

# 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



# DEALS DEALS DEALS FOR DAYS EVENT

**NOFRILLS**

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



**SAVE 51%**  
**5.88**

**PUB STYLE**  
**Chicken Strips**

7 COOKED  
18 CHICKEN STRIPS  
MADE WITH WHITE MEAT

**JANES PUB STYLE BREADED CHICKEN**  
selected varieties, frozen  
700 g  
poulet ou dinde pané  
21191828 SA



**WOW!**  
**1.99**  
LB

**PORK HALF LOIN**  
fresh, boneless, cryovac package  
demi longe de porc  
4.39/kg  
20354787 R3

WHILE QUANTITIES LAST



**ONLY**  
**4.99**

**SEAQUEST**  
36-45/lb  
Pacific White Shrimp  
Crevettes blanches du Pacifique  
RAW - CRISPS

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



**SAVE 44%**  
**3.88**

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



**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/21358158 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



# DEALS DEALS DEALS FOR DAYS EVENT



**.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  
20040280003\_EA/2017739004\_EA



**.99**

**COCA-COLA**  
selected varieties  
1 L  
boissons gazeuses  
20299076002\_EA/20299050\_EA

**350<sup>ml</sup>** **35¢ Value**



**.99<sup>LB</sup>**

**TOMATOES ON THE VINE**  
product of U.S.A., Mexico or Canada  
tomates sur vigne  
2.18/kg  
2002670001\_KD





**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  
3017234001 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  
30791573 EA/30798371 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  
3079324001 KG



**1.49**  
LB

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



**1.99**

**BROCCOLI CROWNS**  
product of Canada or U.S.A.  
march  
couronnes de brocoli  
3113164001 EA



**3.99**

**3 LB BAG**

**FARMERS MARKET RED ONIONS**  
product of Ontario,  
Canada no. 1 grade  
oignons rouges  
3011422001 EA



**3.99**

**PKG OF 4**

**FARMER'S MARKET SWEET PEPPERS**  
product of Canada or Mexico  
piments  
3011728001 EA



**\$4**

**2 LB BAG**

**FARMER'S MARKET LEMONS**  
product of South Africa  
citrons  
3079218001 EA



**6.99**

**4 LB BAG**

**FARMER'S MARKET MANDARINS**  
product of South Africa  
mandarines  
3042422001 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  
golberg ou crevettes  
2046212 SA/2106971 SA



**CANADIAN STEELHEAD TROUT FILLET**  
frozen  
filets de truite merluet  
22.02/kg  
2146704 SA

**9.99**  
LB



**5.99**

**SCHNEIDERS BACON, JUICY JUMBOS or SMOKED SAUSAGES**  
selected varieties  
375-450 g  
bacon ou saucisses fumées  
20105471 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  
2046230 SA/20461443 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 tomate de mozzarella  
2046237 SA/2106943 SA



**2.49**

**WONDER BREAD BUNS** 475 g or  
selected varieties  
pain ou petits pains  
2027099 SA/2027083 SA



**\$3**

**COUNTRY HARVEST BREAD BAGELS** 600 g or  
selected varieties  
pain ou bagels  
2107897 SA/2117842 SA



**\$3**

**MUFFINS**  
selected varieties  
4's  
muffins  
2105763 SA



**10.99**

**MAPLE LEAF NATURAL SELECTIONS or PC® FREE FROM® SLICED DELI MEAT**  
selected varieties  
375/400 g  
charcuterie tranchées  
2072813 SA/2020814 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

**SAVE UP TO 22%**

**ONLY**  
**3.49**



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



**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  
yogourt  
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  
202901802, 8A



**2.69**

**YOPLAIT SOURCE** 430 g,  
**PROTEIN** 430 g,  
**MINIGO** 430 g or  
**TUBES** 6's  
**YOGURT**  
selected varieties  
yogourt  
2184120002, 8A  
21847292, 8A



**3.49**

**NORDICA COTTAGE CHEESE**  
selected varieties  
430/350 g, 4x113 g  
fromage cottage  
202746001, 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/21331002, 8A



**1.29**

**NEILSON MILKSHAKE or MILK 2GO**  
selected varieties  
250 mL  
lait frappé ou lait  
21842302, 8A/21842302, 8A



**1.99**

**CAMPBELL'S CHUNKY, READY TO SERVE** 315 mL or  
**HABITANT** 750 mL  
**SOUP**  
selected varieties  
soupe  
21847002, 8A/21848007, 8A



**4.99**

**GIUSEPPE THIN RISING CRUST PIZZA**  
selected varieties, frozen  
420-785 g  
pizza  
21762401, 8A



**11.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
24x355 mL  
boissons gazeuses  
21229910, 8A/21229910, 8A

**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 414-430 mL or novelties 3/4's selected varieties, frozen crème glacée ou bonbonnes glacées 2030229002, 8A/21313347, 8A

**Earn\***  
**\$4 value**  
**4,000 pts**

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 21229910, 8A/21229910, 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.

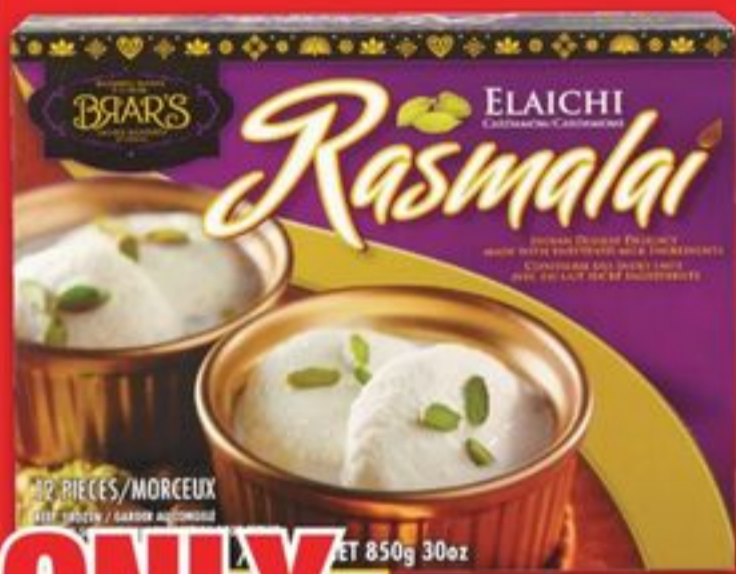


# HAPPY DIWALI



**SAVE 26%**  
**13<sup>99</sup>**

**SHER DURUM ATTA**  
farine durum atta  
20637367\_EA



**ONLY**  
**8<sup>99</sup>**

**BRAR'S RASMALAI**  
frozen  
selected varieties, 850 g  
rasmalai  
20286980002\_EA



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

**HAPPY DAIRY PANEER**  
300 g  
paneer  
21343632\_EA



**ONLY**  
**.99**

**BUNCH MINT**  
product of Canada or  
**CILANTRO**  
product of Canada, U.S.A. or  
Mexico  
menthe ou coriandre en botte  
20139226001\_EA/20091825001\_EA



# DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 27%

**5<sup>79</sup>**

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



SAVE UP TO 33%

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

**HUNGRY-MAN ENTREES** 360-455 g or  
**GOURMET STEAMERS** 269-306 g  
selected varieties, frozen  
plats cuisinés  
20219014004, EA/20218416006, EA

SAVE 23%

**.99**

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



**1<sup>79</sup>**

**KNORR SIDEKICKS**  
selected varieties  
120-162 g  
2001100004, EA

**2<sup>79</sup>**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
20000001, EA/21000002, EA

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

**QUAKER CRISPY MINIS - RICE CAKES**  
selected varieties  
90-199 g  
gâchettes de riz  
2102700001, EA/2000000001, EA

**8<sup>99</sup>**

**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g / 1.3 kg  
céréales  
20011000, EA

**SANPELLEGRINO or PERRIER SPARKLING WATER**  
selected varieties, 750 mL / 1 L  
eau pétillante  
21013468, EA/21517878, EA



**\$2**



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

**HELLMANN'S REAL MAYO**  
340/443 mL or  
**STREET FOOD**  
255 mL  
selected varieties  
mayonnaïse  
21610734, EA/20000223001, EA

**12<sup>99</sup>**

**POGO**  
frozen  
20's  
20063234002, EA



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

**TEMPTATIONS CAT TREATS** 45.4 g or  
**FRISKIES DRY CAT FOOD** 1.6-1.5 kg  
selected varieties  
gâchettes pour chats et  
nourriture pour chats  
20112312, EA/21012318, EA

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

**BENEFUL DRY DOG FOOD** 1.6/1.8 kg,  
**PEDIGREE DENTASTIX**  
500-608 g or  
**MARBONE** 1.9 kg  
selected varieties  
nourriture sèche pour chiens  
202190007, EA/21019018, EA

**10<sup>49</sup>**

**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  
20010070, EA/20010087, EA

**16<sup>99</sup>**

**CESAR MULTIPACK WET DOG FOOD**  
selected varieties  
12x100 g  
nourriture humide pour chiens  
20040000, 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 au fromage  
31085515 EA/21553229 EA

**LAY'S POTATO CHIPS**  
177-235 g,  
**POPPABLES** 130 g or  
**CHEETOS SNACKS** 170-285 g  
selected varieties  
croustilles ou grignolines  
31341032 EA/21527995 EA



**3.79**

**TIM HORTONS COFFEE CREAMER**  
selected varieties  
750 mL  
colorant à café  
21541914 EA/21541919 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  
3033573001 EA/21512281 EA



**1.99**

**NO NAME BLEACH**  
selected varieties  
3.4 L  
eau de Javel  
21541914 EA/21541919 EA



**3.50**

**ARMOR ALL WINDSHIELD WASHER FLUID**  
40°C  
3.78 L  
lave-glace  
21541914 EA/21541919 EA



**3.99**

**NIVEA BODY WASH DEODORANT ROLL-ON** 100 mL or  
**ANTI-PERSPIRANT** 51/52 g  
selected varieties  
savon à mains ou déodorant à bille ou antiperspirant  
2004149001 EA/21512281 EA



**1.49**

**COMET BLEACH CLEANING POWDER** 400 g or  
**SOS SCRUBBING PADS** 10's  
nettoyant au peroxyde ou  
savonnettes à nettoyage  
2004149001 EA/21512281 EA



**5.49**

**NO NAME KITCHEN GARBAGE BAGS**  
selected varieties  
30/45"  
sacs à ordures  
21541914 EA/21541919 EA



**5.99**

**LYSOL DISINFECTANT WIPES** 75/84",  
**DISINFECTANT SPRAY** 100 g or  
**POWER PLUS TOILET BOWL CLEANER** 100 mL  
selected varieties  
essuyage désinfectant ou  
spray désinfectant  
2004149001 EA/21512281 EA



**8.99**

**DAWN LIQUID DISH DETERGENT**  
3.25 L (3.4 L)  
savon liquide à vaisselle  
2004149001 EA/21512281 EA



**3.99**

**OLD DUTCH LAUNDRY DETERGENT**  
4.7 L  
détergent à lessive en poudre  
2004149001 EA/21512281 EA



**10.99**

**ROYALE FACIAL TISSUE**  
7 to 100 sheets  
mouchoirs  
2004149001 EA/21512281 EA



**15.99**

**TIDE PODS LAUNDRY DETERGENT, DOWNY GAIN FABRIC SOFTENER** 4.14 L or  
**SCENT BOOSTERS** 400 g  
selected varieties  
détergent à lessive ou assouplissant  
savon à lessive ou parfum  
2004149001 EA/21512281 EA



**24.99**

**TIDE LAUNDRY DETERGENT POWDER**  
4.7 kg  
détergent à lessive en poudre  
2004149001 EA/21512281 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

**32<sup>99</sup>**

**34<sup>99</sup>**

**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

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

**4<sup>49</sup>**



**PC® DIAPER PAIL REFILL**  
 270's  
 recharge pour seau de couches  
 11307016 EA

**\$5**



**PEDIASURE COMPLETE**  
 selected varieties  
 4x235 ml  
 supplément nutritif  
 20322414001 EA/20322414002 EA

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



**ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT**  
 selected varieties, 907 g  
 supplément nutritif pour tout-petit  
 21407951 EA/21407971 EA

**29<sup>99</sup>**

## 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





# NATURAL FOODS AT LOW PRICES



**ORGANIC**  
**4.99**

**2 LB BAG**

**PC<sup>®</sup> ORGANICS MINI CARROTS**  
product of U.S.A., no. 1 grade  
carottes miniatures  
30138923001 EA



**ORGANIC**  
**5.99**

**312 G**

**PC<sup>®</sup> ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
épinards ou légumes feuilles des champs  
30127207 EA/301333751 EA



**2.50**

**CLIF ENERGY BAR, BUILDERS or NUT BUTTER BAR**  
selected varieties  
50/68 g  
barres  
30130914003 EA/20303123002 EA



**6.49**

**BEYOND MEAT PLANT BASED BREAKFAST SAUSAGES** 235 g or  
**IMPOSSIBLE PLANT BASED BURGER PATTIES** 227 g  
saucisses à déjeuner à base de plantes ou galettes de burger à base de plantes  
31299630 EA/3140332 EA



**KETTLE BRAND POTATO CHIPS**  
selected varieties  
199 g  
croustilles  
21120632 EA/21120692 EA

**3.49**



**KIND HEALTHY GRAINS BARS** 175 g or  
**BREAKFAST BARS** 200 g  
selected varieties  
barres  
30926432 EA/211218332 EA

**4.49**



**5.49**

**MARY'S ORGANIC CRACKERS**  
selected varieties  
120/184 g  
croustilles biologiques  
30314727002 EA/21033500 EA



**7.99**

**DAIYA PIZZA**  
selected varieties  
331-550 g  
pizzas  
30923827 EA



**4.99**

**BELSOY PUDDING** 4x125 g or  
**CLIF ZBAR** 5x36 g  
selected varieties  
pudding ou barre  
30151296003 EA/30872366003 EA



**5.49**

**LACROIX SPARKLING WATER**  
selected varieties  
8x355 mL  
eau pétillante  
30951154 C08



**ORGANIC**  
**8.99**

**PC<sup>®</sup> ORGANICS 100% CRANBERRY JUICE**  
946 mL  
jus de canneberges  
30934951 EA



**2.69**

**RIZOPIA NON-GMO BROWN RICE PASTA**  
selected varieties  
340/454 g  
pâtes de riz brun  
3029486001 EA/20321377003 EA



**5.29**

**SAN J TAMARI SOY or GRILLING SAUCES**  
selected varieties  
296 mL  
sauces tamari ou à griller  
30038532 EA



**13.99**

**KICKING HORSE ORGANIC FAIR TRADE WHOLE BEAN COFFEE**  
selected varieties  
454 g  
café en grains biologique équitable  
3032248801 EA/2032248806 EA



# HAPPY HALLOWEEN

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

**NESTLÉ ASSORTED CANDY BARS 50's**  
or **KIT KAT SPOOKY FRIENDS 40's**  
friandises  
2157068 EA



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

**ROCKETS CANDY ROLLS**  
1 kg  
rouleaux de bonbon  
2152956 EA  
**WHILE QUANTITIES LAST**



**11<sup>99</sup>**

**MONDOUX MEGA GRAB CANDY BAG**  
1.5 kg  
sac de friandises  
2143141 EA  
**WHILE QUANTITIES LAST**



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

**KINDER SURPRISE 100's**  
**CARNABY SWEET HALLOWEEN**  
**KISSES or CARAMELS 400/700 g**  
selected varieties  
friandises  
20965318 EA/20969303 EA  
**WHILE QUANTITIES LAST**



**10<sup>99</sup>**

**DARE REAL FRUIT**  
50's  
fruit  
21450841 EA  
**WHILE QUANTITIES LAST**



**8<sup>99</sup>**

**KINDER CHOCOLATE MINI or BUENO MINI**  
selected varieties  
55's  
mini-chocolats  
21582392 EA  
**WHILE QUANTITIES LAST**



**16<sup>99</sup>**

**NESTLÉ MINI BARS**  
100's  
mini-barres  
21595323 EA  
**WHILE QUANTITIES LAST**



**7<sup>49</sup>**

**RICE KRISPIES MINI HALLOWEEN BAR**  
440 g  
mini barres d'Halloween  
20795842 EA  
**WHILE QUANTITIES LAST**



**7<sup>49</sup>**

**BETTY CROCKER HALLOWEEN MONSTER MASH FRUIT SNACKS**  
635 g  
collations aux fruits  
21594185 EA  
**WHILE QUANTITIES LAST**



## 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<sup>pts</sup>**

for every \$25\* spent on Maynards candy or Cadbury chocolate

selected varieties, 90's  
friandises ou chocolat  
20886737\_EA/20891582/EA

**\$10**  
value



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF NFO



**BETTER AS A MEMBER**

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

Earn\*

October 17-23, 2024

**10,000** pts

**\$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](http://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](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 NF MKT