

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.



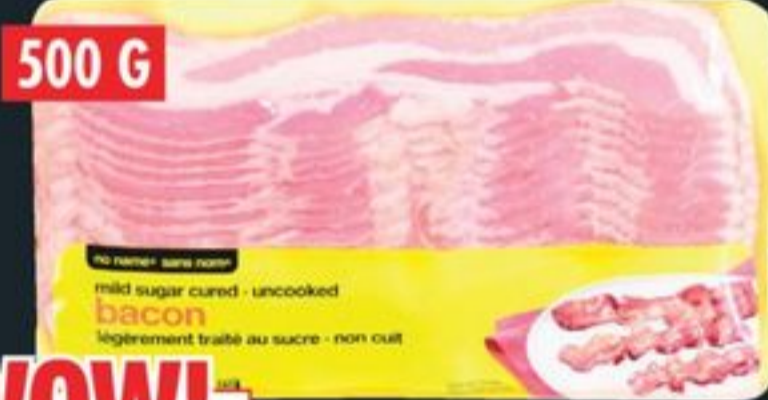
SAVE 50%
2.49
LB

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
70042380003, EA/20177278001, EA



SAVE 28%
1.99

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



1,000
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



30=60 ROLLS
6=12 ROLLS
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

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/20232619901 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
2023230001 EA/20232280001 EA/20044941001 EA



\$7

20 LB BAG
**NO NAME®
NATURALLY IMPERFECT™
RED - RUSSET POTATOES**
product of Western Provinces,
Canada no. 2 grade
20044827001 EA/20101072001 EA



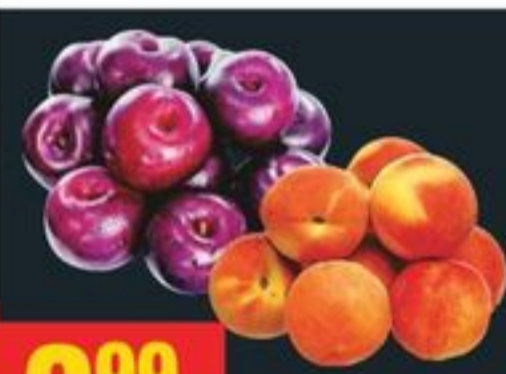
1.99
LB

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 - TAYLOR FARMS
CHOP SALAD KITS**
selected varieties, product of U.S.A.
315-383 g
200474110 EA/21320109 EA



5.99

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



GROWN IN CANADA 
3.99

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
202102001 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
201702001 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
21206140, EA/21206141, EA



\$10

**ZIGGY'S® SLICED
DELI MEAT**
selected varieties
400 g
21206114, EA



2.49

**NO NAME®
BAGELS or
ENGLISH MUFFINS**
selected varieties
61 g
20206117, EA/21206118, EA



2.49

**WONDER
BREAD BUNS 170 g or
selected varieties**
20206117, EA/20206118, EA



\$5

**FARMER'S MARKET®
COOKIES**
selected varieties
175 g
20206117, EA



7.79

**THE STELLE
CHEESE TWIN PACK**
selected varieties 145/240 g or
MOZZARELLA
BALL 340 g
20206117, EA/21206118, 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
3022122002 EA/21120053 EA



4.99

ALFA PUFF PASTRY
selected varieties
850 g
21409188 EA



5.49

LACTANTIA LACTOSE FREE or PURIFILTRE MILK
selected varieties
2 L
20201822001 EA
21424991 EA



2.69

YOPLAIT SOURCE 630 g, PROTEIN 4%, MINIGO 6% or TUBES 8% YOGURT
selected varieties
21291218001 EA/21347981 EA



3.49

EGGO WAFFLES 8% THICK AND FLUFFY 6% or PILLSBURY TOASTER STRUDEL 326 g
selected varieties
20177444001 EA/20000779 EA



13.99

PC® WHOLE BEAN COFFEE 820/907 g or TIMOTHY'S PODS 30%
selected varieties
21423203 EA/21212255 EA



1.69

CLOVER LEAF LIGHT TUNA 83 g or BRUNSWICK FILLETS 92/100 g
selected varieties
21230221 EA



2.29

BETTY CROCKER POTATOES
selected varieties
141-212 g
209921802 EA



2.29

CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or HABITANT 750 mL SOUP
selected varieties
21499201 EA/21480447 EA



11.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
34x355 mL
200449001 EA/200449001 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/21313247 EA



Earn* 4,000 pts
\$4 value

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/21395734 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%

5⁸⁹

BLACK DIAMOND CHEESTRINGS 16's or **STICKS** 12's
selected varieties
3076361, EA/20986474, 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
21085515, EA/21553329, EA

ONLY

3⁹⁹



QUAKER CRISPY MINIS or RICE CAKES
selected varieties
90-199 g
2014320004, EA
3033307001, EA

2⁹⁹



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

1,000⁺

8⁹⁹



POGO
frozen
20's
2006224002, EA

12⁹⁹



1⁹⁹

CATELLI PASTA
375-500 g or
UNICO SAUCE 680 mL
selected varieties
20116442002, EA/2032657902, 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
20006223001, EA/21518401, EA

3⁹⁹



5⁹⁹

TEMPTATIONS CAT TREATS
454 g or
FRISKIES DRY CAT FOOD
1.48 kg
selected varieties
2014225001, EA/21512104, EA



9⁹⁹

BENEFUL DRY DOG FOOD
1.6/1.8 kg,
PEDIGREE DENTASTIX DOG TREATS 500-600 g or
MARROBONE 1.9 kg
selected varieties
202292001, EA/21481040, EA



10⁴⁹

PURINA ONE DRY DOG FOOD
1.72/1.81 kg or
MILKBONE SOFT & CHEWY DOG TREATS 704 g
selected varieties
20078070, EA/20112087, EA



16⁹⁹

CESAR MULTIPACK WET DOG FOOD
selected varieties
12x100 g
30048229, 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}

\$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 \$1 Value

\$3

PRINGLES POTATO CHIPS
selected varieties
148/156 g
20296014002, EA/21012283, 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 \$1 Value

5.99

LYSOL DISINFECTANT WIPES 75/94 L or
DISINFECTANT SPRAY 350 g
selected varieties
20296014002, EA/21012283, EA



\$6

NO NAME® KITCHEN 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
21012283, EA/21012283, 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
 2151153 EA

Huggies Econo Pack Diapers
 selected varieties
 size N-8
 68-168's
 2145433 EA

32⁹⁹

34⁹⁹



Huggies or Pampers 3X Baby Wipes
 selected varieties
 112-216's
 2028604 EA

Gerber Infant Cereal
 selected varieties
 227 g
 203832907 EA/2102498 EA

7⁹⁹

4⁴⁹



PC® DIAPER PAIL REFILL
 270's
 2130794 EA

\$5



PEDIASURE COMPLETEE
 selected varieties
 4x235 mL
 202241401 EA/202241402 EA

9⁹⁹



ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT
 selected varieties, 907 g
 2140791 EA/2140797 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

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
 NE PAS JETER
 AUX TOILETTES

HUGE VALUE
 grande valeur
 enorme valor

704
 7x68 6in - 18.5x16.5cm

NATURAL FOODS AT LOW PRICES



ORGANIC
4.99

2 LB BAG

PC[®] ORGANICS MINI CARROTS
product of U.S.A., no. 1 grade
2012072001 EA



ORGANIC
5.99

312 G

PC[®] ORGANICS BABY SPINACH or FIELD GREENS
product of U.S.A.
20127207 EA / 20222731 EA



2.50

CLIF ENERGY BAR, BUILDERS or NUT BUTTER BAR
selected varieties
30/68 g
2012071404 EA / 2020212302 EA



6.49

BEYOND MEAT BASED BREAKFAST SAUSAGES 235 g or **IMPOSSIBLE PLANT BASED BURGER PATTIES** 227 g
selected varieties
2129630 EA / 21402231 EA



KETTLE BRAND POTATO CHIPS
selected varieties
198 g
2129632 EA / 21206492 EA

3.49



KIND HEALTHY GRAINS BARS
175 g or **BREAKFAST BARS** 200 g
selected varieties
2095422 EA / 21218323 EA

4.49



SILK NON-DAIRY BEVERAGE
selected varieties
946 mL
2055262002 EA

2.49



DAIYA PIZZA
selected varieties
354-550 g
20952827 EA

7.99



5.49

BELSOY PUDDING 4x125 g or **CLIF ZBAR** 5x36 g
selected varieties
2015129603 EA / 20207204003 EA



6.49

RIGHTEOUS DESSERTS
selected varieties
473 mL
21270642 EA



ORGANIC
8.99

PC[®] ORGANICS 100% CRANBERRY JUICE
946 mL
20954911 EA



2.69

RIZOPIA NON-GMO BROWN RICE PASTA
selected varieties
454 g
2020400001 EA / 20212177005 EA



5.29

SAN-J TAMARI SOY or GRILLING SAUCES
selected varieties
296 mL
2002852 EA / 202004746 EA



13.99

KICKING HORSE ORGANIC FAIR TRADE WHOLE BEAN COFFEE
selected varieties
454 g
2022244801 EA / 2022244806 EA

HAPPY HALLOWEEN

9⁹⁹

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



11⁹⁹

MONDOUX MEGA
GRAB CANDY BAG
1.5 kg
21431401 EA



6⁹⁹

ROCKETS CANDY ROLLS
1 kg
21329366 EA

DARE REAL FRUIT
50's
21430441 EA

10⁹⁹



50
25% MORE!
RELAXED!
3x 30g SACHETS

600 g - 50 x 12 g PACKS/SACHETS

5⁹⁹



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

8⁹⁹

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



16⁹⁹

NESTLÉ MINI BARS
100's
21395123 EA



7⁴⁹

RICE KRISPIES MINI
HALLOWEEN BAR
440 g
20795842 EA



7⁴⁹

BETTY CROCKER HALLOWEEN
MONSTER MASH
FRUIT SNACKS
635 g
21294183 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*
10,000 pts

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

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

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

October 17-23, 2024



* 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. 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 NFW MKT