**\$3.00**

**No Name flour,**  
selected varieties, 2.5kg  
20013256\_EA



**Swanson Meat Pies,**  
selected varieties, 200g

Limit: 6, over limit retail \$2.50  
20320525001\_EA/20320525002\_EA



**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.



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.

# 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.

# GET FLYER TO YOUR EMAIL.

**STRAIGHT TO YOUR EMAIL**  
Scan the QR code to sign up.

**STRAIGHT TO YOUR PHONE**  
Text "OFFER" to 374557 (FRILLS)\*



\*Standard message and data rates may apply.

†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.

NF MKT