

DEALS DEALS DEALS FOR DAYS EVENT



SAVE 20%

3⁹⁹

3 LB BAG

**FARMER'S MARKET™
NAVEL ORANGES**
product of South Africa
oranges navel
20142945001_EA



ONLY

3⁹⁹

4 LB BAG

**FARMER'S MARKET™
GRAVENSTEIN, PAULA RED or
ROYAL GALA APPLES**
product of Atlantic, Canada Fancy grade
pommes
2023212001_EA/2074799001_EA



SAVE 40%

2⁹⁹

PKG OF 5

AVOCADOS
product of Mexico
avocats
20142232001_EA



SAVE 33%

3⁹⁹

PC® CHOP SALAD KITS
selected varieties, product of U.S.A.
285-347 g
salades
21378024_EA/21379071_EA

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NOFRILLS

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



SAVE UP TO 53%

3.99
LB

PORK BACK RIBS
fresh, cryovac package
demi-longe de porc
8.80/kg
2028472 EA

WHILE QUANTITIES LAST



SAVE 45%

5.99

JANES PUB STYLE BREADED CHICKEN
selected varieties, frozen
700 g
poulet pané
2119125 EA



SAVE 43%

3.97

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
2014358 EA



SAVE 28%

4.99

SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP
36-45 per lb, frozen
300 g
crevettes
2104385 EA/2104497 EA



SAVE 53%

5.99

HERSHEY'S ASSORTED CHOCOLATE
selected varieties
500 g
chocolat varié
2152274 EA

WHILE QUANTITIES LAST



SAVE 28%

1.99

CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
21358407 EA/21361308 EA



SAVE 55%

.88

GRAVES APPLE JUICE
1 L
jus de pomme
20222509 EA



SAVE UP TO 47%

11.99

ROYALE BATHROOM TISSUE or TIGER TOWELS
selected varieties
papier hygiénique ou essuie-tout
21378222 EA/21484704 EA



SAVE 35%

8.99

QUALITY BASMATI RICE
3.63 kg
riz basmati
20787290 EA



SAVE 40%

1.49

NO NAME® WHITE VINEGAR
club size 4 L
 vinaigre blanc
20102736 EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

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

01 NFA

DEALS DEALS DEALS FOR DAYS EVENT



.99

CLOVER LEAF LIGHT TUNA 85/170 g or **BRUNSWICK FILLETS** 92/100 g
selected varieties
thon pâle ou sardines
20372583, EA/21228243, EA



.99

HEINZ BEANS or PASTA
selected varieties
398 mL
lèves ou pâtes
20040200003, EA/20177278006, EA

350^{ml} **35¢ Value**

COCA-COLA
selected varieties
1 L
boissons gazeuses
20299030, EA



.99



.99

227 G

BELLEISLE COLESLAW
product of Atlantic Canada
salade de chou
2003394, EA



3.99
EA/LB

GREEN or RED SEEDLESS GRAPES
8.80/kg, product of U.S.A., no. 1 grade or
PINEAPPLE each, product of Costa Rica
raisins verts ou rouges sans pépins ou ananas
30423775001_8G / 20140992001_1A

**DEALS
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EVENT**



4.99

1 LB CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade
fraises
20049778001_1A



3.99

PUMPKINS
product of Atlantic Canada
each
citrouilles
20081484001_1A



1.99

BROCCOLI CROWNS
product of Canada or U.S.A.
each
couronnes de brocoli
21121500001_1A



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



GROWN IN CANADA
1.99
LB

BARTLETT PEARS
product of Canada, Canada fancy grade
poires
30172040001_8G



2.49
EA/LB

ICEBERG LETTUCE each,
product of U.S.A. or Mexico, no. 1 grade
or **TOMATOES ON THE VINE** 5.49/kg,
product of U.S.A. or Mexico
salade iceberg ou tomates sur vigne
20135330001_1A/20050700001_8G



GROWN IN CANADA
3.99

**PC® LITTLE GEMS™
RED, YELLOW or MIXED
MINI POTATOES** 5 LB BAG
product of Canada, Canada no. 1 grade
or **STEW PACK**
product of Canada
mini-pommes de terre
ou légumes pour ragoût
21347290001_1A/21124700001_1A



GROWN IN CANADA
3.99

3 LB BAG
**FARMER'S MARKET™
RED ONIONS**
product of Canada,
Canada no. 1 grade
oignons rouges
2041120001_1A



GROWN IN CANADA
3.99

PKG OF 3
**FARMER'S MARKET™
ENGLISH CUCUMBERS**
product of Canada,
Canada no. 1 grade
courcoubons anglais
21030415001_1A



GROWN IN CANADA
3.99

454 G
**PC® WHOLE CREMINI or
WHITE MUSHROOMS**
product of Canada
champignons cremini
ou blancs entiers
20761371_1A/20730371_1A



4.99

2 LB BAG
**FARMER'S MARKET™
MANDARINS**
product of South Africa
mandarines
2009619001_1A



5.49
LB

PORK CHOPS
fresh, bone-in
côtes de porc
12.10/kg
20327241_8G



\$8

**PC® BONE-IN CHICKEN
THIGHS, BREAST
FILLETS or DRUMSTICKS**
fresh
hous de cuisson de poulet ou
filés de poulet ou pilons
21807001_1A



\$14

PC® BURGERS
selected varieties, frozen
1.02-1.36 kg
burgers
20941200_1A/20941440_1A



2.49

**NO NAME™
BAGELS or
ENGLISH MUFFINS**
selected varieties
fresh or
muffins anglais
21204112_1A/21217001_1A



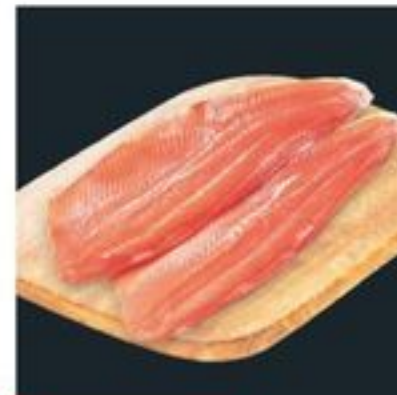
3.79

MINI BABYBEL
120 g or **THE
LAUGHING COW™
CHEESE**
132-140 g
selected varieties
fromage
20019107_1A/20274302_1A



4.50

**FARMER'S MARKET™
MINI DOUGHNUTS**
selected varieties
400 g
mini beignes
21229400_1A



9.77
LB

**STEELHEAD
TROUT FILLET**
boneless
filet de truite
21124100_8G

*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



GIUSEPPE THIN or RISING CRUST PIZZA
selected varieties, frozen
480-785 g
pizza
21106361 SA

SAVE 37%
4.99



MCCAIN RED BAG FRIES
selected varieties, frozen
800 g
fries
21231172 SA

SAVE 28%
2.49



EGGO WAFFLES 8" x 6" or THICK AND FLUFFY 6" x 6" or PILLSBURY TOASTER STRUDEL
selected varieties, frozen
gouffes
2017264001 SA/20202779 SA

SAVE 22%
3.49



4.49

CHOCOLATE MILK
blend varies by region
2 L
fries au chocolat
2011027982 SA/20144418 SA



4.99

HELVA GOOD! FRENCH ONION DIP
480 g
fromage à l'oignon
2011298001 SA



8.99

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g / 1.3 kg
cereal
2011298001 SA



9.99

NO NAME HONEY
selected varieties
1 kg
miel
2011298001 SA



4.29

TROPICANA ORANGE JUICE or PURE LEAF BEVERAGES
selected varieties
1.36 L / 2 L
jus d'orange ou boissons
2011298001 SA/2011298001 SA



1.69

KNORR SIDEKICKS
selected varieties
120-142 g
2011298001 SA



3.79

LAY'S POTATO CHIPS 170-225 g or POPPABLES CHEETOS SNACKS 170-285 g
selected varieties
craquelins ou grignolons
2011298001 SA/2011298001 SA



3.99

NIVEA BODY WASH, DEODORANT ROLL-ON or ANTIPERSPIRANT
selected varieties
100 mL, 300 mL or 50 mL
savon pour le corps ou déodorant à bille ou antiperspirant
2011298001 SA/2011298001 SA



.84

COLGATE TOOTHPASTE 52-99 mL or MANUAL TOOTHBRUSH 1 oz
selected varieties
dentifrice ou brosse à dents manuelle
2011298001 SA/2011298001 SA



3.50

ARMOR ALL WINDSHIELD WASHER FLUID 3.78 L
lave glace
21128793 SA



5.97

LYSOL DISINFECTANT WIPES 75/84's or DISINFECTANT SPRAY 350 g
selected varieties
lingettes désinfectantes ou vaporisateur désinfectant
2011298001 SA/2011298001 SA



11.99

ROYALE FACIAL TISSUE 12x100 sheets
mouchoirs
2011298001 SA

DEALS DEALS DEALS FOR DAYS EVENT



HUNGRY-MAN
SAVING YOUR BRAVING - SAUVANT L'IRRATABLE

Healthy Choice *Gourmet Steamers*

SAVE UP TO 38%

3.99

HUNGRY-MAN ENTRÉES 300-455 g or **HEALTHY CHOICE GOURMET STEAMERS** 269-306 g selected varieties, frozen plats cuisinés



Yoplait Source NO ADDED SUGAR SANS SUCRE AJOUTÉ

no name® sans nom® **marble farmer's cheese - fromage farmer's marbré** 27% M.F.M.G. - 44% MOISTURE/HUMIDITÉ

SAVE 20%

2.69

YOPLAIT SOURCE 430 g, **PROTEIN** 4%, **MINIGO** 6% or **TUBES** 8% **YOGURT** selected varieties

NO NAME® CHEESE selected varieties fromage

SAVE 20%

7.99

700 G



Kraft Deluxe

CRAVE

3.99

CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g selected varieties, frozen plats cuisinés ou macaronis au fromage



Tim Hortons

7.99

TIM HORTONS ROAST AND GROUND COFFEE 300 g or **PODS** 10/12's selected varieties



PC FRENCH ROAST

Timothy's

13.99

PC® WHOLE BEAN COFFEE 400/607 g or **TIMOTHY'S PODS** 30's selected varieties



MINUTE MAID FROZEN PUNCH, LEMONADES or NESTLE selected varieties, frozen punch ou limonade ou thé glacé

20¢ Value

1.29



cut green beans

haricots verts soupés

1.29

NO NAME® VEGETABLES selected varieties



QUAKER CRISPY MINIS or RICE CAKES selected varieties

CRISPY MINIS

2.99



SANPELLEGRINO or PERRIER SPARKLING WATER selected varieties

\$2



Campbell's ITALIAN WEDDING SOUP

Campbell's CHUNKY

2.29

CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or **HABITANT** 796 mL **SOUP** selected varieties



fruit cocktail

3.29

NO NAME® FRUIT selected varieties

BETTER AS A MEMBER

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

Earn*

4,000 pts

\$4 value

for every \$10* spent on Kellogg's family size cereal, Kellogg's will donate \$2 to PC® Children's Charity



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**



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



Optimum
Members-Only Price
\$2.50
Non-Members
\$3.00

No Name flour,
selected varieties, 2.5kg
20013256_EA



Swanson Meat Pies,
selected varieties, 200g

Limit: 6, over limit retail \$2.50
20320525001_EA/20320525002_EA



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.

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 sizes and varieties
couches, lingettes, préparation,
aliments, produits ou accessoires pour bébé
20147213_EA/20709163_EA/21540721_EA



PRICE DROP
32⁹⁹

PAMPERS ECONO PACK DIAPERS
size N-8, selected varieties
58-160's
couches
21531325_EA



PRICE DROP
34⁹⁹

HUGGIES ECONO PACK DIAPERS
size N-7, selected varieties
68-168's
couches
21456633_EA



PRICE DROP
29⁹⁹

ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT
selected varieties
907 g
supplément nutritif
21467931_EA/21467971_EA



PRICE DROP
5⁴⁹

LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rince-bouche
21091218_EA/21091222_EA



Optimum
1,000 pts

\$1
Value

PRICE DROP
5⁹⁹

COLGATE TOOTH PASTE
70-133 mL, 2x120/150 mL or
MANUAL TOOTHBRUSH 2's
selected varieties
dentifrice ou brosse à dents manuelle
2011032702_EA/21116640_EA



PRICE DROP
3⁹⁹

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
déodorant
20669094_EA/2066334903_EA



PRICE DROP
4⁹⁹

L'ORÉAL PARIS HAIR EXPERTISE HAIR CARE
selected varieties
200/385 mL
soins capillaires
2034030605_EA/20944487_EA



PRICE DROP
5⁹⁹

HEAD & SHOULDERS HAIR CARE
selected varieties
315-370 mL
soins capillaires
21908016_EA/21505143_EA



PRICE DROP
\$1

BABY BELLIES or LITTLE BELLIES BABY SNACKS
selected varieties
8/12 g
collations pour bébé
21539230_EA/21539230_EA



PRICE DROP
1⁷⁹

GERBER BABY FOOD JARS
159-162 mL or
ORGANIC BABY FOOD POUCHES
99 g/128 mL
selected varieties
aliments pour bébé
21024894_EA/21460953_EA



PRICE DROP
7⁹⁹

DOVE BAR SOAP
6x106 g or
BODY WASH
532-695 mL
selected varieties
pain de savon ou
nettoyant pour le corps
21237519_EA/21518321_EA



PRICE DROP
5⁴⁹

U BY KOTEX or KOTEX PADS LINERS 40/50's or
TAMPONS 14-22's
selected varieties
serviettes ou tampons ou
protège-dos
2092780_EA/21361890_EA



PRICE DROP
7⁹⁹

NIVEA LOTION
selected varieties
250-625 mL
lotion
20488737_EA/20794480_EA



PRICE DROP
12⁹⁹

ENSURE HIGH PROTEIN MEAL REPLACEMENT SHAKES
selected varieties
6x235 mL
boissons de substitut de repas
2030871001_CN/2030871008_CN



ALWAYS
1²⁵

PC® DISTILLED WATER
4 L
eau distillée
20797171_EA



ALWAYS
\$4

LIFE BRAND® MOUTHWASH
selected varieties
1 L
rince-bouche
21201386_EA/21201386_EA



PRICE DROP
9⁹⁹

PEDIASURE COMPLETE
selected varieties
4x235 mL
20322414001_EA/20322414002_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.

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