

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

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NOFRILLS

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



SAVE 51%
5.88

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



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

WOW!
1.99
LB

WHILE QUANTITIES LAST



ONLY
4.99

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



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

SAVE 44%
3.88



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/21361508 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 \$1 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

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.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
framboises
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
3017204001 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
30791572 EA/30793071 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
3079304001 KG



1.49
LB

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



1.99

BROCCOLI CROWNS
product of Canada or U.S.A.
march
couronnes de brocoli
311316001 EA



3.99

3 LB BAG

FARMERS MARKET RED ONIONS
product of Ontario,
Canada no. 1 grade
oignons rouges
301142001 EA



3.99

PKG OF 4

FARMER'S MARKET SWEET PEPPERS
product of Canada or Mexico
piments
301172001 EA



\$4

2 LB BAG

FARMER'S MARKET LEMONS
product of South Africa
citrons
307923001 EA



6.99

4 LB BAG

FARMER'S MARKET MANDARINS
product of South Africa
mandarines
304242001 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
2046213 SA/2120871 SA



CANADIAN STEELHEAD TROUT FILLET
frozen
filets de truite merluet
22.02/kg
2144766 SA

9.99
LB



5.99

SCHNEIDERS BACON, JUICY JUMBOS or SMOKED SAUSAGES
selected varieties
375-450 g
bacon ou saucisses fumées
20105411 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
2046120 SA/2046143 SA



2.99

PC® DIPS 227 g or ZIGGY'S® FRESH PASTA 330/360 g
selected varieties
fromages ou pâtes fraîches
2034212 SA/2102148 SA



APP EXCLUSIVE OFFER
1,000

\$1 Value

3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties
175/300 g
charcuterie tranchées
2104932 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 bœuf de mozzarella
2046267 SA/2110064 SA



2.49

WONDER BREAD BUNS 475 g or
selected varieties
pain ou petits pains
2027499 SA/2027483 SA



\$3

COUNTRY HARVEST BREAD BAGELS 610 g or
selected varieties
pain ou bagels
2117887 SA/2117842 SA



\$3

MUFFINS
selected varieties
4 1/2
muffins
2115763 SA



10.99

MAPLE LEAF NATURAL SELECTIONS or PC® FREE FROM® SLICED DELI MEAT
selected varieties
375/400 g
charcuterie tranchées
2072813 SA/2022814 SA



NEILSON TRUTASTE
2%/1% or SKIM 4L or
LACTOSE FREE 2L MILK
or PROTEIN MILK 1.89 L
selected varieties
3018053001, 8A/20134554, 8A

ONLY
5.99



**DEALS
DEALS
DEALS
FOR DAYS
EVENT**

SAVE 23%
4.99



ALFA PUFF PASTRY
850 g
pâte feuilletée
31404788, 8A



NEILSON CREAM
5/10% 1L or
18/35% 473 mL
selected varieties
crème
30123409, 8A/20174431, 8A

ONLY
3.49



EGGO WAFFLES 8%
THICK AND FLUFFY 6's or
PILLSBURY TOASTER STRUDEL 326 g
selected varieties, frozen
gaufres ou pâtisseries
20202779, 8A



SAVE UP TO 22%
3.79



2.49

MCCAIN FRIES
selected varieties, frozen
800 g
frites
21231173, 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
20201882, 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
2021740047, 8A



13.99

PC® WHOLE BEAN COFFEE
430/307 g or
TIMOTHY'S PODS 30's
selected varieties
café en grains ou
microcafé
21433314, 8A/21313555, 8A



1.29

NEILSON MILKSHAKE or MILK 2GO
selected varieties
250 mL
lait frappé ou lait
21842332, 8A/21842332, 8A



1.99

CAMPBELL'S CHUNKY, READY TO SERVE 313 mL or
HABITANT SOUP
796 mL
selected varieties
soup
21847002, 8A/21848047, 8A



4.99

GIUSEPPE THIN RISING CRUST PIZZA
selected varieties, frozen
420/355 g
pizza
21768347, 8A



11.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
21842332, 8A
202847801, 224

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 bonbonnes glacées
2030229003, 8A/21513347, 8A

Earn*
4,000 pts
\$4 value

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
21329910, 8A/21395734, 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**



\$1.77

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 UP TO 27%

5⁷⁹

BLACK DIAMOND CHEESTRINGS 16's or **STICKS** 12's
selected varieties
bâtonnets au fromage
20163661, EA/20196474, 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/20218416006, EA

SAVE 23%

.99

UNICO TOMATO PASTE
selected varieties
156 mL
pâte de tomate
20060327, EA



1⁷⁹

KNORR SIDEKICKS
selected varieties
120-162 g
200140004, EA

2⁷⁹

PRINGLES POTATO CHIPS
selected varieties
148/156 g
20060327, EA/20060327, EA

2⁹⁹

QUAKER CRISPY MINIS - RICE CAKES
selected varieties
90-199 g
gâchettes de riz
20060327, EA/20060327, EA

8⁹⁹

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g / 1.3 kg
céréales
20060327, 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/20060323001, EA

12⁹⁹

POGO
frozen
20's
20060324002, EA



5⁹⁹

TEMPTATIONS CAT TREATS 454 g or
FRISKIES DRY CAT FOOD 1.6 / 1.5 kg
selected varieties
gâchettes pour chats et
nourriture pour chats
20060327, EA/20060327, EA

9⁹⁹

BENEFUL DRY DOG FOOD 1.6 / 1.8 kg,
PEDIGREE DENTASTIX
500-608 g or
MILKBONE 1.9 kg
selected varieties
nourriture sèche pour chiens
20060327, EA/20060327, 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
20060327, EA/20060327, EA

16⁹⁹

CESAR MULTIPACK WET DOG FOOD
selected varieties
12x100 g
nourriture humide pour chiens
20060327, 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 480-630 g selected varieties. Kellogg's will donate \$2 to PC® Children's Charity céréales
21430748, EA/21430755, EA



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
3033573001 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 ou 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



.84

COLGATE TOOTHPASTE 51.5 g or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
2000000001 EA



1.99

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



3.50

ARMOR ALL WINDSHIELD WASHER FLUID
40°C
3.78 L
lavage-glace
21541114 EA



3.99

NIVEA BODY WASH DEODORANT ROLL-ON 100 mL or
ANTI-PERSPIRANT 51/152 g
selected varieties
savon à mains ou déodorant à bille ou antitranspirant
2000000001 EA



1.49

COMET BLEACH CLEANING POWDER 400 g or
SOS SCRUBBING PADS 10's
nettoyant au peroxyde ou
serrures à racler
2000000001 EA



5.49

NO NAME® KITCHEN GARBAGE BAGS
selected varieties
30/48"
sacs à ordures
2000000001 EA



5.99

LYSOL DISINFECTANT WIPES 75/84",
DISINFECTANT SPRAY 100 g or
POWER PLUS TOILET BOWL CLEANER 400 mL
selected varieties
essuyes désinfectantes ou
spray désinfectant ou
nettoyant à cuvette
2000000001 EA



8.99

DAWN LIQUID DISH DETERGENT
3.33/2.68 L
savon liquide à vaisselle
2000000001 EA



3.99

OLD DUTCH LAUNDRY DETERGENT
4.7 L
détergent à lavage en poudre
2000000001 EA



10.99

ROYALE FACIAL TISSUE
7 to 100 sheets
mouchoirs
2000000001 EA



15.99

TIDE PODS 37/43/32's
LAUNDRY DETERGENT 4.14 L or
SCENT BOOSTERS 400 g
selected varieties
détergent à lavage ou mouchoirs
savon à vaisselle ou parfum
2000000001 EA



24.99

TIDE LAUNDRY DETERGENT POWDER
4.7 kg
détergent à lavage en poudre
2000000001 EA

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



BETTER AS A MEMBER

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

Earn*

10,000 pts

October 17-23, 2024

\$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