

**NOVEMBER**

**HIT  
OF THE  
MONTH**

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



**PC® Kettle Cooked Potato Chips**  
Selected varieties, 200 g



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



**Hershey's Chocolate Pouches**  
Selected varieties, 180-230 g



**D'Italiano Gusto! Bagels**  
Selected varieties, 6's

See in-store for retails

**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**



**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.

# NO FRILLS®

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



**SAVE UP TO 53%**

**6.99**

**SCHNEIDERS CHICKEN WINGS or PC® SPRING ROLLS**  
selected varieties, frozen  
450-615 g  
31481408 EA/215121355 EA



**3.88** LB

**PORK TENDERLOIN**  
fresh, cryovac package  
8.55 kg  
30220976 KG



**WOW!**

**2.50**

**GROUND CHICKEN or MINCEED LEAN TURKEY**  
frozen  
454 g  
21605043 EA



**SAVE 53%**

**1.99** LB

**GREEN or RED SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
4.37 kg  
301919901 KG/2042373001 KG

**SAVE 32%**

**2.49**

**WONDER BREAD**  
selected varieties  
370 g  
30206474 EA

**SAVE UP TO 36%**

**6.99**

**PILLERS PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
3109926 EA/21099261 EA

**SAVE UP TO 28%**

**2.50**

**ZIGGY'S FRESH PASTA SALADS**  
300/340 g or 434 g  
selected varieties  
9064908 EA/21503576 EA

**ONLY \$6**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP**  
34-43 lb, 300 g or SMALL SCALLOPS 400 g  
frozen  
2104861 EA

**Members-Only Price™**

**6.88**

**Non-members \$8**

**PC® ENTREES 400 g / 1.12 kg, SWANSON OVEN EASY MEALS 875/993 g or SWANSON FAMILY SKILLETS 1.19 kg**  
selected varieties, frozen  
W010044 EA/2100044 EA

**SAVE 40%**

**2.99**

**SILK NON-DAIRY REFRIGERATED BEVERAGES**  
selected varieties  
1.74 L (59.1 FL OZ)  
30200881 EA

**ONLY 2.99**

**GENERAL MILLS CEREAL**  
selected varieties  
297-430 g  
2110667 EA/21106673 EA

**ONLY 4.25**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
300-340 g  
2110001 EA

**SAVE UP TO 37%**

**2.49**

**KOOL-AID JAMMERS 10x180 mL, MINUTE MAID or NESTLE ICED TEA**  
selected varieties  
30201749 EA/3020174901 EA

**SAVE UP TO 51%**

**3.88**

**ROYALE FACIAL TISSUE**  
6x75/100 sheets  
3020914 EA

**148 LOADS**

**74 LOADS**

**SAVE UP TO 38%**

**7.97**

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT 3.1 L or FLEECY FABRIC SOFTENER 3.5 L or DRYER SHEETS 300**  
selected varieties  
2101070 EA/21010704 EA

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



**THROW BACK PRICES**



**1.75**

**MAPLE LEAF FLAKES**  
selected varieties  
156 g  
30298373001 EA

**SAVE 41%**

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

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



**PRICE DROP**

**1.99**

**PC® LEMONADE**

selected varieties  
1.89 L  
20773870001\_EA/21425929\_EA



**PRICE DROP**

**3.49**

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

selected varieties  
280/300 g  
20612257\_EA



**PRICE DROP**

**3.49**

**PC® LEMONADE OR TEA**

selected varieties, refrigerated  
1.54 L  
21430542\_EA/21506771\_EA

**MULTI  
BUY?  
TRY  
SINGLE  
BUY.**



**BETTY CROCKER  
POTATOES**  
selected varieties  
141-215 g  
21574295 EA



**ONE FOR  
1.97**



**GREEN GIANT  
VEGETABLES**  
selected varieties  
341/398 mL  
21021224 EA

**ONE FOR  
1.99**

**SILK SOY  
BEVERAGES**  
selected varieties  
1.89 L  
20134384001 EA



**ONE FOR  
2.99**

**GENERAL MILLS  
CHEERIOS VEGGIE  
BLENDS, CHEX,  
LOADED BITES,  
OATMEAL CRISP AND  
NATURE VALLEY  
GRANOLA CEREAL**  
selected varieties  
300-437 g  
21213668 EA/2121391148 EA



**ONE FOR  
4.49**

# FRESH AT LOW PRICES

**ROMA TOMATOES**  
product of Canada or Mexico,  
no. 1 grade  
4.29/kg  
20143281001, EA

**1.99**  
LB



**6 OZ CLAMSHELL**

**RASPBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
20128928001, EA

**3.99**

**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba



**3.99**

**5 LB BAG**

**NO NAME® NATURALLY IMPERFECT™ CARROTS**  
product of Western Provinces, Canada no. 2 grade  
20143322001, EA

**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba



**454 G**

**PC® WHOLE WHITE or CREMINI MUSHROOMS**  
product of Western Provinces  
20141372, EA/20128571, EA

**3.99**



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



**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**2.99**

**3 LB BAG**

**FARMER'S MARKET™ YELLOW ONIONS**  
product of Western Provinces,  
Canada no. 1 grade  
2011194801, EA



**3.99**

**CANTALOUPE**  
product of U.S.A., no. 1 grade or  
**PINEAPPLE**  
product of Costa Rica  
each  
20167017001, EA/20166992001, EA

**PKG OF 3**

**ROMAINE HEARTS**  
product of U.S.A.  
2006738901, EA

**3.99**



**2.99**  
LB

**BROCCOLI CROWNS**  
product of Canada or U.S.A.  
4.59/kg  
20034141001, EA



**6.99**

**5 LB BAG**

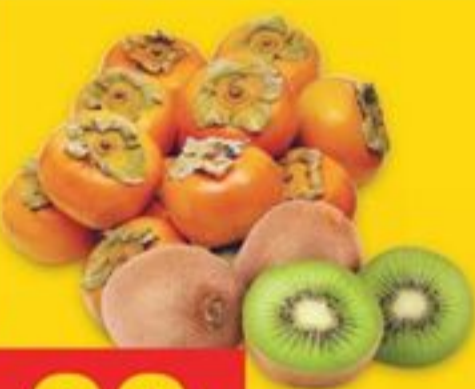
**FARMER'S MARKET™ SPARTAN or MCINTOSH APPLES**  
product of Western Provinces,  
Canada fancy grade  
2002320001, EA/2002320001, EA



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
20142222001, EA



**.99**

**FUYU PERSIMMONS**  
product of U.S.A. or  
**KIWI** product of New Zealand  
each  
20112417001, EA/20130242001, EA



**1.49**

**RED MANGOES**  
product of Brazil  
each  
20079422001, EA



**1.99**  
LB/EA

**BUNCH SPINACH**  
product of U.S.A. or  
**GREEN ZUCCHINI**  
4.29/kg, product of U.S.A. or  
Mexico  
20143304001, EA/20424394001, EA



**4.99**

**PC®, BLUE MENU™ or WONDERFUL PISTACHIOS**  
selected varieties,  
product of U.S.A.,  
200-225 g  
20046022, EA/20046022, EA



**5.99**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
2010747001, EA



**5.99**

**681 G**  
**MARZANO TOMATOES or PC® VARIETY TOMATOES**  
product of Western Provinces  
2009117001, EA/200904001, EA



**6.99**

**3 LB BAG**  
**FARMER'S MARKET™ MANDARINS**  
product of South Africa  
or Peru  
2004641001, 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.

# FRESH AT LOW PRICES



**4.99**  
LB

**SPLIT CHICKEN WINGS**  
fresh  
11.00/kg  
20741916\_K0



**\$12**

**NEW ZEALAND STEAKS**  
product of New Zealand  
selected varieties  
up to 352 g  
21623045\_KA



**1.99**

**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
20066371\_KA/20662713\_KA



**13.99**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
480/640 g  
21041735\_KA

**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES**  
selected varieties  
1.2/1.4 kg  
2070047\_KA

**10.99**



**\$23**

**FROZEN, 2.5 KG BOX**

**BONELESS, SKINLESS CHICKEN BREAST**  
21617739\_KA  
WHILE QUANTITIES LAST



**\$10**

**SEAQUEST® PINK SALMON FILLETS**  
700 g  
21070044\_KA



**8.99**

**SEAQUEST® WHOLE TILAPIA 1.36 kg or WHOLE POMPANO 800 g**  
frozen  
21070047\_KA/21070048\_KA



**11.99**

**JANES BONELESS CHICKEN BREAST BITES or FILLETS**  
selected varieties, frozen  
710/720 g  
21683260\_KA



**4.49**

**PC® GOAT CHEESE LOGS**  
selected varieties  
140 g  
20000044\_KA



**\$5**

**ZIGGY'S® CHEESE SLICES**  
selected varieties  
160/180 g  
21010038\_KA



**\$6**

**ZIGGY'S® SLICED DELI MEAT SUB TRIO**  
selected varieties  
300 g  
21049117\_KA



**2.49**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
21217047\_KA/21212119\_KA



**3.49**

**PC® CINNAMON RAISIN BREAD**  
675 g  
20188307\_KA



**4.50**

**FARMER'S MARKET® MINI DOUGHNUTS**  
selected varieties  
600 g  
21030462\_KA



no name®



.99

**NO NAME® TUNA**  
selected varieties  
85/170 g  
2007482001 EA/20321647 EA



**NO NAME® LASAGNA**  
frozen  
1 kg  
20636234 EA

7.99



3.50

**NO NAME® PIZZA**  
selected varieties, frozen  
369-411 g  
21541429 EA



700 G

8.79

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

4.29

**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
2007693001 EA/21432042 EA



5.79

**NO NAME® STIRRED YOGURT**  
selected varieties  
12x100 g  
20685374001 EA/20685374002 EA



1.29

**NO NAME® VEGETABLES**  
selected varieties  
341/298 mL  
20300292 EA



\$5

**NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB**  
500 g  
saucisson de pepperoni ou salami ou saucisson d'été  
20013818 EA



9.99

**NO NAME® ROAST AND GROUND COFFEE**  
selected varieties  
925 g  
21280616 EA



1.69

**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
20086736 EA/20388737 EA



2.50

**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
20384672001 EA/20384672002 EA



8.49

**NO NAME® CANOLA OIL**  
3 L  
20038454 EA



\$2

**NO NAME® DRINKS**  
selected varieties  
2 L  
20338429002 EA



\$4

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
72's  
21284771 EA/21284770 EA



6.99

**NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's**  
2069438001 EA/21240272 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  
21209610 EA/21432042 EA

**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 paper.





# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**INTERNATIONAL DELIGHT COFFEE CREAMERS** 246 mL or **COLD FOAM** 396 g  
selected varieties  
20895480002 EA/20895480003 EA

**PRICE DROP**

**4.49**



**PRICE DROP**

**5.99**

**LACTANTIA BUTTER**  
selected varieties  
454 g  
20429926 EA



**BREYERS CREAMERY STYLE** 1.66 L or **FUDGSICLE NOVELTIES** 12%  
selected varieties, frozen  
20344925006 EA/20763171 EA

**PRICE DROP**

**4.99**



**PRICE DROP**

**1.99**

**BAGEL BITES**  
selected varieties, frozen  
198 g  
2021483001 EA

**MANDARIN FRESH NOODLES**  
selected varieties  
454 g  
20147607 EA

**PRICE DROP**

**2.50**



**PRICE DROP**

**6.99**

**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated,  
2.5 L  
21427174 EA/21397234 EA



**PRICE DROP**

**6.99**

**LITTLE NORTHERN BAKEHOUSE BREAD**  
selected varieties  
320-567 g  
21100652 EA/21100657 EA



**PRICE DROP**

**7.99**

**PC FREE FROM MEAT PIES**  
selected varieties, frozen  
500 g  
21042309 EA



**PRICE DROP**

**\$12**

**SEAQUEST SHRIMP RING WITH SAUCE**  
frozen  
454 g  
20879171 EA



**PRICE DROP**

**\$1**

**SPARKLING ICE or MONTELLIER SPARKLING WATER**  
selected varieties  
503 mL/17.1 L  
2082455001 EA/2082455002 EA



**PRICE DROP**

**\$2**

**BARILLA PASTA**  
selected varieties  
340/1410 g  
21040912 EA



**PRICE DROP**

**3.99**

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
385-492 g or **KERNEL JAR** 830 g  
selected varieties  
2062922006 EA



**PRICE DROP**

**3.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
500 mL  
2021374001 EA/2021374002 EA



**PRICE DROP**

**4.49**

**M&M'S MARS CHOCOLATE POUCHES**  
1.50-220 g or **M&M'S MULTIPACK** 4x  
selected varieties  
21071706 EA/21071707 EA



**PRICE DROP**

**4.99**

**QUAKER BAKING MIX**  
900 g or **OAT FLOUR** 700 g  
selected varieties  
2081244001 EA  
20811928 EA



**PRICE DROP**

**\$5**

**PC SPARKLING WATER or SOFT DRINKS**  
selected varieties  
12x353 mL  
2021483001 EA/2021483002 EA

# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**GIUSEPPE EASY PIZZI** 500-600 g or **TRADIZIONALE** 385-415 g **PIZZA**  
selected varieties, frozen  
21329537 SA

**PRICE DROP**

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



**PC<sup>®</sup> FROZEN FRUIT**  
selected varieties  
300-600 g  
20312227 SA/21377841 SA

**PRICE DROP**

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



**BECEL MARGARINE**  
selected varieties  
637/850 g  
2029781802 SA

**PRICE DROP**

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



**PRICE DROP**

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

**NESCAFÉ GOLD SWEET & CREAMY INSTANT COFFEE**  
90-100 g or 144-351 g  
selected varieties  
21074545 SA/21362371 SA



**PRICE DROP**

**9<sup>99</sup>**

**FREYBE FRESH PEPPERONI STICKS**  
selected varieties  
300/500 g  
20222436 SA/20222365 SA



**PRICE DROP**

**15<sup>99</sup>**

**BEYOND MEAT PLANT-BASED BURGERS**  
frozen  
678 g  
21378994 SA



**PRICE DROP**

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

**KD ORIGINAL**  
200 g  
21347034 SA



**PRICE DROP**

**2<sup>49</sup>**

**DEL-MONTE FRUIT**  
selected varieties  
375 mL  
20296707 SA



**PRICE DROP**

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

**NATURE VALLEY GRANOLA BARS** or **MOTT'S** or **BETTY CROCKER FRUIT SNACKS**  
selected varieties  
120-220 g  
20110288 SA/20294780 SA



**PRICE DROP**

**\$3**

**DENTYNE, TRIDENT GUM** or **MENTOS CANDY MULTIPACK** or **HARIBO CANDY**  
selected varieties  
170/175 g  
20210344 SA/21319278 SA



**PRICE DROP**

**3<sup>29</sup>**

**NO NAME<sup>®</sup> PICKLES**  
selected varieties  
1 L  
20294234 SA



**PRICE DROP**

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

**PC<sup>®</sup> ORGANICS FLOUR**  
selected varieties  
2.5 kg  
20294232 SA/20294231 SA



**PRICE DROP**

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

**GLAD INDOOR GARBAGE BAGS**  
selected varieties  
10-57 L  
20291480 SA  
21412966 SA



**PRICE DROP**

**31<sup>99</sup>**

**ALPO COOKOUT CLASSICS DRY DOG FOOD**  
14 kg  
2012114 SA

## 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\*  
**3,000<sup>pts</sup>**

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

**\$3**  
value



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

MCCAIN CAKES 510 g or NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L selected varieties, frozen  
2021012002\_EA/20222045001\_EA

**PRICE DROP**

**5<sup>49</sup>**



**PRICE DROP**

**2<sup>49</sup>**

**CHEEZ-IT CRACKERS**  
selected varieties  
191/200 g  
21214339\_EA



PILLSBURY REFRIGERATED DOUGH 318-468 g, LIBERTÉ MÉDITERRANÉE 4 1/2/500 g or GREEK 4 1/2 YOGURT selected varieties  
20219034001\_EA/20198043001\_EA

**PRICE DROP**

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



**PRICE DROP**

**\$4**

**PC<sup>®</sup> TOPPED HUMMUS**  
selected varieties  
280 g  
20811384\_EA

LA GRILLE SEASONING 120-248 g or CLUB HOUSE BLENDS 111-181 g selected varieties  
2020077902\_EA/20221749001\_EA

**PRICE DROP**

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



**PRICE DROP**

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

**GO SHRIMP RAW, COOKED,**  
\$1.70 per lb. or \$1.90 per lb. 160 g or SEQUEST<sup>®</sup> FLAVOURED ALASKA POLLOCK ready to eat, 227 g  
21080971\_EA



**PRICE DROP**

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

**LIPTON<sup>®</sup> KNORR<sup>®</sup> SOUP MIX**  
selected varieties  
113-238 g  
202209052\_EA



**PRICE DROP**

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

**RUFFLES POTATO CHIPS**  
selected varieties  
180-200 g  
21341003\_EA



**PRICE DROP**

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

**NESTLÉ CHOCOLATE MULTIPACK** 4 1/2 or POUCHES 133-203 g selected varieties  
20220303\_EA/21240492\_EA



**PRICE DROP**

**13<sup>99</sup>**

**ROGERS GRANULATED WHITE SUGAR**  
10 kg  
20210791\_EA



**PRICE DROP**

**1<sup>50</sup>**

**PC<sup>®</sup> NATURAL SPRING WATER**  
selected varieties  
4 L  
21163441\_EA



**PRICE DROP**

**1<sup>99</sup>**

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591/828 mL  
20841400\_EA/21064038\_EA



**PRICE DROP**

**5<sup>49</sup>**

**NO NAME<sup>®</sup> PAPER TOWELS**  
4-ply  
200/2221\_EA



**PRICE DROP**

**14<sup>49</sup>**

**CHOSEN FOODS ORGANIC NON-GMO PURE AVOCADO OIL**  
750 mL  
20407729\_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\*  
**1,000** pts

for every \$5\* spent on Old Dutch Humpty Dumpty snacks 250-290 g or potato chips 235 g or Restaurante tortilla chips 275/290 g selected varieties  
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's  
2096241\_EA



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

**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 ml  
2124708\_EA/2124709\_EA

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

**TRESEMMÉ HAIR CARE**  
selected varieties  
198-311 g / 236-828 ml  
21179076\_EA/21179103\_EA



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

**CREST PRO-HEALTH or COMPLETE TOOTH PASTE**  
selected varieties  
100-130 ml  
21041430\_EA/21354024\_EA



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

**SENSODYNE or PRONAMEL TOOTH PASTE**  
75/100 ml or POLIGRIP 40 g  
selected varieties  
20201179001\_EA/202016073\_EA



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

**DOVE MEN+ CARE DEODORANT**  
selected varieties  
76/85 g  
2023248001\_EA



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

**BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES**  
selected varieties  
128 ml  
21212962\_EA/21212943\_EA



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

**GERBER SNACKS or ENTREES**  
selected varieties  
42-187 g  
2020040007\_EA  
2020040008\_EA



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

**NIVEA BODY WASH 500 ml, DEODORANT ROLL-ON 100 ml or ANTIPERSPIRANT 51/52 g**  
selected varieties  
2020040009\_EA  
2120040010\_EA



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

**IVORY BAR SOAP 100/90 g or BODY WASH 421 ml**  
selected varieties  
2020040011\_EA  
2020040012\_EA



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

**Q-TIPS**  
300's  
2020077001\_EA



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

**ALWAYS or TAMPAX LINERS 36-72's, PADS 10-22's or TAMPONS 14-18's**  
selected varieties  
21448924\_EA/21448925\_EA



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

**VASELINE LOTION or HAND CREAM**  
selected varieties  
400 ml  
21082011\_EA/21082012\_EA



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

**BOOST HIGH PROTEIN MEAL REPLACEMENT SHAKES**  
selected varieties  
6x237 ml  
20992408\_CON/20992407\_CON

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

**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
21201386\_EA/21201606\_EA



# PC® INSIDERS REPORT™ 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® HOLIDAY FEAST  
TURKEY PIE**  
frozen  
800 g  
21613959\_EA

**\$5**



**PC® CHICKEN  
WONTON SOUP**  
frozen  
300 g  
21565996\_EA

**7.99**



**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-420 g  
21615467\_EA

**\$11**



**PC® BREADED SHRIMP**  
selected varieties, frozen  
400/454 g  
20080117\_EA/20135874\_EA

**\$14**



**PC® HOLIDAY FEAST  
TURKEY STUFFING  
BURGERS**  
frozen, 568 g  
21547041\_EA

**14.99**



**PC® MEATBALLS**  
selected varieties, frozen  
907 g  
20503356\_EA/20603111\_EA

**14.99**



**PC® CHICKEN WINGS**  
selected varieties, frozen  
907 g  
20708931\_EA/20708932\_EA

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$6**



**PC® BRUSSELSLAW SALAD KIT**  
253 g  
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  
20584097\_EA/20584212\_EA



**\$6**

**PC® NAAN DIPPERS**  
400 g  
20999700\_EA



**\$5**

**PC® PARADISE CRUNCH CROC-PARADIS**  
454 g  
21534092\_EA



**\$5**

**PC® CHOCOLATE CHIP BRIOCHE BREAD**  
400 g  
21607172\_EA



**\$6**

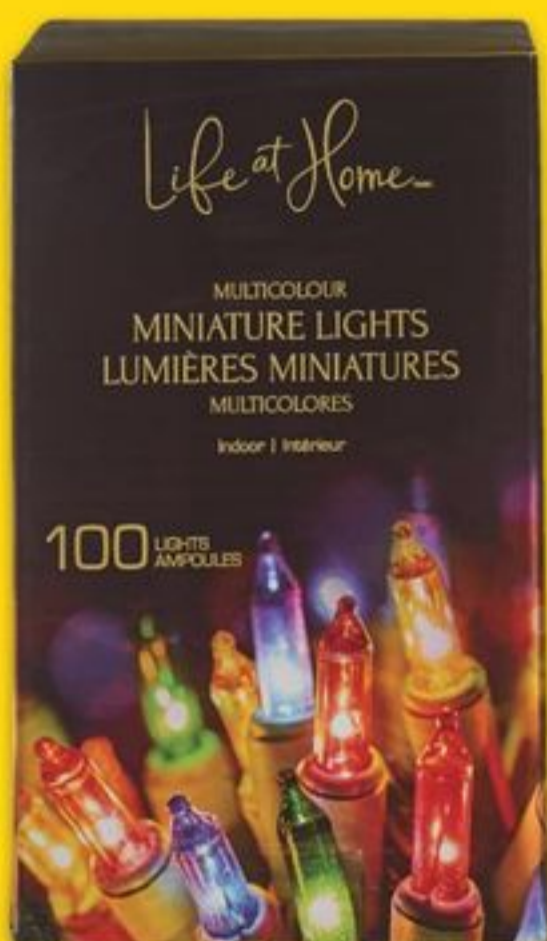
**PC® DOUBLE CREAM BRIE**  
200 g  
20787327\_EA



**\$15**

**PC® THE ULTIMATE PORK RIB ROAST**  
1.1 kg  
21616767\_EA

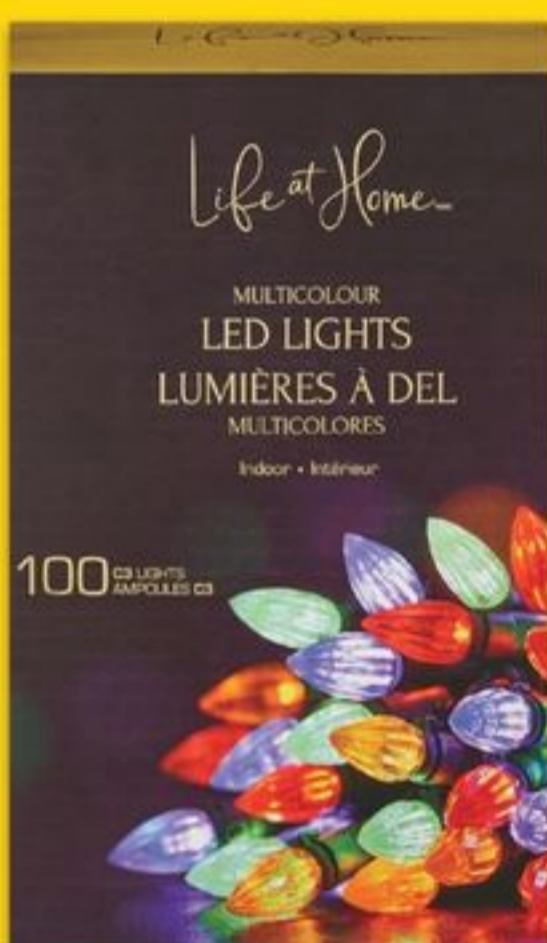
# FESTIVE FINDS FOR LESS



**\$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



THE **MOBILE SHOP**  
NOW THAT'S REWARDING.

# BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

## 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](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).

ONLINE NFW MKT