

**CANADA'S  
MOST TRUSTED  
GROCERY  
STORE FOR  
LOW PRICES:**



\*Based by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



**ONLY  
1.99**

**6 OZ CLAMSHELL**

**BLUEBERRIES**

product of Chile or Peru, no. 1 grade  
blevels  
20132443001 EA



**SAVE 68%  
.94**

**3 LB BAG**

**FARMER'S MARKET™ CARROTS or  
YELLOW ONIONS**

product of Ontario, Canada no. 1 grade  
carottes ou oignons jaunes  
20600927001 EA/20611994001 EA

**325 G**

**ASPARAGUS**

product of Peru  
asperges  
20181709001 EA

**ONLY  
2.77**



**SAVE 28%  
2.88**

**2 LB BAG**

**FARMER'S MARKET™  
LEMONS**

product of South Africa  
citrons  
20795315001 EA

**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES:**



\*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 31 TO WEDNESDAY, NOVEMBER 6, 2024.

**CLUB SIZE**

**SAVE 43%**

**3.97**  
LB

**LEAN GROUND BEEF**  
fresh  
bœuf haché maigre  
8.75/kg  
30318041 SA

**CLUB SIZE**

**WOW!**

**1.77**  
LB

**HALAL INCLUDED**  
**CHICKEN LEGS**  
back attached  
cuisses de poulet  
3.90/kg  
30654799 SA

**WHILE QUANTITIES LAST**

**SAVE 27%**

**7.99**

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
côtes de dos de porc  
31330517 SA

**WOW!**

**9.77**  
LB

**ATLANTIC SALMON FILLET**  
fresh  
filet de saumon de l'Atlantique  
21.54/kg  
30329617 SA

**WHILE QUANTITIES LAST**

**SAVE 20%**

**1.99**

**WONDER BREAD BUNS**  
675 g or 875 g  
selected varieties  
pain ou petits pains  
30276296 SA/30297433 SA

**SAVE UP TO 28%**

**2.50**

**ZIGGY'S FRESH PASTA**  
350/360 g or 454 g  
selected varieties  
pâtes ou salades fraîches  
30209140 SA/31321148 SA

**SAVE 39%**

**1.99**

**LANTIC GRANULATED SUGAR**  
2 kg  
sucre granulé  
30143632 SA

**SAVE 34%**

**6.88**

**PC® ENTRÉES**  
600 g / 1.12 kg  
**SWANSON OVEN EASY MEALS**  
375/392 g or 500 g  
**SWANSON FAMILY SKILLETS**  
1.19 kg  
selected varieties, frozen  
plats cuisinés  
30236324 SA/31329284 SA

**ONLY**

**4.25**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
tranches de fromage naturel  
31399162 SA

**SAVE UP TO 37%**

**2.99**

**SILK NON-DAIRY REFRIGERATED BEVERAGES**  
selected varieties  
1.74-1.89 L  
boissons végétales non lactées  
30233392 SA

**ONLY**

**2.99**

**GENERAL MILLS CEREALS**  
selected varieties  
297-430 g  
céréales  
31346697 SA/31346691 SA

**THROW BACK PRICES**

**Deals from the past on select items. †**

**SAVE 58%**

**1.25**

**MAPLE LEAF FLAKES**  
selected varieties  
156 g  
Roccons  
30298273001 SA

**SAVE UP TO 37%**

**2.49**

**KOOL-AID JAMMERS**  
15x180 mL  
**MINUTE MAID or NESTLE ICED TEA**  
selected varieties  
30x200 mL  
soit au 946 mL  
30237666 SA/30237667 SA

**SAVE 62%**

**1.50**

**NO NAME® BLEACH**  
selected varieties, 2.4 L  
eau de Javel  
31346697 SA/31346691 SA

**148 LOADS**

**74 LOADS**

**SAVE UP TO 38%**

**7.97**

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT**  
3.1 L  
**FLEECY FABRIC SOFTENER**  
3.3 L or 3.5 L  
**DRYER SHEETS**  
200's  
selected varieties  
détergent ou assouplissant  
ou feuilles pour sècheuse  
31311729 SA/31311728 SA

**SAVE 44%**

**3.33**

**ROYALE FACIAL TISSUE**  
6x72/100 sheets  
mouchoirs  
30164191 SA

**FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.**  
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)  
Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London; please see nofrills.ca for flyers for these stores.

**nofrills.ca**

01 NFO

**NOVEMBER**

**HIT  
OF THE  
MONTH**

**STARTS FRIDAY NOVEMBER 1<sup>ST</sup>**



**PC® Kettle Cooked Potato Chips**

Selected varieties, 200 g  
Limit: 6, over limit retail \$2.50



**Granarolo Quattrocento Parmesan Style Wedge, 200 g or Piller's Kolbassa 250-375 g**

Selected varieties  
Limit: 6, over limit retail \$6.00



**Hershey's Chocolate Pouches**

Selected varieties, 180-230 g



**D'Italiano Gusto! Bagels**

Selected varieties, 6's  
Limit: 6, over limit retail \$4.49

**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 November 1st - 30th, 2024.

**OCTOBER**

**HIT  
OF THE  
MONTH**



**\$1<sup>77</sup>**

**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.

# FRESH AT LOW PRICES

6 OZ  
CLAMSHELL

**PINEAPPLE**  
product of Costa Rica or  
**RASPBERRIES**  
product of U.S.A. or  
Mexico, no. 1 grade  
ananas ou framboises  
20160992001 SA/20128918001 EA

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



4 LB BAG

**FARMER'S MARKET™ MANDARINS**  
product of South Africa or Chile  
mandarines  
20054023001 SA

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



**1<sup>99</sup>**  
LB/EA

**BROCCOLI CROWNS** each, product of Canada, U.S.A. or Mexico,  
**BUNCH SPINACH** each, product of U.S.A. or Mexico or  
**TOMATOES ON THE VINE**  
4.29/kg, product of Canada, U.S.A. or Mexico  
couronnes de brocoli ou épinards en botte ou tomates  
21121540001 SA/20162640001 SA



10 LB BAG

**FARMER'S MARKET™ RED ONIONS**  
product of Ontario, Canada no. 1 grade  
oignons rouges  
20171965001 SA



APP EXCLUSIVE OFFER\*

Optimum  
**1,000** (M)

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



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



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

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
or **ROMAINE HEARTS**  
product of U.S.A.  
mini concombres ou cœurs de romaine  
2012719001 SA/20082754001 SA



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

**GREEN or RED SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins verts ou rouges sans pépins  
8.80/kg  
2042572001 SA/2123499001 SA



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

454 G

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Canada  
champignons cremini  
ou blancs entiers  
20141371 SA



**.99**

**FUYU PERSIMMONS**  
product of U.S.A. or  
**KIWI** product of New Zealand  
each  
kaki ou kiwi  
20129419001 SA/2013032001 SA



**1<sup>29</sup>**  
LB

**SWEET POTATOES**  
product of Ontario  
patates douces  
2.84/kg  
2012719001 SA



**1<sup>49</sup>**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
each  
concombres anglais  
2007012001 SA



**1<sup>29</sup>**

**RED MANGOES**  
product of Brazil  
each  
mangues rouges  
2002942001 SA



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

**PC® BLUE MENU™ WONDERSFUL PISTACHIOS**  
selected varieties  
product of U.S.A.  
200-225 g  
pistaches  
20440212 SA/20044014 SA



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

PKG OF 5 OR 6

**AVOCADOS**  
product of Mexico  
avocats  
20142222001 SA



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

**FARMER'S MARKET™ SWEET PEPPERS**  
product of Mexico  
piments  
2012719001 SA



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

**MINI SEEDLESS WATERMELON**  
product of U.S.A.  
each  
mini melon d'eau sans pépins  
2016227001 SA



**4<sup>99</sup>**

**FARMER'S MARKET™ AMBROSIA or MCINTOSH APPLES**  
product of Ontario,  
Canada honey grade  
pommes  
2120712001 SA/2012219001 SA



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

**FARMER'S MARKET™ GRAPE TOMATOES**  
Product of U.S.A. or Canada  
or **PC® VARIETY PACK TOMATOES**  
product of Canada or Mexico  
tomates  
2004020001 SA/2004020001 SA

\* 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.

# FRESH AT LOW PRICES



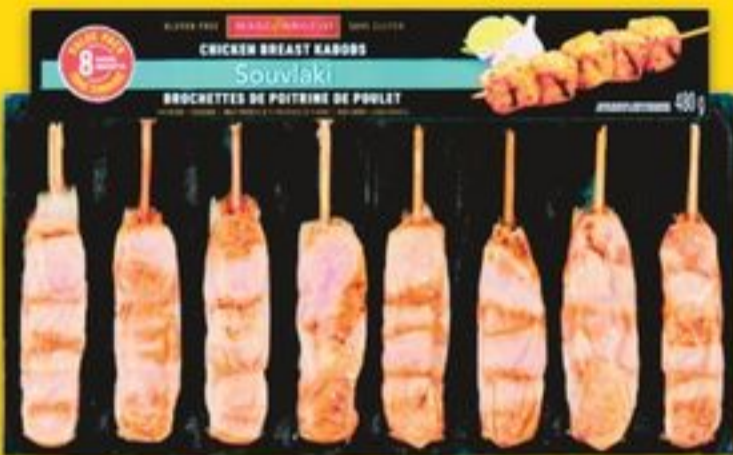
**\$13**

**MAPLE LEAF PRIME CHICKEN**  
assorted varieties  
up to 880 g  
poulet  
3089087 EA



**9.99**  
LB

**BONELESS BEEF STEW**  
cubes de bœuf déossé  
22.02/kg  
30357442 EA



**12.99**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
480/640 g  
brochettes  
2104723 EA



**6.99**

**PILLER'S PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
bûchettes ou bouchettes de saucisson  
2109286 EA/2109291 EA



**1.99**

**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
saucissons fumés de poulet  
2086457 EA/2086473 EA



**2.99**

**GO SHRIMP RAW, or COOKED, or SEAQUEST FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g  
selected varieties  
crevettes ou goberge  
3074979 EA



**\$10**

**SEAQUEST WILD PINK SALMON FILLETS**  
700 g  
filets de saumon rose  
2102044 EA



**\$6**

**ZIGGY'S SLICED DELI MEAT SUB TRIO**  
300 g  
charcuteries  
2119417 EA



**11.99**

**JANES BONELESS CHICKEN BREAST BITES or FILLETS**  
selected varieties, frozen  
710/720 g  
bouchettes ou filets de poitrine de poulet  
2148049 EA



**11.99**

**MARCANGELO ITALIAN SAUSAGES or MEATBALLS**  
selected varieties  
1 kg  
saucissons italiennes ou boulettes de viande  
2087484 EA



**2.99**

**PC CINNAMON RAISIN BREAD**  
475 g  
pain cannelle et raisins  
2043729 EA



**\$3**

**COUNTRY HARVEST BREAD**  
600 g or **BAGELS**  
selected varieties  
pain ou bagels  
2117897 EA/2117940 EA



**4.50**

**FARMER'S MARKET LOAF CAKES**  
selected varieties  
344-390 g  
gâteaux quatre-quarts  
2084361 EA/21043157 EA



**4.49**

**PC GOAT CHEESE LOGS**  
selected varieties  
140 g  
bûchettes de chèvre  
2080244 EA



**\$5**

**ZIGGY'S CHEESE SLICES**  
selected varieties  
140/180 g  
tranches de fromage  
2104284 EA



**7.99**

**CASTELLO HAVARTI CHEESE 425 g or BALDERSON CHEESE 250/280 g**  
selected varieties  
fromage  
2104242 EA/2104247 EA



**7.99**

**ZIGGY'S FETA CHEESE**  
selected varieties  
400 g  
feta  
2080992 EA

no name®



**.99**

**NO NAME® TUNA**  
selected varieties  
85/170 g  
flon  
20321647 EA



**NO NAME® LASAGNA**  
frozen  
1 kg  
lasagne  
20634824 EA

**679**



**350**

**NO NAME® PIZZA**  
selected varieties, frozen  
350-411 g  
pizza  
21341641 EA



**700 G**

**NO NAME® CHEESE**  
selected varieties  
fromage  
20925772 EA

**799**



**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
beurre d'arachide  
2029493001 EA/21430543 EA

**429**

**NO NAME® STIRRED YOGURT**  
selected varieties  
12's  
yogourt  
20685574001 EA/20685574002 EA

**449**



**129**

**NO NAME® VEGETABLES**  
selected varieties  
241/299 ml  
légumes  
20302111 EA/20302102 EA

**NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB**  
300 g  
saucisson de pepperoni ou saucisson de salami ou saucisson d'été  
20015818 EA

**PRICE DROP**  
**\$5**



**NO NAME® ROAST AND GROUND COFFEE**  
selected varieties  
925 g  
café torréfié et moulu  
21284118 EA

**999**



**169**

**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
barres de chocolat  
20484720 EA/20484721 EA



**250**

**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
marshmallows  
2034472001 EA/2034472002 EA



**849**

**NO NAME® CANOLA or VEGETABLE OIL**  
3 L  
huile de canola ou végétale  
20304418 EA/20304419 EA

**NO NAME® FRUIT BEVERAGES**  
selected varieties  
2 L  
boissons aux fruits  
20324206 EA

**\$2**



**\$4**

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
lingettes désinfectantes  
21282771 EA/21282770 EA



**699**

**NO NAME® LAUNDRY DETERGENT, FABRIC SOFTENER or DRYER SHEETS**  
200's  
détergent en concentration  
2048472001 EA/2048472002 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 no name® items in  
the bakery department

**20¢**  
value



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.

**NOFRILLS**

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

nofrills.ca



Be kinder, use less and reuse more.



**1000s OF  
LOWERED  
PRICES  
EVERY DAY!**



**PRICE DROP**

**1.99**

**PC® LEMONADE**

selected varieties  
1.89 L  
limonade  
20773870001\_EA/21425929\_EA



**PRICE DROP**

**3.49**

**PC® THE DECADENT® CHOCOLATE  
CHIP COOKIE**

selected varieties  
280/300 g  
biscuits aux brisures de chocolat  
20612257\_EA



**PRICE DROP**

**3.49**

**PC® LEMONADE OR TEA**

selected varieties, refrigerated  
1.54 L  
limonade ou thé  
21430542\_EA/21506771\_EA



**MULTI  
BUY?  
TRY  
SINGLE  
BUY.**



**ONE FOR**

**179**

**GREEN GIANT  
VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
21021483 SA



**BETTY CROCKER  
POTATOES**  
selected varieties  
141-215 g  
purée de pommes de terre  
21374295 SA

**ONE FOR**

**199**

**SILK SOY  
BEVERAGES**  
selected varieties  
1.89 L  
boissons  
20134384001 SA



**ONE FOR**

**299**

**GENERAL MILLS  
CHEERIOS VEGGIE  
BLENDS, CHEX,  
LOADED BITES,  
OATMEAL CRISP AND  
NATURE VALLEY  
GRANOLA CEREAL**  
selected varieties  
300-437 g  
céréales  
21213368 SA/2121391148 SA



**ONE FOR**

**449**

# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**INTERNATIONAL DELIGHT COFFEE CREAMERS** 946 mL, **COLD FOAM** 396 g or **NEILSON TRUTASTE MILK** 2 L  
selected varieties  
colorants à café ou mousse froide au lait  
30130270 SA/20893480004 SA

**PRICE DROP**

**4.49**



**PRICE DROP**

**\$2**

**UNICO PASSATA** 680 mL or **BARILLA PASTA** 340/410 g  
selected varieties  
passato ou pâtes  
30446340 SA/21404963 SA



**PRICE DROP**

**4.99**

**BREYERS CREAMERY STYLE** 1.66 L or **FUDGSICLE NOVELTIES** 12's  
selected varieties, frozen  
crème glacée  
30344932006 SA/20763171 SA

**ST-HUBERT FRESH POT PIES**  
selected varieties  
235 g  
pâtis frais  
11038812 SA

**PRICE DROP**

**\$3**



**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
mélanges de jus  
21427174 SA/21393736 SA

**PRICE DROP**

**5.99**



**PRICE DROP**

**6.99**

**LITTLE NORTHERN BAKEHOUSE BREAD**  
selected varieties  
320-567 g  
pain  
21100853 SA/21100857 SA



**PRICE DROP**

**6.99**

**SEAQUEST® COLOSSAL RAW WHITE SHRIMP**  
14-20 per lb., 200 g or **FROZEN BAY SCALLOPS** 400 g  
crevettes ou pétoncles  
21042847 SA/21038227 SA



**PRICE DROP**

**15.99**

**BEYOND MEAT PLANT BASED BURGERS**  
678 g  
burgers à base de plantes  
21279994 SA

**SPARKLING ICE - MONTELLIER SPARKLING WATER**  
selected varieties  
503 mL/1.1 L  
eau pétillante  
208343001 SA/20934304 SA

**PRICE DROP**

**\$1**



**PRICE DROP**

**1.99**

**BAGEL BITES**  
selected varieties, frozen  
198 g  
20213482001 SA



**PRICE DROP**

**3.99**

**ORVILLE REDENBACHER MICROWAVE POPCORN** 385-492 g or **KERNEL JAR** 850 g  
selected varieties  
maïs à éclater ou en pot  
20429322002 SA



**PRICE DROP**

**3.99**

**COCA-COLA - PEPSI SOFT DRINKS**  
selected varieties  
4x710 mL  
boissons gazeuses  
20213482001 SA/20213482002 SA



**PRICE DROP**

**4.49**

**M&M'S - MARS CHOCOLATE POUCHES** 135-200 g or **BAR MULTIPACK** 4's  
selected varieties  
chocolats  
20213482001 SA



**PRICE DROP**

**4.99**

**QUAKER BAKING MIX** 900 g or **OAT FLOUR** 700 g  
mélanges à pâtisseries  
ou farine d'avoine  
20213482001 SA



**PRICE DROP**

**\$5**

**PC® SPARKLING WATER - SOFT DRINKS**  
selected varieties  
12x355 mL  
eau pétillante ou  
boissons gazeuses  
20213482001 SA/20213482002 SA

# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
20312227\_EA/21277841\_EA

**PRICE DROP**

**3.99**



**GIUSEPPE EASY PIZZI** 560-600 g or **TRADIZIONALE** 385-415 g  
**PIZZA**  
selected varieties, frozen  
pizza  
31299127\_EA

**PRICE DROP**

**5.99**



**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
2029761802\_EA

**PRICE DROP**

**6.99**



**PRICE DROP**

**5.99**

**NESCAFÉ GOLD or SWEET & CREAMY INSTANT COFFEE**  
selected varieties  
90-331 g  
café instantané  
31074563\_EA/21362371\_EA



**PRICE DROP**

**\$6**



**PC® FREE FROM® SLICED DELI MEAT** 175 g or **ZIGGY'S® CHICKEN or TURKEY STRIPS** 150/200 g  
selected varieties  
charcuteries tranchées ou lamelles de poulet ou dinde  
20402855\_EA/21402178\_EA



**PRICE DROP**

**7.99**

**PC® FREE FROM® MINI MEAT PIES**  
selected varieties, frozen  
500 g  
mini-pâtis à la viande  
31545309\_EA



**PRICE DROP**

**1.25**

**KD ORIGINAL**  
200 g  
31349728\_EA



**PRICE DROP**

**2.99**

**NATURE VALLEY GRANOLA BARS or MOTT'S BETTY CROCKER FRUIT SNACKS**  
selected varieties  
120-220 g  
barres granola ou collations aux fruits  
3021102892\_EA  
3023474921\_EA



**PRICE DROP**

**\$3**

**DENTYNE, TRIDENT GUM or MENTOS CANDY MULTIPACK or HARIBO CANDY** 175/175 g  
selected varieties  
gummes ou bonbons  
30229986\_EA/21277878\_EA



**PRICE DROP**

**3.79**

**DEL MONTE FRUIT**  
selected varieties  
750 mL  
cocktail de fruit  
3030218804\_EA



**PRICE DROP**

**3.29**

**NO NAME® PICKLES**  
selected varieties  
3 L  
pickles  
30304972\_EA



**PRICE DROP**

**7.99**

**PC® ORGANICS FLOUR**  
selected varieties  
2.5 kg  
farine biologique  
30402222\_EA/20282171\_EA



**PRICE DROP**

**7.99**

**GLAD GARBAGE BAGS**  
selected varieties  
18-32's  
sacs à ordures  
3007154891\_EA  
21412966\_EA



**PRICE DROP**

**31.99**

**ALPO COOKOUT CLASSICS DRY DOG FOOD**  
16 kg  
nourriture sèche pour chiens  
30072174\_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\*  
**3,000** pts

for every \$10\* spent on Cadbury chocolate  
selected varieties  
33-200 g  
chocolat  
20322193001\_EA/20690539\_EA

**\$3**  
value



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

MCCAIN CAKES 310 g or NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L  
selected varieties, frozen  
gâteaux ou dessert glacé de confiserie  
30110133003 EA/20204737003 EA



**PRICE DROP**  
**5.49**

CHEEZ-IT CRACKERS  
selected varieties  
191/200 g  
croquillons  
31214340 EA



PILLSBURY REFRIGERATED DOUGH 318-468 g or LIBERTÉ MÉDITERRANÉE 4 1/2/500 g, LIBERTÉ CLASSIQUE 650 g or GREEK 4's, YOGURT  
selected varieties  
pâte réfrigérée ou yogurt grec  
30318034001 EA/20788663001 EA



**PRICE DROP**  
**2.49**

**PRICE DROP**  
**2.99**



**PRICE DROP**  
**\$4**

PC<sup>®</sup> TOPPED HUMMUS  
selected varieties  
280 g  
hummus garni  
20871384 EA

LA GRILLE SEASONING CLUB HOUSE BLENDS 111-181 g  
selected varieties  
assaisonnements ou mélange  
30309777003 EA/20221740001 EA

**PRICE DROP**  
**4.99**



**PRICE DROP**  
**\$12**

SEAQUEST<sup>™</sup> SHRIMP RING WITH SAUCE  
frozen  
454 g  
couronne de crevettes avec sauce  
20879191 EA



**PRICE DROP**  
**2.99**

LIPTON<sup>®</sup> KNORR SOUP MIX  
selected varieties  
113-328 g  
mélange à soupe  
20013063002 EA



**PRICE DROP**  
**3.99**

RUFFLES POTATO CHIPS  
selected varieties  
180-220 g  
croustilles  
21241032 EA



**PRICE DROP**  
**3.99**

NESTLÉ CHOCOLATE BAR MULTIPACK 4's or POUCHES 135-203 g  
selected varieties  
chocolat  
30322202 EA/2124494 EA

PC<sup>®</sup> NATURAL SPRING WATER 4 L  
eau de source naturelle  
2120401 EA



**PRICE DROP**  
**1.50**



**PRICE DROP**  
**1.99**

PALMOLIVE DISHWASHING LIQUID  
selected varieties  
375/528 mL  
détergeant liquide à vaisselle  
20041480 EA/2100438 EA



**PRICE DROP**  
**5.49**

NO NAME<sup>®</sup> PAPER TOWELS  
6-8 rolls  
essuie-tout  
20276123 EA

CHOSEN FOODS ORGANIC NON GMO PURE AVOCADO OIL 750 mL  
huile d'avocat pure biologique  
20047194 EA



**PRICE DROP**  
**14.49**

## BETTER AS A MEMBER

\* Scan your PC Optimum<sup>™</sup> app or swipe your card to get PC Optimum<sup>™</sup> Members pricing or points. See back page for details.

Earn\*  
**1,000** pts

for every \$5\* spent on Old Dutch Humpty Dumpty snacks 230-290 g or potato chips 235 g or Restaurante torilla chips 275/290 g  
selected varieties  
grignolines ou croustilles  
21445100\_EA/21367546\_EA

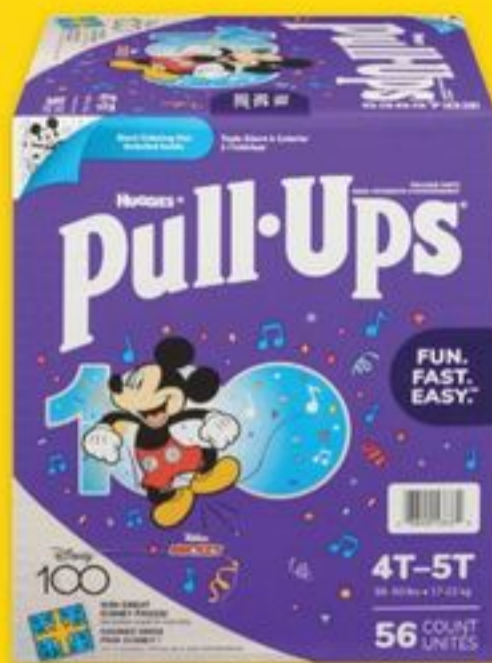
**\$1**  
value



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**PRICE DROP**  
**26<sup>99</sup>**



**HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS**  
selected varieties  
28-74%  
couches d'entraînement  
30962841 SA/21317199 SA

**PRICE DROP**  
**2<sup>99</sup>**



**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires  
31347046 SA/21347099 SA



**PRICE DROP**  
**5<sup>99</sup>**

**TRESEMME HAIR CARE**  
selected varieties  
198-311 g / 168-828 mL  
soins capillaires  
3031530314 SA/21179103 SA



**PRICE DROP**  
**3<sup>49</sup>**

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
dentifrice  
21041430 SA/21354804 SA



**PRICE DROP**  
**4<sup>79</sup>**

**SENSODYNE or PRONAMEL TOOTHPASTE**  
75/100 mL or  
POLIGRIP 40 g  
selected varieties  
dentifrice  
3030117901 SA/20756073 SA



**PRICE DROP**  
**6<sup>49</sup>**

**DOVE MEN+ CARE DEODORANT**  
selected varieties  
76/85 g  
déodorant  
3033348001 SA



**PRICE DROP**  
**1<sup>79</sup>**

**BABY GOURMET ORGANIC FRUIT & VEGETABLE BABY FOOD POUCHES**  
selected varieties  
130 mL  
sachets de fruits et légumes bio/organiques pour bébé  
3033348001 SA/21122810 SA



**PRICE DROP**  
**2<sup>99</sup>**

**GERBER SNACKS ENTRÉES**  
selected varieties, 43-147 g  
collations en plats réchauffés  
3033348001 SA/21354804 SA



**PRICE DROP**  
**3<sup>99</sup>**

**NIVEA BODY WASH 100-ML, DEODORANT ROLL-ON ANTIPERSPIRANT**  
30/33 g  
selected varieties  
savon pour le corps ou déodorant à bille en aérosol/antiperspirant  
3033348001 SA/21354804 SA



**PRICE DROP**  
**6<sup>99</sup>**

**VASELINE LOTION**  
selected varieties  
400/400 mL  
lotion  
3033348001 SA/21354804 SA



**PRICE DROP**  
**3<sup>99</sup>**

**Q-TIPS**  
500  
coton-tige  
3033348001 SA



**PRICE DROP**  
**4<sup>49</sup>**

**IVORY BAR SOAP 100-702 g or BODY WASH 421 mL**  
selected varieties  
pain de savon ou savon moussant pour le corps  
3033348001 SA/21354804 SA



**PRICE DROP**  
**4<sup>99</sup>**

**ALWAYS LINERS 26-27% PADS 10-22% or TAMPAX PEARL**  
selected varieties  
protège-féminine ou serviette hygiénique  
3033348001 SA/21354804 SA



**PRICE DROP**  
**12<sup>99</sup>**

**BOOST HIGH PROTEIN MEAL REPLACEMENT SHAKES**  
selected varieties  
640/57 mL  
boissons de substitution de repas  
3033348001 SA/21354804 SA



**PC® DISTILLED WATER**  
4 L  
eau distillée  
20797191 SA

**ALWAYS**  
**1<sup>25</sup>**



**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
rinçage-bouche  
21301386 SA/21201406 SA

**ALWAYS**  
**\$4**

# PC<sup>®</sup> INSIDERS REPORT<sup>™</sup> HOLIDAY EDITION

Bringing joy to taste buds and wallets.

**HOT  
PRICE**

**NO PREP  
ALL SAVINGS**

Easy holiday hosting for less? Just pop these frozen faves in the oven and you're good to go.

**\$15**



**PC<sup>®</sup> HOLIDAY FEAST  
TURKEY PIE**  
frozen, 800 g  
pâte à la dinde  
21613959\_EA



**\$5**

**PC<sup>®</sup> CHICKEN  
WONTON SOUP**  
frozen  
300 g  
soupe won-ton au poulet  
21565996\_EA



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

**PC<sup>®</sup> BLACK LABEL PIZZA**  
selected varieties, frozen  
370-420 g  
pizza  
21615467\_EA



**\$11**

**PC<sup>®</sup> BREADED SHRIMP**  
selected varieties, frozen  
400/454 g  
crevettes panées  
20080117\_EA/20135874\_EA



**\$14**

**PC<sup>®</sup> HOLIDAY FEAST  
TURKEY STUFFING  
BURGERS**  
frozen, 568 g  
burgers à la farce de dinde  
21547041\_EA



**14<sup>99</sup>**

**PC<sup>®</sup> MEATBALLS**  
selected varieties, frozen  
907 g  
boulettes de viande  
20503356\_EA/20503111\_EA



**14<sup>99</sup>**

**PC<sup>®</sup> CHICKEN WINGS**  
selected varieties, frozen  
907 g  
ailes de poulet  
20708931\_EA/20708932\_EA



# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$6**



**PC® BRUSSELSLAW SALAD KIT**  
253 g  
salade de choux de Bruxelles  
21626132\_EA

## REFRESHING HOLIDAY PRICES

Holiday food comas are totally a thing. Take a break from heartier meals with fresh eats at low prices.



**349**



**PC® HUMMUS**  
selected varieties  
227 g  
hummus  
20584097\_EA/20584212\_EA



**\$6**

**PC® NAAN DIPPERS**  
400 g  
bouchées de pain Naan  
20999700\_EA



**\$5**

**PC® PARADISE CRUNCH PEPPERS**  
454 g  
poivrons Croc'paradis  
21534092\_EA



**\$5**

**PC® CHOCOLATE CHIP BRIOCHE BREAD**  
400 g  
pain Brioche aux brisures de chocolat  
21607172\_EA



**\$6**

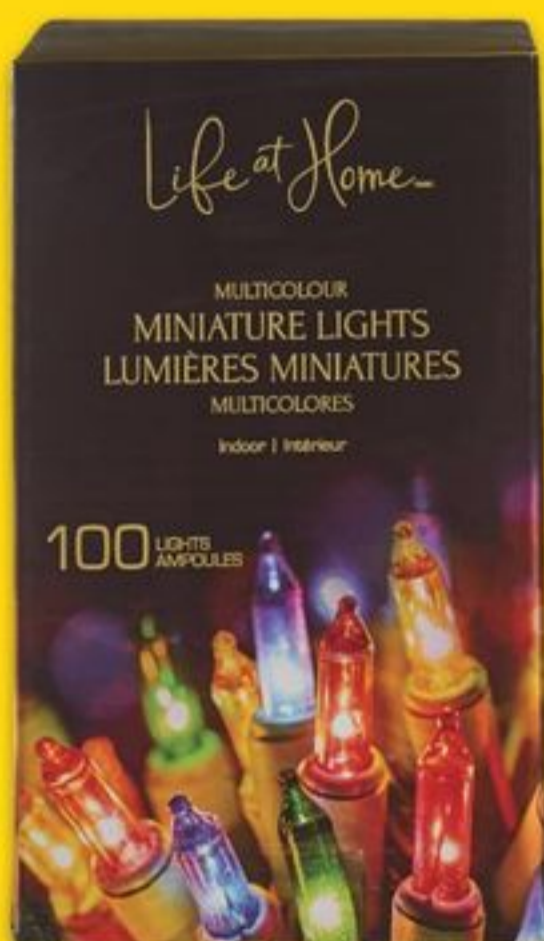
**PC® DOUBLE CREAM BRIE**  
200 g  
brie double crème  
20787327\_EA



**\$15**

**PC® THE ULTIMATE PORK RIB ROAST**  
1.1 kg  
rôti de côtes de porc  
21616767\_EA

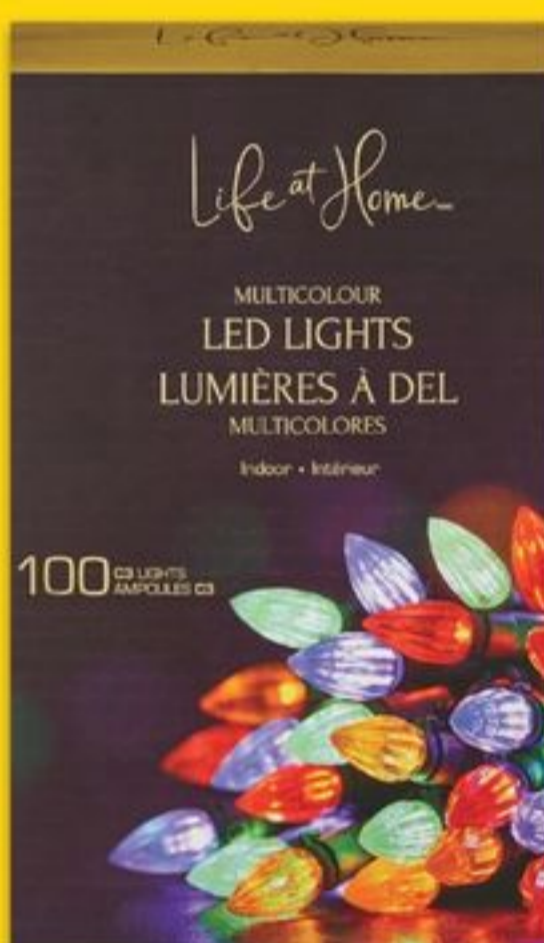
# FESTIVE FINDS FOR LESS



**\$7**

**LIFE AT HOME™  
INDOOR CHRISTMAS  
STRING LIGHTS**

2109944 EA



**\$13**

**LIFE AT HOME™  
OUTDOOR CHRISTMAS  
STRING LIGHTS**

2129313 EA



**\$39**

**LIFE AT HOME™  
6' BALSAM LAKE TREE**

2157440 EA

AVAILABLE AT SELECT LOCATIONS ONLY





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](http://www.pcinsurance.ca).



THE MOBILE SHOP  
NOW THAT'S REWARDING.

# BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

## 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).