

# DEALS DEALS DEALS FOR DAYS EVENT



**.99**

**CLOVER LEAF  
LIGHT TUNA**  
selected varieties, 170 g  
20018117001\_EA



**.99**

Optimum  
**350**

**35¢**  
Value

**ALLEN'S FRUIT COCKTAIL or  
COCA-COLA**  
selected varieties  
1 L  
20299076002\_EA/20299050\_EA/20307424001\_EA

# DEALS DEALS DEALS FOR DAYS EVENT

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 17 TO WEDNESDAY, OCTOBER 23, 2024.



**SAVE 50%**  
**2.49**  
LB

**PORK COMBO CHOP**  
fresh, bone-in  
5.49/kg  
2017493, KG  
**WHILE QUANTITIES LAST**

**SAVE 45%**  
**5.99**



**JANES PUB STYLE BREADED CHICKEN or TURKEY**  
selected varieties, frozen  
600/700 g  
2111123, EA



**500 G**

**WOW!**  
**4.99**

**NO NAME® BACON**  
regular or salt reduced  
20134771, EA



**SAVE UP TO 52%**  
**1.88**  
LB

**GREEN or RED SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
4.14/kg  
20423775001, KG/20139199001, KG



**SAVE 43%**  
**3.97**

**JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
20303844, EA



**SAVE UP TO 20%**  
**5.99**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP** 30-45 per lb, 300 g or **BAY SCALLOPS** 400 g  
frozen  
21042863, EA/21038207, EA



**ONLY**  
**1.50**

**HEINZ BEANS or PASTA**  
selected varieties  
375 mL  
700402380003, EA/20177278001, EA



**SAVE 28%**  
**1.99**

**CHRISTIE COOKIES**  
selected varieties  
224-303 g  
21038407, EA/21341508, EA



**1,000<sup>pkts</sup>**  
**SAVE 53%**  
**5.99**

**HERSHEY'S ASSORTED CHOCOLATE**  
selected varieties, 50's  
21038274, EA  
**WHILE QUANTITIES LAST**



**ONLY**  
**2.29**

**NO NAME® WHITE VINEGAR**  
4 L  
20140734, EA



**SAVE 35%**  
**8.99**

**QUALITY BASMATI RICE**  
3.43 kg  
20197295, EA



**SAVE UP TO 43%**  
**12.99**

**ROYALE BATHROOM TISSUE or ROYALE TIGER TOWELS**  
selected varieties  
21038201, EA/21040474, EA



**ONLY**  
**13.99**

**908 G**  
**DAN-D PAK CASHEWS**  
selected varieties  
20140600, EA

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

[nofrills.ca](https://www.nofrills.ca)

01 NFW

# HAPPY DIWALI



SAVE 25%

14<sup>29</sup>

## SHER DURUM ATTA

9.07 kg  
20657367\_EA



SAVE 25%

19<sup>99</sup>

## NANAK DESI GHEE

1.6 kg  
20181744\_EA



SAVE UP TO 48%

1<sup>29</sup>

## SHANA VEGETABLES

selected varieties, frozen  
300 g  
20753995\_EA

# DEALS DEALS DEALS FOR DAYS EVENT

**GROWN IN CANADA** 

**1.99**  
LB

**ROMA TOMATOES**  
product of Canada, Canada no. 1 grade  
4.39/kg  
20143281001 EA



**3.99**

**CAULIFLOWER**  
product of Canada or U.S.A., no. 1 grade  
20133277001 EA



**4.99**

**1 LB  
CLAMSHELL**

**STRAWBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
2004877001 EA



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
20142222001 EA



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



**.99**  
LB

**ACORN, BUTTERCUP,  
BUTTERNUT or  
SPAGHETTI SQUASH**  
product of Western Provinces  
2.18/kg  
2023274001 EA/20232819901 EA



**6.99**

**FARMER'S MARKET™  
MCINTOSH or  
SPARTAN APPLES**  
product of Western Provinces,  
Canada fancy grade or  
**MANDARINS**  
product of South Africa or Peru  
2023280001 EA/2023280001 EA/20044941001 EA



**\$7**

**20 LB BAG**

**NO NAME®  
NATURALLY IMPERFECT™  
RED - RUSSET POTATOES**  
product of Western Provinces,  
Canada no. 2 grade  
20044827001 EA/20101017001 EA



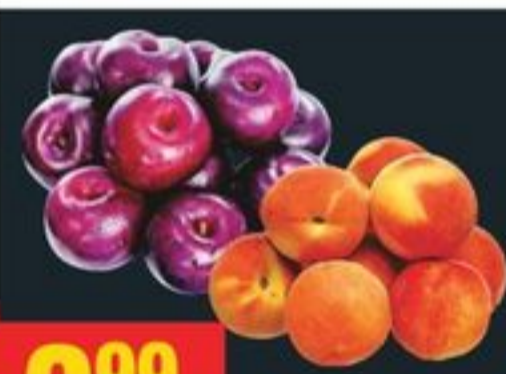
**1.99**  
LB

**BARTLETT PEARS**  
product of U.S.A., extra fancy grade  
4.39/kg  
2017208001 EA



**2.99**  
LB

**BRUSSELS SPROUTS**  
product of Canada or U.S.A.  
6.29/kg  
2020415001 EA



**2.99**  
LB

**YELLOW PEACHES or  
BLACK PLUMS**  
product of U.S.A., no. 1 grade  
6.99/kg  
2020415001 EA/20201130001 EA



**.99**  
LB

**GREEN CABBAGE**  
product of Western Provinces,  
Canada no. 1 grade  
2.18/kg  
20179204001 EA



**4.99**

**EAT SMART SWEET KALE  
SALAD or TAYLOR FARMS  
CHOP SALAD KITS**  
selected varieties, product of U.S.A.  
313-383 g  
200474110 EA/21320109 EA



**5.99**

**425 G**

**MANN'S  
SNAP PEAS**  
product of U.S.A.  
9048101 EA

**MANN'S  
FAMILY  
FAVORITES**  
Stringless,  
Sugar Snap Peas  
1/2 cup (snap peas)  
with oil



**GROWN IN CANADA** 

**454 G**

**PC® WHOLE  
CREAM™ WHITE  
MUSHROOMS**  
product of Canada  
9048101 EA



**4.99**

**3 LB BAG**

**FARMER'S MARKET™  
RED ONIONS**  
product of Western Provinces,  
Canada no. 1 grade  
201010001 EA



**4.99**

**3 LB BAG**

**FARMER'S MARKET™  
NAVEL ORANGES**  
product of South Africa  
200481001 EA



**4.99**

**PKG OF 4**

**FARMER'S  
MARKET™ MIXED  
SWEET PEPPERS**  
product of Canada or Mexico  
201010001 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.

# DEALS DEALS DEALS FOR DAYS EVENT



**\$8**

**PC® BLUE MENU®  
GROUND CHICKEN or  
MINCED TURKEY or SUFRA®  
HALAL LEAN GROUND CHICKEN**  
454 g  
21100091, EA/21100092, EA



**\$10**

**MARINATED CHICKEN  
BREASTS, THIGHS or LEGS**  
selected varieties  
500-900 g  
21406874, EA



**CLUB  
SIZE**

**LILYDALE TURKEY  
BREAKFAST SAUSAGES 375 g or  
BREAKFAST BEEF & PORK  
SAUSAGE 8.80/kg**  
selected varieties  
20178401, EA/20682878, KG

**3.99**  
LB/EA



**2.99**

**YELLOWFIN TUNA STEAKS 92 g,  
SEAQUEST® FLAVOURED ALASKA POLLOCK,  
ready to eat 227 g or GO SHRIMP RAW 31/70 per lb. or  
COOKED 61/70 per lb., 100 g, frozen**  
21181949, EA/21204071, EA



**\$6**

**SEAQUEST® FROZEN FISH FILLETS**  
400 g  
20206114, EA/21214740, EA



**5.99**

**SCHNEIDERS JUICY JUMBOS or  
SMOKED SAUSAGES**  
selected varieties  
375-450 g  
20105611, EA



**9.88**  
LB

**BONELESS  
BEEF STEW**  
21.78/kg  
20106117, KG



**\$14**

**PC® BURGERS**  
selected varieties, frozen  
1.02-1.26 kg  
20941230, EA/20941443, EA



**2.99**

**PC® DIPS 227 g or  
ZIGGY'S® FRESH PASTA 350 g**  
selected varieties  
20344212, EA/21211048, EA



**3.50**

**ZIGGY'S® SLICED  
DELI MEAT**  
selected varieties  
175/300 g  
21290490, EA/21290461, EA



**\$10**

**ZIGGY'S® SLICED  
DELI MEAT**  
selected varieties  
400 g  
21290414, EA



**2.49**

**NO NAME®  
BAGELS or  
ENGLISH MUFFINS**  
selected varieties  
61 g  
202997, EA/21210174, EA



**2.49**

**WONDER  
BREAD BUNS 170 g or  
selected varieties**  
202997, EA/21210174, EA



**\$5**

**FARMER'S MARKET®  
COOKIES**  
selected varieties  
175 g  
202997, EA



**7.79**

**THE STELLE  
CHEESE TWIN PACK**  
selected varieties, 225/240 g or  
MOZZARELLA  
BALL 340 g  
202997, EA/21210174, EA



# DEALS DEALS DEALS FOR DAYS EVENT

**ONLY**  
**4.99**

**GIUSEPPE THIN or RISING CRUST PIZZA**  
selected varieties, frozen  
439-783 g  
21104361 EA



**SAVE 28%**  
**2.49**

**MCCAIN FRIES**  
selected varieties, frozen  
800 g  
21521173 EA



**700 G**

**ONLY**  
**8.79**

**NO NAME® CHEESE**  
selected varieties  
20972773 EA



**3.33**

**DANONE ACTIVIA or DANINO KIDS DRINKABLES YOGURT**  
selected varieties  
3022212202 EA/21120253 EA



**4.99**

**ALFA PUFF PASTRY**  
selected varieties  
850 g  
21409188 EA



**5.49**

**LACTANTIA LACTOSE FREE or PURIFILTRE MILK**  
selected varieties  
2 L  
2020182201 EA  
21424991 EA



**2.69**

**YOPLAIT SOURCE 630 g, PROTEIN 4%, MINIGO 6% or TUBES 8% YOGURT**  
selected varieties  
2129121801 EA/21347981 EA



**3.49**

**EGGO WAFFLES 8% THICK AND FLUFFY or PILLSBURY TOASTER STRUDEL**  
selected varieties  
2017744401 EA/20200779 EA



**13.99**

**PC® WHOLE BEAN COFFEE 820/907 g or TIMOTHY'S PODS 30%**  
selected varieties  
21422253 EA/21212253 EA



**1.69**

**CLOVER LEAF LIGHT TUNA 83 g or BRUNSWICK FILLETS 92/100 g**  
selected varieties  
21220221 EA



**2.29**

**BETTY CROCKER POTATOES**  
selected varieties  
141-212 g  
20992182 EA



**2.29**

**CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or HABITANT 750 mL SOUP**  
selected varieties  
21499201 EA/21488447 EA



**11.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
34x333 mL  
20200901 EA/20200901 EA

## BETTER AS A MEMBER

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points.

**Earn\***  
**3,000 pts**  
**\$3 value**

for every \$10\* spent on Häagen-Dazs ice cream tubs 414-450 mL or novelties 3/4% selected varieties, frozen 21328979 EA/21313287 EA



**Earn\***  
**\$4 value**  
**4,000 pts**

for every \$12\* spent on Oasis Health Break, Smoothie, Fruite or Del Monte juice blends selected varieties, refrigerated 1.5-2.5 L 21329910 EA/21319573 EA



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.



CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



Be your own boss and become a member.



**OCTOBER**

**HIT  
OF THE  
MONTH**



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

selected varieties

20078139\_EA/21391610\_EA



**No Name flour,  
selected varieties, 2.5kg**

20013256\_EA



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

20320525001\_EA/20320525002\_EA



**Dom Smoked Steelhead Salmon,  
50g, Frozen**

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.

See in store for details.

# DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 34%

**5<sup>89</sup>**

**BLACK DIAMOND CHEESTRINGS** 16's or **STICKS** 12's  
selected varieties  
3076361, EA/2096474, EA



SAVE 23%

**.99**

**UNICO TOMATO PASTE**  
156 mL  
30000127, EA

**CRAVE DINNER ENTREES** 200-340 g or  
**KRAFT DELUXE MAC & CHEESE** 340 g  
selected varieties, frozen  
2108515, EA/2155329, EA

ONLY

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



**QUAKER CRISPY MINIS or RICE CAKES**  
selected varieties  
90-199 g  
2014320004, EA  
3033007001, EA

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



**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g/1.3 kg  
2067299, EA

1,000<sup>+</sup>

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



**POGO**  
frozen  
20's  
3006224002, EA

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



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

**CATELLI PASTA**  
375-500 g or  
**UNICO SAUCE** 680 mL  
selected varieties  
30115642002, EA/3033657902, EA



**SANPELLEGRINO or PERRIER SPARKLING WATER**  
selected varieties  
750 mL/1 L  
20182964001, EA/21577878, EA

**\$2**



**HELLMANN'S REAL MAYONNAISE**  
selected varieties  
340/445 mL  
3000622001, EA/21518401, EA

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



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

**TEMPTATIONS CAT TREATS**  
454 g or  
**FRISKIES DRY CAT FOOD**  
1.4-1.5 kg  
selected varieties  
014422001, EA/0101010, EA



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

**BENEFUL DRY DOG FOOD**  
1.6/1.8 kg,  
**PEDIGREE DENTASTIX DOG TREATS** 500-600 g or  
**MARROBONE** 1.9 kg  
selected varieties  
303399001, EA/2108100, EA



**10<sup>49</sup>**

**PURINA ONE DRY DOG FOOD**  
1.72/1.81 kg or  
**MILKBONE SOFT & CHEWY DOG TREATS** 704 g  
selected varieties  
3007807, EA/3011087, EA



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

**CESAR MULTIPACK WET DOG FOOD**  
selected varieties  
12x100 g  
3004229, 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\*  
**4,000<sup>pts</sup>**

**\$4**  
value

for every \$10\* spent on Kellogg's family size cereal 480-650 g selected varieties, Kellogg's will donate \$2 to PC® Children's Charity  
21430748\_EA/21430753, EA





# DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 28%  
**4.99**

**PREMIUM ICE CREAM** 2L or  
**CHAPMAN'S YUKON NOVELTIES** 5-6's  
selected varieties, frozen  
20223573001, EA/21012283, EA



SAVE 42%  
**1.89**

**I CAN'T BELIEVE IT'S NOT BUTTER!**  
**MARGARINE**  
427 g  
2006749001, EA

**HUNGRY-MAN ENTRÉES** 360-455 g or  
**HEALTHY CHOICE GOURMET STEAMERS** 269-298 g  
selected varieties, frozen  
20296014002, EA/20218614004, EA

SAVE UP TO 36%  
**3.99**

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



**3.79**

**TIM HORTONS COFFEE CREAMER**  
selected varieties  
750 mL  
21541914, EA/21541919, EA



**6.49**

**TIM HORTONS ROAST AND GROUND COFFEE** 300 g or  
**PODS** 10/12's  
selected varieties  
20902294, EA



**7.99**



**.84**

**COLGATE TOOTHPASTE**  
32-95 mL or  
**MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
20296014002, EA/21012283, EA



**1,000**

**\$3**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
20296014002, EA



**3.50**

**ARMOR ALL WINDSHIELD WASHER FLUID**  
-40°C  
3.78 L  
21012283, EA



**3.99**

**NIVEA BODY WASH** 300 mL,  
**DEODORANT ROLL-ON** 50 mL or  
**ANTIPERSPIRANT** 110/120 g  
selected varieties  
20296014002, EA/21012283, EA



**1.49**

**COMET CLEANING POWDER** 400 g or  
**SOS SCRUBBING PADS** 10's  
20296014002, EA



**1,000**

**5.99**

**LYSOL DISINFECTANT WIPES** 75/94 L or  
**DISINFECTANT SPRAY** 330 g  
selected varieties  
20296014002, EA/21012283, EA



**\$6**

**NO NAME® GARBAGE BAGS**  
selected varieties  
20296014002, EA



**8.99**

**DAWN LIQUID DISH DETERGENT**  
selected varieties  
2.27/2.84 L  
21012283, EA



**3.99**

**OLD DUTCH LAUNDRY DETERGENT**  
4 L  
21012283, EA



**10.99**

**ROYALE FACIAL TISSUE**  
12x100 sheets  
21012283, EA



**15.99**

**TIDE PODS** 31/43/22's  
**LAUNDRY DETERGENT**,  
**DOWNY™ GAIN FABRIC SOFTENER**  
4.54 L or  
**SCENT BOOSTERS** 480 g  
selected varieties  
20296014002, EA



**24.99**

**TIDE LAUNDRY DETERGENT POWDER**  
4.7 kg  
21012283, EA

# DEALS ON BABY ESSENTIALS

**Pampers Econo Pack Diapers**  
 selected varieties  
 size N-8  
 58-130's  
 21551523 EA

**Huggies Econo Pack Diapers**  
 selected varieties  
 size N-8  
 68-168's  
 21454633 EA

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

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

**Huggies or Pampers 3X Baby Wipes**  
 selected varieties  
 112-216's  
 20288004 EA

**Gerber Infant Cereal**  
 selected varieties  
 227 g  
 2028829607 EA/21025498 EA

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

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

**PC® Diaper Pail Refill**  
 270's  
 21307514 EA

**\$5**

**PediaSure Complete**  
 selected varieties  
 4x235 mL  
 20223414001 EA/20223414002 EA

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

**Entagrow A+ Toddler Nutritional Supplement**  
 selected varieties, 907 g  
 21407931 EA/21407971 EA

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

## 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\*

**10,000** pts

**\$10** value

for every \$40\* spent on Huggies diapers or wipes

all varieties and sizes  
 21371309\_EA

**HUGGIES simply clean**  
 FRAGRANCE FREE  
 Great for baby's hands, face, bottom  
 DO NOT FLUSH  
 7.66 Litre - 19.5 Litre Bin

**HUGE VALUE**  
 grande valeur  
 enorme valor

**704**  
 Huggies Simply Clean

# HAPPY HALLOWEEN

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

**NESTLÉ ASSORTED CANDY BARS 50's**  
or **KIT KAT SPOOKY FRIENDS 40's**  
selected varieties  
2157068 EA



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

**MONDOUX MEGA GRAB CANDY BAG**  
1.5 kg  
21431401 EA



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

**ROCKETS CANDY ROLLS**  
1 kg  
21329366 EA



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

**DARE REAL FRUIT**  
50's  
21430441 EA



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

**KINDER SURPRISE 100 g**  
**CARNABY SWEET HALLOWEEN**  
**KISSES or CARAMELS** 600/700 g  
selected varieties  
20963318 EA/20969203 EA



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

**KINDER CHOCOLATE MINI or BUENO MINI**  
selected varieties  
55's  
21588295 EA



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

**NESTLÉ MINI BARS**  
100's  
21395123 EA



**7<sup>49</sup>**

**RICE KRISPIES MINI HALLOWEEN BAR**  
440 g  
20795842 EA



**7<sup>49</sup>**

**BETTY CROCKER HALLOWEEN MONSTER MASH FRUIT SNACKS**  
635 g  
21294183 EA

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Earn\*  
**10,000<sup>pts</sup>**

for every \$25\* spent on  
Maynards candy or Cadbury chocolate  
selected varieties, 90's  
20886737\_EA/20891582/EA

**\$10**  
value



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF NFW

# HAPPY DIWALI

PKG OF 3

**1.99**  
EA/LB

**BUNCH SPINACH**  
each, product of Canada or U.S.A.  
**LONG EGGPLANT** 4.39/kg or  
**METHI** each, product of U.S.A.  
3013949901, EA/20139812001, 30120143840001, EA

**.99**  
EA/LB

**CILANTRO** each, product of Canada, U.S.A. or Mexico.  
**DAIKON** 2.18/kg or  
**ROOSTER GARLIC**  
product of China  
30091823001, EA/30090109901, 30

**GROWN IN CANADA**

**1.49**

**BUNCH MINT**  
product of Canada  
30139334001, EA

**3.99**  
LB

**OKRA**  
product of U.S.A.  
8.80/kg  
30091363001, 30

**MOTHER'S MAGIC HIMALAYAN PINK ROCK SALT**  
2 kg  
3132791, EA

**6.99**



**GOLDEN TEMPLE® DURUM ATTA**  
selected varieties  
9 kg  
30312711002, EA

**17.99**



**TRE STELLE PANEER**  
330 g  
3109928, EA

**4.49**



**HALDIRAM'S SAMOSAS or ALOO TIKKI**  
selected varieties, frozen  
420-500 g  
3071943, EA

**5.99**



**NANAK GULAB JAMUN**  
508 g  
3043617, EA

**6.99**



**QUAKER OATS**  
selected varieties  
900 g / 1 kg  
3032313001, EA/3032313002, EA

**2.99**



**CRISPY ROTI**  
Original  
Original

**2.99**

**CRISPY ROTI**  
selected varieties  
15's  
31195407, EA



**\$5**

**SURAJ® NAAN**  
selected varieties  
10's  
30342361, EA

**MAGGI SAUCE**  
selected varieties  
340 ml  
30667724, EA

**2.99**



**PROUD TO SUPPORT THE GROWTH OF CRICKET IN CANADA**



**NOFRILLS**  
OFFICIAL GROCERY PARTNER

**BETTER AS A MEMBER**

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing.

Earn\*

**10,000** pts

**\$10**  
value

October 17-23, 2024

for every \$100\* spent on Retail Therapy gift cards



\* Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Retail Therapy gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.

# 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.

# 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](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).

ONLINE NFW MKT