

DEALS DEALS DEALS FOR DAYS EVENT



SAVE 49%
2.99

10 LB BAG

RUSSET POTATOES
product of Atlantic Provinces, Canada no. 1 grade
pommes de terre
20601020001 EA



SAVE 22%
1.55

BROCCOLI CROWNS
product of Canada or U.S.A.
each
couronnes de brocoli
21121560001 EA



SAVE 30%
.69 LB

RUTABAGAS
product of Atlantic Canada, Canada no. 1 grade
rutabagas
1.32/kg
20164363001 KG



SAVE UP TO 55%
.88 LB

**ACORN, BUTTERCUP,
BUTTERNUT or
SPAGHETTI SQUASH**
product of Atlantic Canada
each
1.94/kg
20117208001 KG/20125274001 KG

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NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 24 TO WEDNESDAY, OCTOBER 30, 2024.



SAVE UP TO 43%

3.99

500 G

NO NAME[®] BACON
regular or salt reduced
bacon
20150771 EA



SAVE 37%

2.49
LB

CHICKEN LEGS
back bone removed
cuisses de poulet
5.49/kg
2012996, 60/20707114, 60



SAVE UP TO 33%

6.99

LOU'S KITCHEN[®] or LITTLE JUAN'S
ENTRÉES fully cooked
300-400 g
plats cuisinés
20078077 EA



SAVE 34%

3.47

RISTORANTE[®] or CASA DI MAMA
PIZZA
selected varieties, frozen
320-410 g
céréales
20296100001 EA

CAMPBELL'S
TOMATO, CREAM OF
MUSHROOM,
CHICKEN NOODLE
or
VEGETABLE SOUP
284 mL
soupes
20175214001 EA

SAVE 22%

.77



POST CEREAL
selected varieties
310-525 g
céréales
2022948 EA/21407214 EA

SAVE UP TO 47%

2.79



SAVE UP TO 37%

1.88



CHRISTIE CRACKERS 175-386 g or
CHRISTIE CRISPERS 145 g
selected varieties
croquettes
21030647 EA/21167024 EA

SAVE UP TO 37%

2.99



PC[®] FROZEN VEGETABLES
selected varieties
300-750 g
légumes surgelés
21481363 EA/20189113 EA

OASIS JUICE,
DEL MONTE
NECTAR
or
ARIZONA
ICED TEA
selected varieties
250 mL
jus de nectar ou thé glacé
20236722003 EA/2094117904 EA

SAVE UP TO 50%

.99



SAVE 49%

\$1

NO NAME[®]
EVAPORATED MILK
selected varieties
354 mL
lait évaporé
2196010 EA/21040543 EA

110 LOADS

100 LOADS

SAVE UP TO 50%

8.99

SUNLIGHT[®] 4 L or
PUREX[®] 4.08-4.43 L
LAUNDRY
DETERGENT, FLEECY
FABRIC SOFTENER
DRYER SHEETS 200⁺
selected varieties
détergent ou assouplissant
2008212061 EA/21407942 EA

Deals from the past on select items. †



SAVE UP TO 43%

4.44

ARMSTRONG[®] or
PC[®] SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21296240 EA/21346749 EA



Set low
prices on
select items.



ALWAYS
\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
saucisses
21561790, SA



ALWAYS
\$10

BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
994 g / 1.8 kg
poulet pané ou boulettes ou bœuf haché maigre ou hors-d'œuvre
21373692, SA



ALWAYS
\$10

SURAJ® BASMATI RICE
3.63 kg
riz basmati
20839921, SA



3.99
LB/EA

RED or GREEN SEEDLESS GRAPES
8.80/kg, product of U.S.A., no. 1 grade or
PINEAPPLE each, product of Costa Rica
résines rouges ou vertes sans pépins ou ananas
3042377001, KG/2014092001, KG

DEALS DEALS DEALS FOR DAYS EVENT



BRUSSELS SPROUTS
product of Canada or
ROMA TOMATOES
product of Canada or Mexico, no. 1 grade
choux de Bruxelles ou tomates roma
3.49/kg
30026135001, KG/20143381001, KG

2.49
LB



2 LB BAG

PKG OF 5

AVOCADOS product of Mexico or
FARMER'S MARKET™ MANDARINS
product of South Africa or Chile
avocats ou mandarines
3014222001, EA/2009819001, EA

4.99



6 OZ CLAMSHELL

BLACKBERRIES product of U.S.A. or Mexico or
RASPBERRIES product of U.S.A. or Mexico, no. 1 grade
mirras ou framboises
30031015001, EA/20128708001, EA

3.99



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

5 LB BAG

680 G

GROWN IN CANADA

3.99

**PC® LITTLE GEMS™
RED, YELLOW
MIXED MINI
POTATOES -
STEW PACK**
product of Canada
Canada no. 1 grade
mini pommes de terre en
sachets pour mijoter
3.49/kg
30026135001, KG/20143381001, KG

GROWN IN CANADA

PKG OF 11

4.99

**FARMER'S
MARKET™ MINI
CUCUMBERS**
product of Canada
mini courcoubes
3014222001, EA/2009819001, EA

3.99

CAULIFLOWER
product of Canada or U.S.A.,
no. 1 grade
chou fleur
3014222001, EA/2009819001, EA

2.99
LB

GREEN PEPPERS
product of U.S.A.
poivrons verts
4.97/kg
30026135001, KG

PKG OF 4

PKG OF 3

3.99

**FARMER'S
MARKET™
ENGLISH
CUCUMBERS**
product of Canada or
SWEET PEPPERS
product of Canada
ou poivrons doux
3014222001, EA/2009819001, EA

GROWN IN CANADA

3 LB BAG

3.99

**FARMER'S
MARKET™
RED ONIONS**
product of Canada
oignons rouges
3014222001, EA/2009819001, EA

4 LB BAG

3 LB BAG

4.99

**FARMER'S
MARKET™
PAULA RED or
GRAVENSTEIN
APPLES**
product of
Alberta, Canada, Canada fancy
ou HAVEL
ORANGES
product of South Africa
poivrons ou oranges royal
3014222001, EA/2009819001, EA

GROWN IN CANADA

2 LB CLAMSHELL

5.99

**FARMER'S
MARKET™
GRAPE
TOMATOES**
product of Canada
tomates raisins
3014222001, EA/2009819001, EA

3.49

LARSEN WIENERS
375 g
saucisses fumées
31093445, EA

3.99

**LILYDALE TURKEY
BREAKFAST
SAUSAGES**
375 g
saucisses à déjeuner de dinde
30178401, EA

5.77
LB

**LEAN GROUND
BEEF AND PORK**
fresh
mélange de bœuf et
porc hachés maigres
12.72/kg
30862096, KG

3.50

**ZIGGY'S®
SLICED MEAT**
selected varieties
175/200 g
viandes tranchées
31389293, EA
31390487, EA

3.49

**D'ITALIANO
BREAD
BUNS** 275 g or
4-157
selected varieties
pain ou petits pains
30090332, EA/30051998, EA

4.50

**FARMER'S
MARKET™
LOAF CAKES**
selected varieties
346-390 g
gâteaux quatre-quarts
30043882, EA/31421517, EA

6.99

**SEAQUEST®
COLOSSAL
RAW WHITE
SHRIMP**
12-20 per lb., 300 g or
**FROZEN BAY
SCALLOPS** 400 g
crevettes ou palourdes
310487, EA/3138837, 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



SAVE UP TO 35%
4.99

CHAPMAN'S YUKON 6's or PREMIUM ICE CREAM 2L
selected varieties, frozen
crème glacée



ALWAYS
\$4

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés



SAVE 22%
4.99

BURNBRAE NESTLAID OMEGA 3 EGGS 17's
œufs



KD ORIGINAL
200 g
21549526 EA

1.25



MCCAIN CAKES 340/510 g
NESTLE CONFECTIONARY DESSERT 1.5 L or **NOVELTIES** 4-10's
selected varieties, frozen
gâteaux ou dessert de confiserie ou friandises glacées

5.49



MADE GOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
selected varieties
110-150 g
barres granola ou biscuits ou minis ou carrés ou bouchées

3.49



LINDT EXCELLENCE CHOCOLATE BAR
selected varieties
80/100 g
barres de chocolat

3.79



NO NAME® CANOLA or VEGETABLE OIL
selected varieties
946 mL
huile de canola ou végétale

4.99



STAGG CHILI
selected varieties
425 g
chili

2.49



PC® ORGANICS 100% CRANBERRY JUICE
946 mL
jus de canneberges biologique

ORGANIC 8.99



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses

11.99



5.99

NO NAME® NAPKINS
500's
serviettes



8.99

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats



TIDE PODS 37/43/32's LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.16 L or SCENT BOOSTERS
680 g
détergent à lessive ou assouplissant textile ou rehausseurs de parfum

16.99

APP EXCLUSIVE OFFER*
Optimum
6,000 pts
\$6 Value

when you spend \$20* or more on Coca-Cola soft drinks

all sizes and varieties
Offer inclusive of select brands across Coca-Cola including Coke, Monster, Nestea, Powerade, Body Armor, Canada Dry, Aha, Fruitopia, Smart Water, Glaceau



30318694002, C12/2013046002, C12/20938349 EA

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SAVE 40%
2.99



MCCAIN SUPER FRIES
or **SPECIALTY FRIES**
selected varieties, frozen
454-750 g
frites
2012428002 SA

**PC® FROZEN
FRUIT**
selected varieties
300-600 g
fruits surgelés
20112227 SA/2127941 SA



**ONLY
3.99**

**TROPICANA
ORANGE JUICE** or
BEVERAGES or
OASIS
SMOOTHIES or
BEVERAGES
selected varieties
1.36-1.75 L
jus ou boissons
21422130 SA



**ONLY
3.49**



3.79
**GREEN GIANT
VEGETABLES**
selected varieties, frozen
400-750 g
légumes
21122290 SA/21422253 SA



3.49
EGGO WAFFLES 6" or
THICK AND FLUFFY
or **PILLSBURY
TOASTER
STRUDEL** 238 g
selected varieties
gâteaux ou pâtisseries
21122400 SA/21202277 SA



13.99
**PC® ROAST AND
GROUND COFFEE**
800-930 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21122407 SA/21122427 SA



3.49
**SCOTSBURN
SOUR CREAM**
selected varieties
500 mL
crème sure
21121042 SA



4.49
**NO NAME®
PEANUT BUTTER**
selected varieties
1 kg
beurre d'arachide
20204900 SA/21422045 SA



5.99
**HIGH LINER
FAMILY
FAVOURITES FISH** or
SHRIMP
selected varieties, frozen
330-700 g
poisson ou crevettes
20204300 SA/20272190 SA



.99
**NO NAME®
TUNA**
selected varieties
85/170 g
thon
20111042 SA



2.99
**OCEAN'S
WHITE TUNA**
170 g or
**GOLD SEAL
PINK SALMON**
213 g
selected varieties
thon ou saumon
21202274 SA



3.49
**MARIO'S
CORNED BEEF** or
COOKED HAM
340 g
bœuf salé ou jambon cuit
21202612 SA



7.29
STOK or
**STARBUCKS
ICED COFFEE**
selected varieties, refrigerated
1.18/1.42 L
café glacé
20121227 SA/21202719 SA



1.69
COCA-COLA or
**PEPSI SOFT
DRINKS**
selected varieties
2 L
boissons gazeuses
20202402 SA
20114220 SA



1.89
**BETTY CROCKER
SUPER MOIST
CAKE MIX**
375/404 g or
FROSTING
340/450 g
selected varieties
mélange à gâteau ou glaçage
20204100 SA/21120242 SA



2.99
OASIS JUICE,
**ARIZONA
ICED TEA DRINK
BOXES** 4x200 mL or
**ALLEN'S
CRANBERRY
COCKTAIL** 1.59 L
selected varieties
jus ou thé glacé ou cocktail
20121100 SA/21121004 SA



2.99
**EAGLE BRAND
SWEETENED
CONDENSED
MILK**
selected varieties
300 mL
lait condensé sucré
21272418 SA

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.



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.

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.

†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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