

DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 66%

1.99

HONEYDEW product of U.S.A. or
CANTALOUPE product of U.S.A., no. 1 grade
melonnet ou cantaloup
30167017001_EA/20045179001_EA



SAVE 46%

.68 LB

ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes Gala
1.50/kg
21160658001_KG



ONLY
8.88

**APPROX. 9 LB
CASE**

RED MANGOES
product of Brazil
mangue rouge
21047847_EA

WHILE QUANTITIES LAST



**GROWN IN
CANADA** 🇨🇦

1.99

PKG OF 2

GEN V BOSTON LETTUCE
product of Canada
laitue boston
20686537_EA

DEALS DEALS DEALS FOR DAYS EVENT

NOFRILLS

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



SAVE 51%
5.88

JANES
Pub Style
Breaded Chicken Strips
7 COOKED
18 CHICKEN STRIPS
MADE WITH WHITE MEAT

JANES PUB STYLE BREADED CHICKEN
selected varieties, frozen
700 g
poisot ou dinde point
21191828 SA



WOW!
1.99
LB

PORK HALF LOIN
fresh, boneless, cryovac package
demi longe de porc
4.39/kg
20354787 R3

WHILE QUANTITIES LAST



ONLY
4.99

SEAQUEST
36-45/lb
Pacific White Shrimp
Crevettes blanches du Pacifique
RAW - CRISPS

SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP
selected varieties, frozen
36-45 per lb, frozen
300 g
crevettes
21043385 SA/21044927 SA



SAVE 44%
3.88

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
20143358 SA



SAVE 40%
.88

ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
jus de pomme
20207424001 SA



SAVE 28%
1.99

CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
21358407 SA/213581508 SA



SAVE 34%
1.49

NO NAME® WHITE VINEGAR
club size 4 L
vinaigre blanc
30192736 SA



SAVE 53%
5.99

HERSHEY'S ASSORTED CHOCOLATE
selected varieties
50's
chocolat varié
21328274 SA

WHILE QUANTITIES LAST

1,000 Value



SAVE UP TO 47%
11.99

ROYALE BATHROOM TISSUE or ROYALE TIGER TOWELS
selected varieties
papier hygiénique ou essuie-tout
21278232 SA/21484704 SA



SAVE 35%
8.99

QUALITY BASMATI RICE
3.63 kg
riz basmati
20787290 SA



SAVE 25%
11.99

DAN-D PAK CASHEWS
selected varieties
noix de cajou
201484003 SA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

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

01 NFO

DEALS DEALS DEALS FOR DAYS EVENT



.99

CLOVER LEAF LIGHT TUNA 85/170 g or **BRUNSWICK SARDINES** 92/100 g
selected varieties
thon pâle ou sardines
2019426000 EA/20173083 EA



.99

HEINZ BEANS or PASTA
selected varieties
398 mL
lèves ou pâtes
2004028000 EA/2017739006 EA



.99

350^{ml} **35¢ Value**
COCA-COLA
selected varieties
1 L
boissons gazeuses
20299076002 EA/20299050 EA



.99 **LB**

TOMATOES ON THE VINE
product of U.S.A., Mexico or Canada
tomates sur vigne
2.18/kg
2002670001 KG



2.99
LB

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins verts ou rouges sans pépins
6.59/kg
3043377001 EA/20139199001 KG

DEALS DEALS DEALS FOR DAYS EVENT



PKG OF 5 OR 6

3.99

AVOCADOS
product of Mexico or
CAULIFLOWER
product of Canada or U.S.A.,
no. 1 grade
avocats ou chou-fleur
30133377001 EA/20142332001 EA



3.99

1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A. or Mexico, no. 1 grade
Fraises
30049778001 EA



ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
concombre anglais
30091722001 EA

1.29



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



1.99
LB

BARTLETT or BOSCH PEARS
product of Ontario, Canada fancy grade
poires
4.39/kg
3017234001 KG/30287913001 KG



2.99

3 LB BAG

FARMERS MARKET CARROTS or YELLOW ONIONS
product of Ontario, Canada no. 1 grade
carottes ou oignons jaunes
30400707001 EA/3001194001 EA



2.99

6 OZ CLAMSHELL

RASPBERRIES
product of U.S.A. or Mexico, no. 1 grade
framboises
30139199001 EA



3.99

454 G

PC WHOLE CREMINI or WHITE MUSHROOMS
product of Ontario
Champignons cremini ou blancs entiers
30791575 EA/30793871 EA



4.99

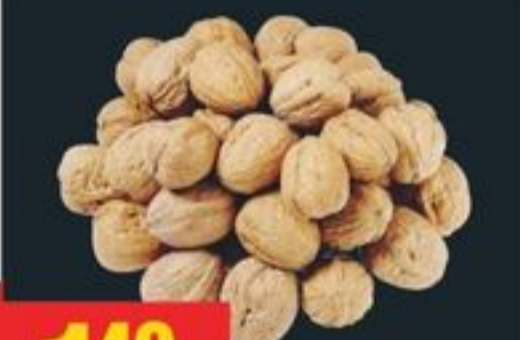
10 LB BAG

RED, WHITE, YELLOW or RUSSET POTATOES
product of Ontario, Canada no. 1 grade
pommes de terre
30401813001 EA / 30400979001 EA



.79
LB

GREEN CABBAGE
product of Ontario, Canada no. 1 grade
chou vert
1.74/kg
30179324001 KG



1.49
LB

JUMBO WALNUTS
product of U.S.A.
noix gigantes
3.38/kg
3013389001 KG



1.99

BROCCOLI CROWNS
product of Canada or U.S.A.
march
couronnes de brocoli
3113164001 EA



3.99

3 LB BAG

FARMERS MARKET RED ONIONS
product of Ontario,
Canada no. 1 grade
oignons rouges
3011422001 EA



3.99

PKG OF 4

FARMER'S MARKET SWEET PEPPERS
product of Canada or Mexico
piments
3011728001 EA



\$4

2 LB BAG

FARMER'S MARKET LEMONS
product of South Africa
citrons
3079219001 EA



6.99

4 LB BAG

FARMER'S MARKET MANDARINS
product of South Africa
mandarines
3042422001 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



\$12

PC® BONELESS SKINLESS CHICKEN THIGHS, SPLIT CHICKEN WINGS or BREAST CUTLETS
fresh
hauts de cuisse ou ailes de poulet séparées ou escalopes de poulet
2166204 SA



7.99
LB

EXTRA LEAN GROUND BEEF
fresh
boeuf haché
17.61/kg
20337910 SA



6.99

LILYDALE TURKEY DINNER SAUSAGES
selected varieties
500 g
saucisses de dinde à repas
2104934 SA

2.99

SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat 227 g or
GO SHRIMP RAW \$1.70 per lb. or
COOKED \$1.90 per lb., 160 g
golberge ou crevettes
2046223 SA/2100075 SA



CANADIAN STEELHEAD TROUT FILLET
frozen
filets de truite merluet
22.02/kg
2144700 SA

9.99
LB



5.99

SCHNEIDERS BACON, JUICY JUMBOS or SMOKED SAUSAGES
selected varieties
375-450 g
bacon ou saucisses fumées
20105417 SA



13.79

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties, fresh
730/900 g
rôti de porc
2146234 SA



\$14

PC® BURGERS
selected varieties, frozen
1.02 kg/1.36 kg
burgers
2046230 SA/20461443 SA



2.99

PC® DIPS 227 g or ZIGGY'S® FRESH PASTA 330/360 g
selected varieties
fromages ou pâtes fraîches
2034212 SA/21023148 SA



APP EXCLUSIVE OFFER
1,000

\$1 Value

3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties
175/300 g
charcuterie tranchées
2104922 SA/2104941 SA



APP EXCLUSIVE OFFER
1,000

\$1 Value

7.79

TRE STELLE CHEESE TWIN PACK
selected varieties, 240/540 g or
MOZZARELLA BALL 340 g
fromage au tomate de mozzarella
2046237 SA/2100043 SA



2.49

WONDER BREAD BUNS 475 g or
selected varieties
pain ou petits pains
2027099 SA/2027083 SA



\$3

COUNTRY HARVEST BREAD BAGELS 600 g or
selected varieties
pain ou bagels
2107897 SA/2117842 SA



\$3

MUFFINS
selected varieties
4's
muffins
2103763 SA



10.99

MAPLE LEAF NATURAL SELECTIONS or PC® FREE FROM® SLICED DELI MEAT
selected varieties
375/400 g
charcuterie tranchées
2072813 SA/2020814 SA



NEILSON TRUTASTE
2%/1% or SKIM 4L or
LACTOSE FREE 2L MILK
or PROTEIN MILK 1.89 L
selected varieties
3018053001, 8A/20136554, 8A

ONLY
5.99



**DEALS
DEALS
DEALS
FOR DAYS
EVENT**

SAVE 23%
4.99



ALFA PUFF PASTRY
850 g
pâte feuilletée
3160798, 8A



NEILSON CREAM
5/10% 1L or
18/35% 473 mL
selected varieties
crème
30123609, 8A/20174431, 8A

ONLY
3.49



EGGO WAFFLES 8%
THICK AND FLUFFY 6's or
PILLSBURY TOASTER STRUDEL 326 g
selected varieties, frozen
gâufres ou pâtisseries
2020277, 8A



SAVE UP TO 22%
3.79



2.49

MCCAIN FRIES
selected varieties, frozen
800 g
frites
21221173, 8A



3.33

DANONE ACTIVIA
650 g or **DANONE**
KIDS DRINKABLES
YOGURT
6's
selected varieties
yogurt
3035133002, 8A/21330250, 8A



7.99

NO NAME® CHEESE
selected varieties
fromage
3081272, 8A



2.29

BETTY CROCKER POTATOES
selected varieties
141-315 g
pâtisseries de terre
202901882, 8A



2.69

YOPLAIT SOURCE 430 g,
PROTEIN 430 g,
MINIGO 430 g or
TUBES 6's
YOGURT
selected varieties
yogurt
2184120853, 8A
21847292, 8A



3.49

NORDICA COTTAGE CHEESE
selected varieties
430/350 g, 4x113 g
fromage cottage
202746907, 8A



13.99

PC® WHOLE BEAN COFFEE
430/307 g or
TIMOTHY'S PODS 30's
selected varieties
café en grains ou
microcafé
2143353, 8A/21313535, 8A



1.29

NEILSON MILKSHAKE or MILK 2GO
selected varieties
250 mL
lait frappé ou lait
21842302, 8A/21842302, 8A



1.99

CAMPBELL'S CHUNKY, READY TO SERVE 313 mL or
HABITANT SOUP
796 mL
selected varieties
soup
21847082, 8A/21848047, 8A



4.99

GIUSEPPE THIN RISING CRUST PIZZA
selected varieties, frozen
420/355 g
pizza
21762607, 8A



11.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
21229919, 8A/21229919, 8A

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 any Häagen-Dazs ice cream tubs or novelties
selected varieties, frozen
crème glacée ou fraîcheurs glacées
2030229003, 8A/21313347, 8A

Earn*
\$4 value
4,000 pts

for every \$12* spent on Oasis Health Break or smoothie or Del Monte juice blends
selected varieties, refrigerated
1.5-2.5 L
boisson fruitée ou mélanges de jus
21229919, 8A/21229919, 8A

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**



\$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**

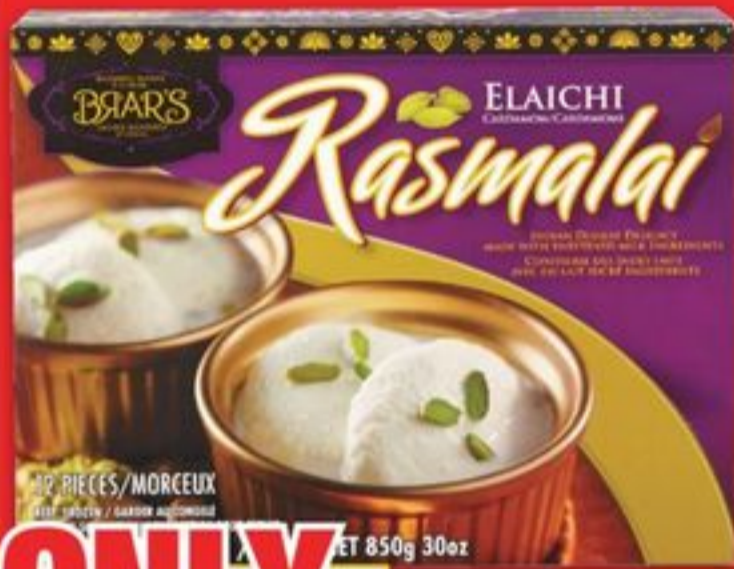
As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from October 1st - 31st, 2024.

HAPPY DIWALI



SAVE 26%
13⁹⁹

SHER DURUM ATTA
farine durum atta
20637367_EA



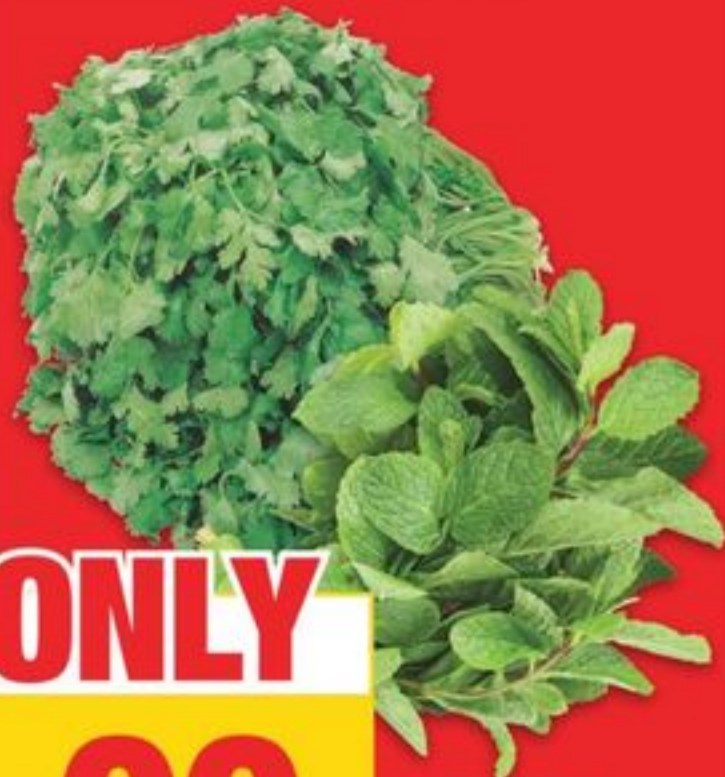
ONLY
8⁹⁹

BRAR'S RASMALAI
frozen
selected varieties, 850 g
rasmalai
20286980002_EA



ALWAYS
\$4

HAPPY DAIRY PANEER
300 g
paneer
21343632_EA



ONLY
.99

BUNCH MINT
product of Canada or
CILANTRO
product of Canada, U.S.A. or
Mexico
menthe ou coriandre en botte
20139226001_EA/20091825001_EA

DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 27%

579

BLACK DIAMOND CHEESTRINGS 16's or **STICKS** 12's
selected varieties
bâtonnets au fromage
20743661, EA/20996474, EA



SAVE UP TO 33%

399

HUNGRY-MAN ENTREES 360-455 g or
GOURMET STEAMERS 269-306 g
selected varieties, frozen
plats cuisinés
20294014004, EA/20318416006, EA



SAVE 23%

.99

UNICO TOMATO PASTE
selected varieties
156 mL
pâte de tomate
20060337, EA



179

KNORR SIDEKICKS
selected varieties
120-162 g
200140004, EA



279

PRINGLES POTATO CHIPS
selected varieties
148/136 g
20060337, EA/20060337, EA



299

QUAKER CRISPY MINIS - RICE CAKES
selected varieties
90-199 g
gâchettes de riz
20060337, EA/20060337, EA



899

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g / 1.3 kg
céréales
20060337, EA

SANPELLEGRINO or PERRIER SPARKLING WATER
selected varieties, 750 mL / 1 L
eau pétillante
21013468, EA/21517878, EA

\$2



399

HELLMANN'S REAL MAYO
340/443 mL or
STREET FOOD
255 mL
selected varieties
mayonnaise
21610734, EA/20060337, EA

1299

POGO
frozen
20's
20060337, EA



599

TEMPTATIONS CAT TREATS 454 g or
FRISKIES DRY CAT FOOD 1.6 / 1.3 kg
selected varieties
gâchettes pour chats et
nourriture pour chats
20060337, EA/20060337, EA



999

BENEFUL DRY DOG FOOD 1.6 / 1.8 kg,
PEDIGREE DENTASTIX
500-608 g or
MARBONE 1.9 kg
selected varieties
nourriture sèche pour chiens
20060337, EA/20060337, EA



1049

PURINA ONE DRY DOG FOOD 1.72 / 1.81 kg or
MILKBONE SOFT & CHEWY DOG TREATS 708 g
selected varieties
nourriture sèche pour chiens
ou gâchettes pour chiens
20060337, EA/20060337, EA



1699

CESAR MULTIPACK WET DOG FOOD
selected varieties
12x100 g
nourriture humide pour chiens
20060337, 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 pts

for every \$10* spent on Kellogg's family size cereal 480-630 g selected varieties. Kellogg's will donate \$2 to PC® Children's Charity céréales
21430748, EA/21430755, EA

\$4
value



DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 28%
4.99

PREMIUM ICE CREAM 2L or
CHAPMAN'S YUKON NOVELTIES 5.8's
selected varieties, frozen
crème glacée ou friandises glacées
30333573001 EA/21512281 EA



SAVE 36%
1.89

I CAN'T BELIEVE IT'S NOT BUTTER!
MARGARINE
427 g
margarine
2004149001 EA



ONLY
3.99

CRAVE DINNER ENTRÉES 200-340 g or
KRAFT DELUXE MAC & CHEESE 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
31085515 EA/21553329 EA



LAY'S POTATO CHIPS
177-235 g,
POPPABLES 130 g or
CHEETOS SNACKS 170-285 g
selected varieties
croustilles ou grignolines
31341032 EA/21570195 EA

3.79



TIM HORTONS COFFEE CREAMER
selected varieties
750 mL
colorant à café
21541114 EA/21541119 EA

6.49



TIM HORTONS ROAST AND GROUND COFFEE PODS 300 g or
10/12's
selected varieties
café ou capsules
20902294 EA/20902453 EA

7.99



COLGATE TOOTHPASTE 51.53 oz or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
30333573001 EA/21512281 EA

.84



NO NAME BLEACH
selected varieties
3.4 L
eau de Javel
21541114 EA/21541119 EA

1.99



ARMOR ALL WINDSHIELD WASHER FLUID
40°C
3.78 L
lavage-glace
31341032 EA/21570195 EA

3.50



NIVEA BODY WASH DEODORANT ROLL-ON 300 mL or
A
NTIPERSPIRANT 15/152 g
selected varieties
savon à mains ou déodorant à bille ou antitranspirant
2004149001 EA/21512281 EA

3.99



COMET BLEACH CLEANER 400 g or
SOS SCRUBBING PADS 10's
selected varieties
nettoyant à base de chlore ou tampons
30333573001 EA/21512281 EA

1.49



NO NAME KITCHEN GARBAGE BAGS
selected varieties
30/48"
sacs à ordures
21541114 EA/21541119 EA

5.49



LYSOL DISINFECTANT WIPES 75/84",
DISINFECTANT SPRAY 100 g or
POWER PLUS TOILET BOWL CLEANER 400 mL
selected varieties
essuyage désinfectant ou spray désinfectant
1,000⁰⁰ \$1 Value
30333573001 EA/21512281 EA

5.99



DAWN LIQUID DISH DETERGENT
3.33 L (8.8 L)
savon liquide à vaisselle
2004149001 EA/21512281 EA

8.99



OLD DUTCH LAUNDRY DETERGENT
4.7 L
détergent à lessive en poudre
2004149001 EA/21512281 EA

3.99



ROYALE FACIAL TISSUE
7 to 100 sheets
mouchoirs
21541114 EA/21541119 EA

10.99



TIDE PODS 37/43/32's
LAUNDRY DETERGENT 4.14 L or
SCENT BOOSTERS 400 g
selected varieties
détergent à lessive ou mouchoirs
savon à lessive ou parfum
2004149001 EA/21512281 EA

15.99



TIDE LAUNDRY DETERGENT POWDER
4.7 kg
détergent à lessive en poudre
2004149001 EA/21512281 EA

24.99

DEALS ON BABY ESSENTIALS

Pampers Econo Pack Diapers
 selected varieties, 58-180's
 size N-8
 couches
 21351125 EA

Huggies Econo Pack Diapers
 selected varieties, 68-168's
 size N-8
 couches
 21434633 EA

32⁹⁹

34⁹⁹

Huggies or Pampers 3X Baby Wipes
 selected varieties
 112-216's
 lingettes pour bébé
 2058404 EA

Gerber Infant Cereal
 selected varieties
 227 g
 céréales pour bébé
 2035839007 EA/21028494 EA

7⁹⁹

4⁴⁹



PC® DIAPER PAIL REFILL
 270's
 recharge pour seau de couches
 21307016 EA

\$5



PEDIASURE COMPLETE
 selected varieties
 4x235 ml
 supplément nutritif
 20322414001 EA/20322414002 EA

9⁹⁹



ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT
 selected varieties, 907 g
 supplément nutritif pour tout-petit
 21407951 EA/21407971 EA

29⁹⁹

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

when you spend \$50*
 or more on baby diapers,
 wipes, formula, food,
 needs or accessories

all varieties and sizes
 couches ou lingettes ou préparation pour nourrisson
 ou aliments ou articles ou accessoires
 20304618007_EA/20147213_EA/21370643_EA



HAPPY HALLOWEEN

9⁹⁹

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



6⁹⁹

ROCKETS CANDY ROLLS
1 kg
rouleaux de bonbon
2152956 EA
WHILE QUANTITIES LAST



11⁹⁹

MONDOUX MEGA GRAB CANDY BAG
1.5 kg
sac de friandises
2143141 EA
WHILE QUANTITIES LAST



5⁹⁹

KINDER SURPRISE 100g
CARNABY SWEET HALLOWEEN
KISSES or CARAMELS 400/700g
selected varieties
friandises
20965318 EA/20969303 EA
WHILE QUANTITIES LAST



10⁹⁹

DARE REAL FRUIT
50's
fruit
21450841 EA
WHILE QUANTITIES LAST



8⁹⁹

KINDER CHOCOLATE MINI or BUENO MINI
selected varieties
55's
mini-chocolats
21582392 EA
WHILE QUANTITIES LAST



16⁹⁹

NESTLÉ MINI BARS
100's
mini-barres
21595323 EA
WHILE QUANTITIES LAST



7⁴⁹

RICE KRISPIES MINI HALLOWEEN BAR
440 g
mini barres d'Halloween
20795842 EA
WHILE QUANTITIES LAST



7⁴⁹

BETTY CROCKER HALLOWEEN MONSTER MASH FRUIT SNACKS
635 g
collations aux fruits
21594185 EA
WHILE QUANTITIES LAST



BETTER AS A MEMBER

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Earn*
10,000^{pts}

for every \$25* spent on Maynards candy or Cadbury chocolate

selected varieties, 90's
friandises ou chocolat
20886737_EA/20891582/EA

\$10
value



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF NFO

HAPPY DIWALI



149
LB

RED CARROTS
product of China
3.28/kg
carottes rouges
31418219001_80



199
EA/LB

BUNCH SPINACH each, product of Canada or U.S.A.
INDIAN KARELA 4.59/kg, product of Mexico or U.S.A.
LONG EGGPLANT 4.59/kg, product of U.S.A.
épinards en botte ou karela ou aubergine longue
30143840001_8A/3008094001_80



299

RAPINI
product of U.S.A.
bunch
rapini
30048070001_8A



.99 LB

DAIKON
product of China
2.18/kg
daikon
30081104001_80



169

METHI
product of U.S.A.
bunch
fenugrec
3013440001_8A



299
LB

OKRA
product of U.S.A.
6.59/kg
gumbo
30091363001_80



\$5

SURAJ NAAN
selected varieties
10's
naan
30342361_8A

**COLLECT & SAVE!
BIG**

Get one stamp for every \$20* spent.
Collect 20 stamps and get 75% off one piece of
high quality Swiss Design Cookware!

**75%
OFF* EACH**



**\$ 20* SPENT
= 1 STAMP**



*While supplies last, receive one stamp for every \$20 spent before applicable taxes in a single transaction. Exclusions apply. Cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or PC Optimum™ App to opt into program and receive digital stamp card. A mix of digital and paper stamps collected are not accepted as a complete set. Completed stamp cards can be redeemed up until February 20th, 2025, after which point they expire. All sales are final. Cookware is under warranty for a 2 year period from date of purchase. Exceptions to warranty and replacements apply. For full warranty information, product replacement process, FAQ's and complete offer details, please visit Pcoptimum.ca/collectandsave.

HAPPY DIWALI

18⁹⁹

GOLDEN TEMPLE® DURUM ATTA
selected varieties
7 kg
farine durum atta
3032713801 EA



9⁹⁹

QUALITY BROWN SUGAR
4.5 kg
cassonade
30718432 EA

1⁹⁹

SHANA PARATHAS
selected varieties
400 g
parathas
3099533001 EA



1⁹⁹

FROOTI JUICE 1 L or
SURATI INDIAN SNACKS 341 g
selected varieties
jus ou collations
30041133 EA/3032237003 EA

2⁹⁹

BRITANNIA DIGESTIVE, GODDAY or FIFTY FIFTY BISCUITS
selected varieties
231-400 g
biscuits
30322948 EA/31022781 EA



QUAKER OATS
selected varieties
900 g/1 kg
avoine
30322113001 EA/30322113002 EA

2⁹⁹



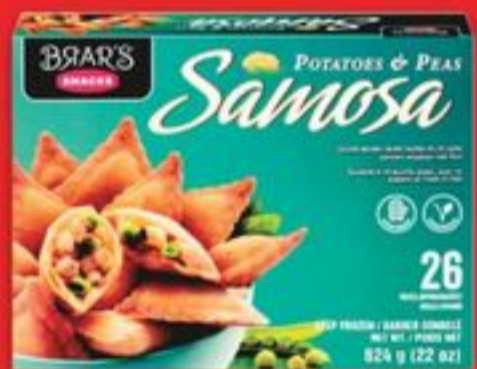
6⁹⁹

NANAK ALOO TIKKI
frozen, 720 g
gâchettes de pomme
de terre
30147343 EA



5⁹⁹

BRAR'S SAMOSAS
frozen, selected varieties
624 g
samosas
31000033 EA



10⁹⁹

NANAK VEGGIE BURGER PATTIES
frozen
640 g
gâchettes de burger végétarien
30840681 EA



4⁹⁹

HALDIRAM'S FROZEN ENTREES
selected varieties
283 g
plats cuisinés surgelés
3070732001 EA



6⁹⁹

NANAK VEGGIE KEBAB
frozen
600 g
brochette de légumes
30629634 EA



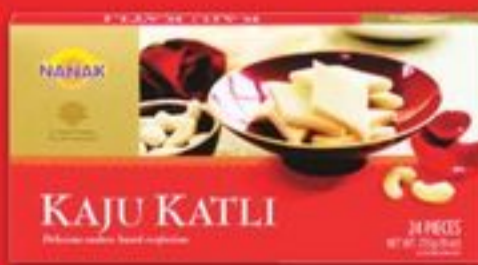
9⁹⁹

NANAK GAJAR HALWA
frozen
830 g
purée de carottes
31504081 EA



6⁹⁹

NANAK KAJU KATLI
frozen
225 g
kaju kati
30456744 EA



8⁹⁹

BRAR'S MILK CAKE
frozen
400 g
gâchettes au lait
30629047 EA



6⁹⁹

BRAR'S GULAB JAMUN
selected varieties, frozen
850 g
gulab jamun
30347337 EA



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*

October 17-23, 2024

10,000 pts

\$10
value

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.

 insurance

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.

†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.

ONLINE NF MKT