

DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 64%

1.77

10 LB BAG

**WHITE, YELLOW or
RUSSET POTATOES**
product of Ontario, Canada no. 1 grade
pommes de terre blanches ou jaunes
20600997001 EA/20601017001 EA



SAVE 25%

.79

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20079122001 EA



**ONLY
3.44**

6 LB BAG

**NO NAME®
NATURALLY IMPERFECT™
APPLES**
product of Ontario
pommes
20868993001 EA



SAVE UP TO 35%

3.88

**EAT SMART SWEET KALE SALAD
or TAYLOR FARMS CHOP
SALAD KITS** 315-383 g
selected varieties, product of U.S.A.
salades de chou frisé ou salades hachées
31381584 EA/21320129 EA

DEALS DEALS DEALS FOR DAYS EVENT

NOFRILLS

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



SAVE 33%
3.99

500 G

NO NAME[®] BACON
regular or salt reduced
bacon
2013071 EA



SAVE 28%
4.66
LB

CHICKEN BREAST
boneless, skinless, fresh
poitrine de poulet
10.27/kg
20654134 R2

WHILE QUANTITIES LAST



SAVE UP TO 33%
6.99

LOU'S KITCHEN - LITTLE JUAN'S
ENTRÉES fully cooked
selected varieties
300-400 g
20078077 EA

WHILE QUANTITIES LAST



SAVE 45%
4.50

LACTANTIA BUTTER
selected varieties
454 g
beurre
20629926 EA



ONLY
.88

**CAMPBELL'S CREAM OF MUSHROOM,
TOMATO, CHICKEN NOODLE &
VEGETABLE SOUP**
284 mL
soupe
20176214004 EA



SAVE 30%
3.47

RISTORANTE - CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
pizza
20294100001 EA/20296424001 EA



SAVE 37%
1.88

**CHRISTIE CRACKERS
CHRISTIE CRISPERS**
selected varieties
croûtes
21020647 EA/21047934 EA



SAVE 44%
2.79

POST CEREAL
selected varieties
310-323 g
céréales
20299648 EA/21427214 EA



SAVE 40%
2.99

PC[®] FROZEN VEGETABLES
selected varieties
300-750 g
légumes surgelés
21447361 EA/20218913 EA



SAVE UP TO 50%
.99

**OASIS JUICE,
DEL MONTE NECTAR
OR ARIZONA ICED TEA**
selected varieties
960 mL
jus ou nectar ou thé glacé
20336722002 EA/202941117004 EA



SAVE 49%
\$1

NO NAME[®] EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040310 EA/21040342 EA



SAVE UP TO 48%
8.99

**SUNLIGHT 4 L or
PUREX 4.08-4.43 L
LAUNDRY DETERGENT, FLEECY
FABRIC SOFTENER 3.5 L
or DRYER SHEETS 200's**
détergent ou assouplissant
2008220001 EA/21427942 EA

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

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

01 NFO



Set low
prices on
select items.



ALWAYS
\$10

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



ALWAYS
\$10

BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
800 g / 1.81 kg
poulet pané ou boulettes ou boeuf haché maigre ou hors-d'œuvre
21373692, SA



ALWAYS
\$10

SURAJ® BASMATI RICE
3.63 kg
riz basmati
20839921, SA

PKG OF 5 OR 6

DEALS DEALS DEALS FOR DAYS EVENT

3⁹⁹

1 LB CLAMSHELL

STRAWBERRIES product of U.S.A. or Mexico, no. 1 grade
or **AVOCADOS** product of Mexico
fraises ou avocats
20041779001, EA/20142323001, EA



BUNCH SPINACH each, product of U.S.A.,
KALE each, product of Canada or
TOMATOES ON THE VINE
product of U.S.A., Mexico or Canada 4.39/kg
épinards en botte ou chou frisé ou tomates
20142340001, EA/201338805001, EA/20034703001, KG



GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins rouges ou verts sans pépins
8.80/kg
20425779001, KG/20139199001, KG

1⁹⁹
LB/EA

1⁴⁹

POMEGRANATES
product of Egypt
grenades
20134767001, EA

3⁹⁹
LB



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

ASPARAGUS
product of Peru, no. 1 grade or
CAULIFLOWER
product of Canada or U.S.A.,
no. 1 grade
asperges ou chou-fleur
20141799001, EA/20133337901, EA



325 G

3⁹⁹

APP EXCLUSIVE OFFER
1,000⁰⁰

\$1
Value

3⁹⁹

10 LB BAG

**BEETS or FARMER'S
MARKET™ CARROTS**
or **YELLOW ONIONS**
product of Ontario,
Canada no. 1 grade
betteraves, carottes
ou oignons jaunes
21131329001, EA/20000919001, EA



1²⁹
LB

SWEET POTATOES
product of Ontario
patates douces
2.84/kg
20127790001, KG



2⁹⁹

6 OZ
CLAMSHELL

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
framboises
20133930001, EA



1⁹⁹
LB

**BOSC or BARTLETT
PEARS** product of Ontario,
Canada fancy grade or
ROCHA PEARS
product of Portugal, extra fancy grade
poires
4.39/kg
20122240001, KG/2012027913001, KG/
20129449001, KG



2⁹⁹
LB/EA

BLACK PLUMS 6.59/kg
product of Italy, no. 1 grade or
PINEAPPLE each,
product of Costa Rica
prunelles noires ou ananas
20116479001, KG/20140999001, EA



1²⁹

RED MANGOES
product of Brazil
mandarines rouges
20039420001, EA



.99
LB

**ACORN, BUTTERCUP,
BUTTERNUT or
SPAGHETTI SQUASH**
product of Ontario
courge poirette, butternut,
muscovate ou spaghetti
2.18/kg
20117208001, KG/20123274001, KG



1⁷⁹
LB

PAPAYA
product of Mexico
papaye
3.95/kg
2081790001, KG



1⁴⁹
LB

**HAMI, CANARY
or SANTA CLAUS
MELONS**
product of Brazil
melons
2.26/kg
20022770001, KG/20130139901, EA



**GROWN IN
CANADA**
3⁹⁹

3 LB BAG

**FARMER'S MARKET™
RED ONIONS**
product of Canada,
Canada no. 1 grade
oignons rouges
201708001, EA



3⁹⁹

PKG OF 4

**FARMER'S
MARKET™
SWEET PEPPERS**
product of Canada or Mexico
poivrons doux
201708001, EA



6⁹⁹

4 LB BAG

**FARMER'S
MARKET™
MANDARINS**
product of South Africa or Chile
mandarines
200420001, 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



6⁹⁹
LB

CHICKEN THIGHS
boneless, skinless, fresh
hanches de cuisse de poulet
13.41/kg
20654744 RD



6⁴⁹
LB

LEAN GROUND BEEF AND PORK
fresh
bœuf et porc hachés maigres
14.31/kg
20661188 RD



**CLUB
SIZE**

3⁹⁹
LB

PORK COMBO CHOP
bone-in, fresh
côtelettes de porc
8.80/kg
20683470 RD

WHILE QUANTITIES LAST



5⁹⁹

SCHNEIDERS JUICY JUMBOS or
SMOKED SAUSAGES
selected varieties
375/450 g
sausages
20140417 SA



9⁹⁹

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
400 g
côtes de dos de porc
21823271 SA



\$11

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE, PATTIES or FROZEN MEATBALLS
selected varieties
1.2/1.4 kg
saucisses ou galettes ou boulettes de viande
2079928 DA/21084735 SA



3⁶⁹

MINI BABYBEL 120 g or
THE LAUGHING COW CHEESE
selected varieties
130/140 g
fromages
20140417 SA



4²⁹

PILLER'S SLICED DELI MEAT
selected varieties
130/200 g
charcuterie tranchée
21040417 SA



5⁹⁹

SEAQUEST FROZEN FISH FILLET
selected varieties
400 g
filet de poisson surgelé
20140417 SA/21040417 SA



8⁹⁹

SEAQUEST WHOLE TILAPIA
1.24 kg or **WHOLE POMPANO** 800 g
fromage
filets de poisson surgelés
21040417 SA/21040417 SA



1⁹⁷

NO NAME BAGELS or ENGLISH MUFFINS
selected varieties
8.5
bagels ou muffins anglais
21040417 SA/21040417 SA



2⁹⁹

D'ITALIANO BREAD 400/475 g or
BUNS 4/17
selected varieties
pain ou petits pains
21040417 SA/21040417 SA



4⁵⁰

FARMER'S MARKET MINI DOUGHNUTS
selected varieties
400 g
mini-beignets
21040417 SA



\$5

OLIVIERI FRESH FILLED TWIN PACK PASTA 400/200 g or
SKILLET GNOCCHI
100/200 g or **FRESH SAUCE** 200 mL
selected varieties
pâtes ou sauces
21040417 SA/21040417 SA

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

when you spend \$12* on any Saputo cheese in the deli department

fromage
20272975 SA/21051314 SA/20273031 SA/20276991 SA

\$3
value



DEALS DEALS DEALS FOR DAYS EVENT

**ONLY
5.99**



NEILSON TRUTASTE
1%, 2%, SKIM or
CHOCOLATE 4L
LACTOSE FREE 2L or
PROTEIN 1.89L MILK
selected varieties
lot#
30148677 SA/21354047 SA

**SAVE UP TO 21%
3.29**



BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT
selected varieties
410 g
produit de fromage fondu
2132344 SA



TROPICANA
ORANGE JUICE or
BEVERAGES or
OASIS
SMOOTHIES or
BEVERAGES
selected varieties
1.36-1.75 L
jus ou boissons
21421950 SA/21422130 SA

**ONLY
3.49**



NEILSON
STRAWBERRY,
VANILLA or
CHOCOLATE
MILK 1L or CREAM
5/10% 473 mL
selected varieties
lot#
2017247 SA/20172482 SA



2.99

MCCAIN SUPER FRIES -
SPECIALTY FRIES
selected varieties, frozen
434-899 g
lot#
20222282 SA



3.99

KELLOGG'S ALL BRAN 400-520 g
RAISIN BRAN 430-430 g, **VECTOR**
300-400 g, **SPECIAL K** 330-430 g or
MINI-WHEATS 400-510 g, **CEREAL**
selected varieties
lot#
201921 SA/201921 SA



.99

NO NAME®
TUNA
selected varieties
81/170 g
lot#
2012227 SA



1.88

PRIMO SAUCE
selected varieties
480 mL
lot#
2012228 SA



3.49

MARIO'S
CORNED BEEF -
COOKED HAM
240 g
lot#
2122228 SA



5.99

HIGH LINER
FAMILY
FAVOURITES
FISH - SHRIMP
selected varieties, frozen
330-700 g
lot#
2012228 SA/20122282 SA



1.25

K-D ORIGINAL
200 g
lot#
2122228 SA



2.99

EAGLE BRAND
SWEETENED
CONDENSED
MILK
selected varieties
200 mL
lot#
2122228 SA



\$3

MUTTI
TOMATOES
700 mL
lot#
2122228 SA



5.77

PC® CHEESE
SHRDS 200 g or
CHEESE
SHRDS 250-250 g
selected varieties
lot#
2122228 SA



1.29

TITAN FOIL -
WAX PAPER
25 ft
lot#
2012228 SA



1.69

COCA-COLA -
PEPSI SOFT
DRINKS
selected varieties
2L
lot#
2012228 SA



3.99

TOSTITOS
TORTILLA CHIPS
selected varieties
200-240 g
lot#
2122228 SA



12.99

NO NAME®
PARBOILED -
LONG GRAIN
WHITE RICE
5 kg
lot#
2012228 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**



\$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.

DEALS DEALS DEALS FOR DAYS EVENT



SAVE 20%
3.99

BECEL 427/454 g or **PLANT BASED BRICKS** 454 g or **IMPERIAL** 637 g **MARGARINE**
selected varieties
brûques à base de plantes ou margarine
30322707001, EA/21523351, EA



CHAPMAN'S MARKDALE 2 L or **SUPER PREMIUM PLUS ICE CREAM** 500 mL
selected varieties, frozen
crème glacée
30315236001, EA/21511200, EA

SAVE UP TO 20%
3.99



DANONE ACTIVIA 8's or **ASTRO ORIGINAL** 12's **YOGURT**
selected varieties
yogourt
30301507001, EA/20325346002, EA

SAVE UP TO 38%
3.99



2.99

PC® OATMEAL
selected varieties
264-344 g
gruau
21303117, EA/21505150, EA



500⁺
3.49

GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
légumes
21022277, EA/21022355, EA



13.99

PC® ROAST AND GROUND COFFEE 800-930 g or **PODS** 30's
selected varieties
café ou capsules
21038677, EA/21590427, EA



3.49

PEARL MILLING COMPANY PANCAKE MIX 905 g or **SYRUP** 710 mL
selected varieties
mélange à pancakes ou sirop
21384609, EA/21391619, EA



3.79

LINDT EXCELLENCE CHOCOLATE TABLET
selected varieties
30/100 g
boîtes de chocolat
30312327001, EA/20312327005, EA



4.99

JACK LINK'S JERKY
selected varieties
65-81 g
jerky de bœuf
30301983002, EA/30301983004, EA



2.25

CADBURY CHOCOLATE TABLET 80-100 g or **MAYNARDS CANDY** 130/154 g
selected varieties
boîtes de chocolat ou bonbons
303277001, EA/21343004, EA



4.49

ZIPLOC STORAGE BAGS
selected varieties
10-90's
sacs de rangement
20074415, EA/20074416, EA



5.49

NO NAME® NAPKINS
500's
serviettes
20304877, EA



8.99

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
207748601, EA



4.49

IRISH SPRING BODY WASH 591 mL or **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 591 mL
selected varieties
savon pour le corps ou produit de toilette
21210753, EA/21210757, EA



4.79

SENSODYNE or PRONAMEL TOOTHPASTE
73/100 mL or **POLIGRIP** 40 g
selected varieties
dentifrice ou brosse à dents
3030179001, EA/303017901, EA



8.99

PALMOLIVE LIQUID DISH DETERGENT
selected varieties
4.37 L
savon liquide à vaisselle
21316499, EA



10.99

TIDE LIQUID 1.84 L or **PODS** 31/23/18's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.89/2.05 L **DOWNY™ GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 130/200's
selected varieties
détergent ou assouplissant ou rafraîchissant de parfum ou feuille
30303015, EA/31070929, 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

30318494002, C12/20130464002, C12/20993349, EA



DEALS DEALS DEALS FOR DAYS EVENT

PC® FROZEN FRUIT
selected varieties
300-600 g
Fruits surgelés
30312227 EA/3127841 EA

**ONLY
3.99**



**ALWAYS
\$4**

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
30312253001 EA/30317707 EA



YOPLAIT SOURCE or CREAMY, IÖGO CREAMY or 0% YOGURT
selected varieties
10's
yogourt
30317317001 EA/30306779001 EA

**ONLY
5.99**



3.49

QUAKER INSTANT OATMEAL
selected varieties
232-344 g
grains instantanés
31190254 EA/31190340 EA



6.99

TWINING'S TEA or STARBUCKS NESPRESSO CAPSULES
10's
selected varieties
thé ou capsules
30306148001 EA/31111078 EA



7.79

CONESTOGA FREE RUN OMEGA-3 LARGE BROWN or WHITE EGGS
18's
œufs
21542380001 EA



2.29

HAMBURGER HELPER
selected varieties
128-229 g
3101981 EA



2.79

BEN'S ORIGINAL BISTROT
selected varieties
240/270 g
216480 EA



2.79

PC® SALAD DRESSING
selected varieties
473 mL
 vinaigrettes
303068801 EA/30306880 EA



3.49

MADE GOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
selected varieties
150-150 g
bonnes granolas ou biscuits ou mini's ou carrés ou bonbons
310947 EA/310951 EA



2.99

OASIS JUICE, ARIZONA ICED TEA DRINK BOXES or ALLEN'S APPLE or CRANBERRY COCKTAIL
selected varieties
128-229 g
303124801 EA/303124801 EA



6.49

NO NAME® CRANBERRIES, RAISINS or WHOLE PITTED DATES
selected varieties
750 g/1 kg
craieberries ou raisins secs ou dattes dénoyautées
3041900 EA/3041910 EA



7.29

STOK or STARBUCKS ICED COFFEE
1.18/1.42 L
selected varieties, refrigerated
café glacé
3128739 EA/3128739 EA



11.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
303041001 EA/303041001 EA



3.99

LYSOL MULTI SURFACE CLEANER SPRAYS
1.3 L or 450/750 mL
selected varieties
303067001 EA/303067001 EA



4.49

WINDEX GLASS CLEANER, SCRUBBING BUBBLES BATHROOM CLEANER or FANTASTIK FAMILY GUARD
selected varieties
réfrigéré & sec
303030001 EA/303030001 EA



7.99

CHARMIN BATHROOM TISSUE or BOUNTY PAPER TOWEL
selected varieties
papier hygiénique
303041001 EA/303041001 EA



19.99

CASCADE DISHWASHER TABS
selected varieties
31-110's
pastilles pour lave-vaisselle
3101040 EA/3101040 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*
2,500 pts

for every \$10* spent on French's ketchup, French's mustard or specialty mustards, Frank's Red Hot or Thick Sauce or Stubb's BBQ sauce
selected varieties
325 mL-1 L
ketchup ou moutarde ou sauce barbecue
303102001 EA/303102001 EA

\$2.50
value



BAKE FOR LESS

LANTIC SUGAR
selected varieties
1 kg
SUFR
30014330 SA/20149794 SA

279



499

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2.5 kg
farine
30034477001 SA/30034477002 SA



379

NEILSON 5/10% 1 L or 18/35% 473 mL CREAMS
selected varieties
crème
30123609 SA/20774431 SA



500 **50¢ Value**

399

HERSHEY'S CHIPITS
selected varieties
300-270 g
21432844 SA/21432924 SA

Optimum
Members-Only Price™
399
Non-members
449



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/230 g
produit de fromage à la crème
30641267 SA

Optimum
Members-Only Price™
449
Non-members
499



E. D. SMITH PIE FILLING
selected varieties
540/796 mL
garniture pour tarte
30022361 SA/20297753001 SA

189



BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g or **FROSTING** 340/450 g
selected varieties
mélange à gâteau ou glacage
305632411004 SA/21547634 SA

399



COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
garniture à dessert
30030349001 SA

GAY LEA SOUR CREAM
selected varieties
425/500 mL
crème sure
30317336001 SA

249



NO NAME® CANOLA or VEGETABLE OIL
selected varieties
946 mL
huile de canola ou végétale
30088990 SA

499



FLEISHMANN'S CORNSTARCH or BAKING POWDER 454 g or 340 g
fécule de maïs ou poudre à pâte
30006492 SA/30006483 SA

349



ORGANIC
350



PC ORGANICS APPLE SAUCE CUPS 6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g or **JUMBO RAISIN SNACK PACK** 190 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs biologiques
30230493001 SA/211710526 SA

MULTI BUY? TRY SINGLE BUY.



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yaourt à boire
21479178 EA/21479200 EA

ONE FOR
\$1



GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP AND NATURE VALLEY GRANOLA CEREAL
selected varieties, 300-437 g
mélanges de légumes, bouchées garnies, céréales croustillantes à l'avoine et granola
21212648 EA/21212648 EA

ONE FOR
4.49



ONE FOR
3.99

OLD EL PASO DINNER KITS
selected varieties
250-510 g
trousées-repas
2079554 EA

CLASSICO SAUCE
selected varieties
410/600 mL
sauce
21618217 EA

ONE FOR
\$3



CLIF BAR
selected varieties
68 g
barres
20312621 EA/20312621 EA

ONE FOR
2.50



PEEK FREANS COOKIES
selected varieties
275-350 g
biscuits
20682321 EA/20682321 EA

ONE FOR
\$4



ONE FOR
.90

FANCY FEAST 85 g or FRISKIES 156 g
WET CAT FOOD
selected varieties
nourriture humide pour chats
2002296012 EA/2021965700 EA

MIO, CRYSTAL LIGHT or KOOL-AID DRINK MIXES
selected varieties
48 mL/24-56 g
mélange à boisson
20682422 EA/2021965700 EA

ONE FOR
\$3



HAPPY DIWALI



1.49
LB

RED CARROTS
product of China or India
carottes rouges
3.28/kg
21418279001_KO



.99

BUNCH MINT product of Canada or
CILANTRO product of Canada, U.S.A., Mexico or Dominican
menthe ou coriandre en botte
20139236001_EA/20091828001_EA



1.49
EA/LB

INDIAN EGGPLANT
3.28/kg, product of Dominican Republic or
METHI LEAF each, product of U.S.A.
aubergine indienne ou feuilles de fenugrec
20051482001_KO/20119449001_EA



.99
LB

DAIKON
product of China
daikon
2.18/kg
20082109001_KO



1.99
LB

LONG EGGPLANT
product of U.S.A.
aubergine longue
4.39/kg
20139012001_KO



RAPINI
product of U.S.A.
broccoli
rapini
20540079001_EA

2.99



2.99
LB

OKRA
product of U.S.A., Nicaragua or Honduras
gomme
6.39/kg
20091363001_KO



2 LB TUB

MEDJOL DATES
product of U.S.A.
dates
20011486_EA

9.99



SURAJ® NAAN
selected varieties
500 g
naan
21001233_EA

2.50



5.49

CRISPY PUNJABI COOKIES
1.1 kg
biscuits
20140817_EA

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
Suraj® products

21051353_EA/20558757_EA/20838931_EA

20¢
value



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

HAPPY DIWALI



4.49

SURAJ DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots secs
20558757 EA



22.99

NANAK DESI GHEE
1.6 kg
ghee
20181744 EA



1.49

TAMAM CHICK PEAS or RED KIDNEY BEANS
796 mL
pois chiches ou haricots rouges
21214487 EA



4.99

SHAN GINGER GARLIC PASTE
700 g
pâte de gingembre et ail
21447375 EA

PC CHOCOLATE GIFT BOX
207 g
boîte-cadeau de chocolat
21115230 EA

5.99



HANS DAIRY DAHI
750 g
dahi
20094811 EA

2.29



6.99

NANAK KAJU KATLI
frozen
223 g
kaju katli
20456744 EA



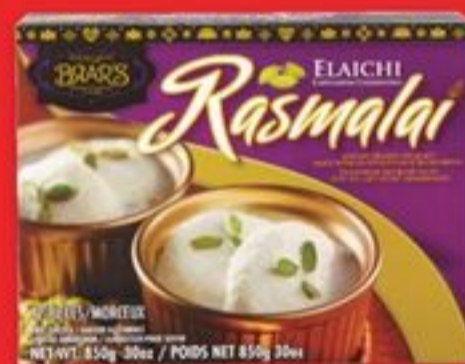
6.99

BRAR'S GULAB JAMUN
frozen
850 g
gulab jamun
20267557 EA



8.99

BRAR'S RASMALAI
selected varieties, frozen
850 g
rasmalai
202899002 EA



2.29

RUBICON JUICE
selected varieties
200 mL / 7.1 L
jus
2029677001 EA / 2032289001 EA



9.99

CADBURY DAIRY MILK CHOCOLATE GIFT BOX
304 g
boîte-cadeau de chocolat
21248743 EA



8.99

HALDIRAM'S MILK CAKE
frozen
400 g
gâteau au lait
20297779 EA



PROUD TO SUPPORT THE GROWTH OF CRICKET IN CANADA



NOFRILLS
OFFICIAL GROCERY PARTNER



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



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

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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.

ONLINE NF MKT