

NOVEMBER

**HIT
OF THE
MONTH**

STARTS FRIDAY NOVEMBER 1ST



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/21512135 EA



3.99

LUMPIA
360 g 14 oz



SAVE 35%
3.88
LB

PORK TENDERLOIN
fresh, cryovac package
8.55 kg
30220976 KG



WOW!
2.50

GROUND CHICKEN or MINCED 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
3019119601 KG/20423773001 KG

SAVE 32%
2.49

WONDER BREAD
selected varieties
370 g
30206174 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
3004490 EA/21510376 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 SKILLETTS 1.19 kg
selected varieties, frozen
3020914 EA/2120914 EA



SAVE 40%
2.99

SILK NON-DAIRY REFRIGERATED BEVERAGES
selected varieties
1.74 L 89 L
30209181 EA



ONLY 2.99

GENERAL MILLS CEREAL
selected varieties
297-430 g
2110667 EA/21106671 EA



ONLY 4.25

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
300-340 g
21209181 EA



SAVE UP TO 37%
2.49

KOOL-AID JAMMERS 10x180 mL, MINUTE MAID or NESTLE ICED TEA
selected varieties
30209174 EA/20209174 EA



SAVE UP TO 51%
3.88

ROYALE FACIAL TISSUE
6x7.5/100 sheets
30209174 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
2110779 EA/21107791 EA



Deals from the past on select items. †



THROW BACK PRICES



MAPLE LEAF FLAKES
selected varieties
156 g
30298373001 EA

SAVE 41%
1.75

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



ONE FOR

1.99

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

**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.*



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
20167517001, 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

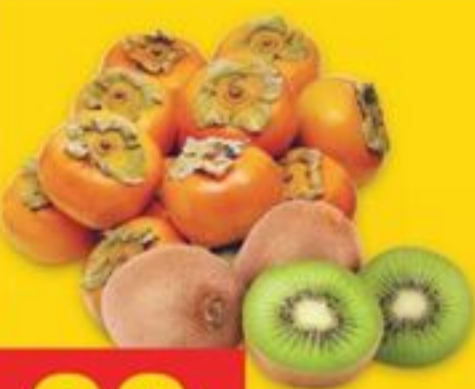
FARMER'S MARKET™ SPARTAN or MCINTOSH APPLES
product of Western Provinces,
Canada fancy grade
2002320001, EA/2002320001, EA



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/20043304001, 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

PKG OF 11
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/2009117001, 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
20006371_KA/20062713_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
21091967_KA/21092084_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
4's
21217947_KA/21212119_KA



3.49

PC® CINNAMON RAISIN BREAD
675 g
20188307_KA



4.50

FARMER'S MARKET® MINI DOUGHNUTS
selected varieties
600 g
21039242_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
20663374001 EA/20663374002 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
20013418 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
20086726 EA/20388727 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.

HAPPY DIWALI



5⁹⁹

**PC® CHOCOLATE
GIFT BOX**
207 g
21113002 SA



**ONLY
12⁹⁹**

**NANAk
DESI GHEE**
800 g
30082432 SA



**SAVE 40%
2⁹⁹
LB**

OKRA
product of U.S.A.
6.59/lb
20091363001 80

ONLINE NEW ET FLAP

AVAILABLE AT SELECT LOCATIONS ONLY

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
449



PRICE DROP
599

LACTANTIA BUTTER
selected varieties
454 g
20429926 EA



BREYERS CREAMERY STYLE 1.66 L or **FUDGSICLE NOVELTIES** 12%
selected varieties, frozen
20344925006 EA/207631771 EA

PRICE DROP
499



PRICE DROP
199

BAGEL BITES
selected varieties, frozen
198 g
2021483001 EA

MANDARIN FRESH NOODLES
selected varieties
454 g
20147607 EA

PRICE DROP
250



PRICE DROP
699

DEL MONTE JUICE BLENDS
selected varieties, refrigerated,
2.5 L
21427174 EA/21397236 EA



PRICE DROP
699

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



PRICE DROP
799

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



PRICE DROP
\$12

SEAQUEST SHRIMP RING WITH SAUCE
frozen
454 g
20897971 EA



PRICE DROP
\$1

SPARKLING ICE or MONTELLIER SPARKLING WATER
selected varieties
500 mL/17.1 L
2082455001 EA/2082455004 EA



PRICE DROP
\$2

BARILLA PASTA
selected varieties
340/410 g
21040912 EA



PRICE DROP
399

ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or **KERNEL JAR** 430 g
selected varieties
2062922006 EA



PRICE DROP
399

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



PRICE DROP
449

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



PRICE DROP
499

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
12x350 mL
2021374001 EA/2021374002 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

5⁹⁹



PC[®] FROZEN FRUIT
selected varieties
300-600 g
20312227 SA/21377841 SA

PRICE DROP

3⁹⁹



BECEL MARGARINE
selected varieties
637/850 g
2029781802 SA

PRICE DROP

6⁹⁹



PRICE DROP

5⁹⁹

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



PRICE DROP

9⁹⁹

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



PRICE DROP

15⁹⁹

BEYOND MEAT PLANT-BASED BURGERS
frozen
678 g
21378994 SA



PRICE DROP

1²⁵

KD ORIGINAL
200 g
21347034 SA



PRICE DROP

2⁴⁹

DEL-MONTE FRUIT
selected varieties
375 mL
2029627007 SA



PRICE DROP

2⁹⁹

NATURE VALLEY GRANOLA BARS or **MOTT'S** or **BETTY CROCKER FRUIT SNACKS**
selected varieties
120-220 g
201102086 SA/2023474901 SA



PRICE DROP

\$3

DENTYNE, TRIDENT GUM or **MENTOS CANDY MULTIPACK** or **HARIBO CANDY** 170/175 g
selected varieties
202103044 SA/21319278 SA



PRICE DROP

3²⁹

NO NAME[®] PICKLES
selected varieties
1 L
20244234 SA



PRICE DROP

7⁹⁹

PC[®] ORGANICS FLOUR
selected varieties
2.5 kg
20244232 SA/20244231 SA



PRICE DROP

7⁹⁹

GLAD INDOOR GARBAGE BAGS
selected varieties
10-57 L
202134001 SA
21412786 SA



PRICE DROP

31⁹⁹

ALPO COOKOUT CLASSICS DRY DOG FOOD
14 kg
20121114 SA

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
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/2022204501_EA

PRICE DROP

5⁴⁹



PRICE DROP

2⁴⁹

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

2⁹⁹



PRICE DROP

\$4

PC[®] TOPPED HUMMUS
selected varieties
280 g
20811384_EA

LA GRILLE SEASONING 120-248 g or CLUB HOUSE BLENDS 111-181 g selected varieties
2020771902_EA/20221749001_EA

PRICE DROP

4⁹⁹



PRICE DROP

2⁹⁹

GO SHRIMP RAW, COOKED,
\$1.70 per lb. or \$1.90 per lb. 160 g or SEQUEST[®] FLAVOURED ALASKA POLLOCK ready to eat, 227 g
2108091_EA



PRICE DROP

2⁹⁹

LIPTON[®] KNORR SOUP MIX
selected varieties
113-238 g
202209012_EA



PRICE DROP

3⁹⁹

RUFFLES POTATO CHIPS
selected varieties
180-200 g
21341003_EA



PRICE DROP

3⁹⁹

NESTLÉ CHOCOLATE MULTIPACK 4 1/2 or POUCHES 133-203 g selected varieties
2022202_EA/21249492_EA



PRICE DROP

13⁹⁹

ROGERS GRANULATED WHITE SUGAR
10 kg
20219191_EA



PRICE DROP

1⁵⁰

PC[®] NATURAL SPRING WATER
selected varieties
4 L
21163441_EA



PRICE DROP

1⁹⁹

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
20841400_EA/21064088_EA



PRICE DROP

5⁴⁹

NO NAME[®] PAPER TOWELS
4-ply
200/2121_EA



PRICE DROP

14⁴⁹

CHOSEN FOODS ORGANIC NON-GMO PURE AVOCADO OIL
750 mL
20447778_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
26⁹⁹

HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS
selected varieties
28-74's
2096241_EA



PRICE DROP
2⁹⁹

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

PRICE DROP
5⁹⁹

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



PRICE DROP
3⁴⁹

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



PRICE DROP
4⁷⁹

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



PRICE DROP
6⁴⁹

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



PRICE DROP
1⁷⁹

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



PRICE DROP
2⁹⁹

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



PRICE DROP
3⁹⁹

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



PRICE DROP
4⁴⁹

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



PRICE DROP
3⁹⁹

Q-TIPS
300's
2020077001_EA



PRICE DROP
4⁹⁹

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



PRICE DROP
6⁹⁹

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



PRICE DROP
12⁹⁹

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



HAPPY DIWALI



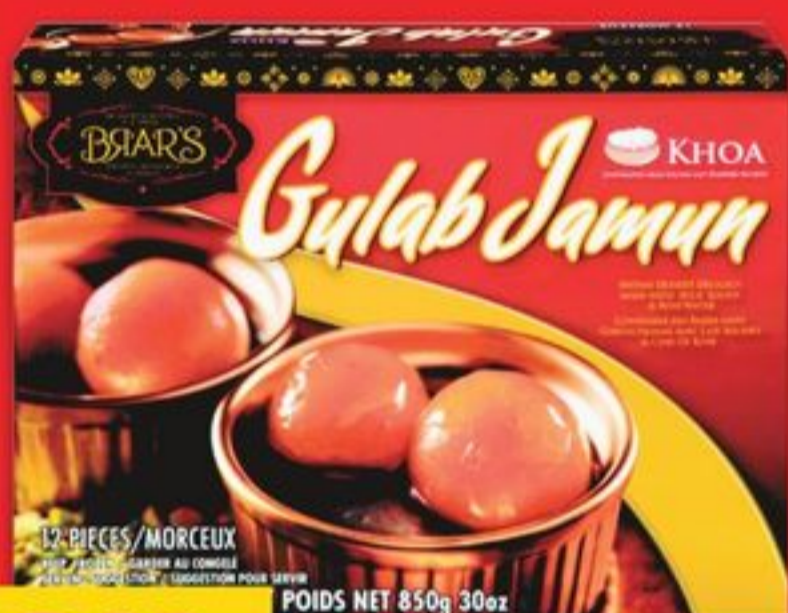
3.99

HALDIRAM TANDOORI NAAN or ROTI
selected varieties, frozen
300-400 g
3097779 EA



3.49

HALDIRAM'S ENTRÉES
selected varieties, frozen
283-300 g
309720001 EA



6.99

BRARS GULAB JAMUN
selected varieties, frozen
850 g
30367537 EA



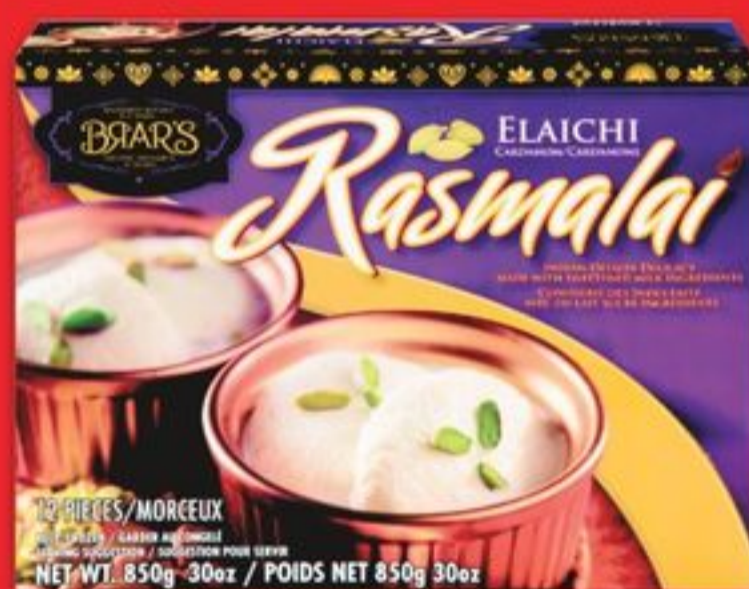
1.99

SHANA PARATHA
selected varieties, frozen
400 g
3099032001 EA



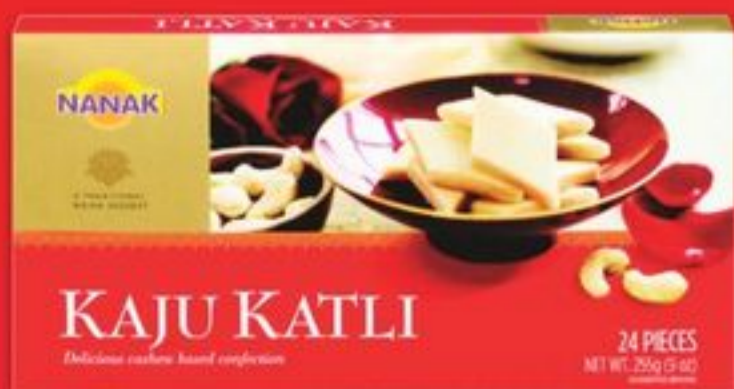
5.99

PC CHOCOLATE GIFT BOX
207 g
31113030 EA



9.99

BRARS RASMALAI
selected varieties, frozen
850 g
303690002 EA



6.49

NANAK KAJU KATLI
frozen
225 g
30454744 EA



9.99

HALDIRAM'S MILK CAKE
frozen
400 g
3097779 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



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. 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 NFW MKT