

BIG HOLIDAY DEALS!

SAVE UP TO 30%

229

**CAMPBELL'S
CHUNKY SOUP** 515 mL or
**PEPPERIDGE FARM
GOLDFISH CRACKERS**

156-227 g
selected varieties
20545560_EA/21480447_EA



BIG HOLIDAY DEALS!

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 21 TO WEDNESDAY, NOVEMBER 27, 2024.



SAVE 30%
6.99
LB

SIRLOIN TIP ROAST
cut from
Canada AA grade beef
15.41/kg
30023657_R3



SAVE 31%
\$5

MAPLE LEAF PRIME CHICKEN GRINDS or MINCED TURKEY
454 g
30704463_SA

WHILE QUANTITIES LAST



WOW!
2.38
LB



SAVE 43%
3.97

JOHNSONVILLE DINNER or BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties
350-500 g
30142858_SA

GREEN or RED SEEDLESS GRAPES
product of U.S.A., no. 1 grade
5.25/kg
3042373061_R3/3013919901_R3

SAVE 46%
1.77

I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE
427 g
30000001_SA



SAVE 28%
2.49

CAVENDISH QUICK CRISP PREMIUM or PATTIES
selected varieties, frozen
400-730 g
3104477_SA



SAVE 25%
4.49

FARMER'S MARKET MUFFINS
selected varieties
8-12
30100001_SA/30100007_SA

WHILE QUANTITIES LAST



Optimum
Members-Only Price
1.25
Non-members
1.49

MICHELINA'S ENTRÉES 156-284 g
selected varieties, frozen
31000114_SA



SAVE UP TO 37%
1.25

GREEN GIANT VEGETABLES
selected varieties
341/378 mL
31001179_SA



ONLY
5.49

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
31000001_SA/31000004_SA



SAVE 24%
2.27

LECLERC CELEBRATION COOKIES
selected varieties
340/320 g
3000370001_SA



SAVE UP TO 37%
9.99

TIDE LIQUID PODS 1.66 L or 21/23/18's
LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER or DOWNY GAIN SCENT BOOSTERS BOUNCE DRYER SHEETS 1.89-3.43 L
FINISH 378 g
FINISH AUTO DISH DETERGENT 30-571 mL
ADDITIVES 944 mL
selected varieties
30000114_SA/31000001_SA



SAVE 43%
12.99

ROYALE BATHROOM TISSUE or TIGER TOWELS
selected varieties
31000001_SA/31000004_SA



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

BIG HOLIDAY DEALS!

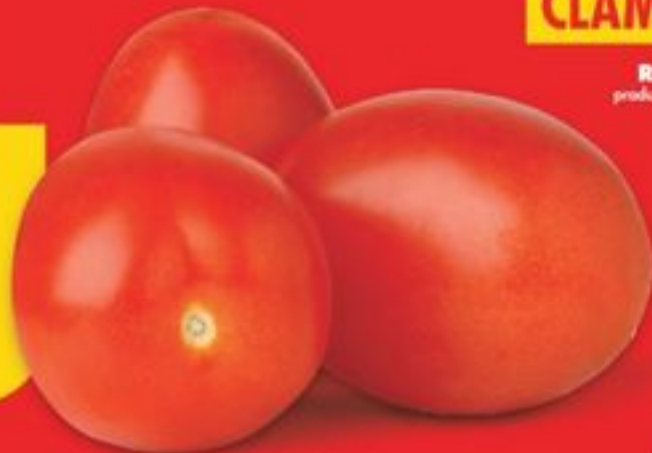


6 OZ CLAMSHELL

3.99

RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
2012893001 EA

2.49
LB



ROMA TOMATOES
product of Mexico or U.S.A., no. 1 grade
5.49/kg
2014321001 KG

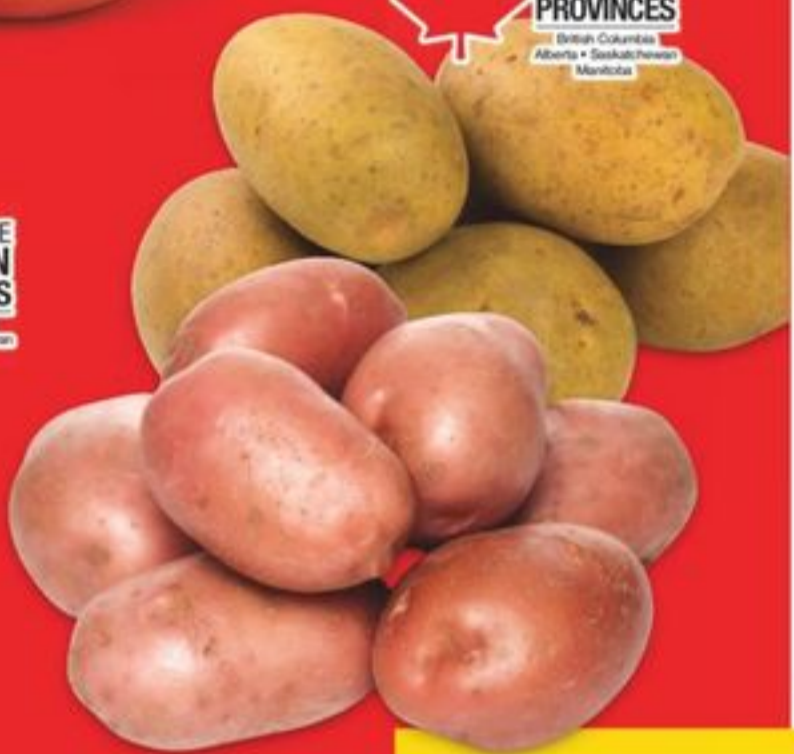


GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

2.99

3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Western Provinces, Canada no. 1 grade
2011199401 EA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

10 LB BAG

5.99
EA

RED or YELLOW POTATOES
product of Western Provinces, Canada no. 1 grade
20401013001 EA/20401017001 EA

2.99
LB

BROCCOLI CROWNS
product of U.S.A. or Mexico
6.59/kg
20026161001 KG



3.99

CANTALOUPE
product of U.S.A. or Guatemala, no. 1 grade or
PINEAPPLE
product of Costa Rica
each
20167017001 EA/20160993001 EA



6.99

5 LB BAG

BARTLETT PEARS
product of U.S.A., Extra Fancy Grade, or
FARMER'S MARKET™ MCINTOSH
or **SPARTAN APPLES**
product of Western Provinces, Canada Fancy Grade
23023223001 EA/204023200001 EA



3.99

CAULIFLOWER
product of U.S.A. or Mexico, no. 1 grade or
GREEN or RED SWEET PEPPERS
product of U.S.A. or Mexico
20113223001 EA/20012304001 EA
20133371001 EA



PKG OF 4

4.99

PKG OF 3

ROMAINE HEARTS
product of U.S.A. or
FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
20067389001 EA/20028461001 EA



8.99

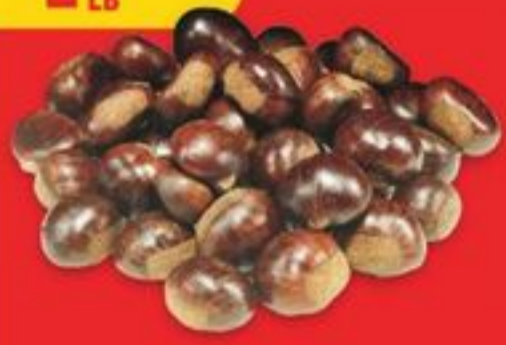
CASE

PC™ KAKI PERSIMMONS
product of Spain
2121142001 EA



1.49
LB

CHESTNUTS
product of China
3.28/kg
20079235001 KG



1.49

RED MANGO
product of Brazil
20079623001 EA



4.99

AVOCADOS
product of Mexico or
BLUEBERRIES
product of Peru, no. 1 grade
20143223001 EA/2008137501 EA



PKG OF 5 OR 6

PINT

\$3

680 G

PC™ LITTLE BEANS™ RED, YELLOW or MIXED MINI POTATOES
product of Western Provinces, Canada no. 1 grade
212379901 EA/212379901 EA



\$3

PKG OF 6

FARMER'S MARKET™ MINI CUCUMBERS
product of Western Provinces, Canada no. 1 grade
200285001 EA



5.99

3 LB BAG

FARMER'S MARKET™ LEMONS
product of U.S.A.
2078611001 EA



6.99

5 LB BAG

MANDARINS
product of China
2008142001 EA



BIG HOLIDAY DEALS!



5.99

LEAN GROUND BEEF AND PORK
fresh
13.21/kg
2064392 AG



3.79
LB

CHICKEN THIGHS
8.36/kg
2024143 AG

CLUB SIZE



CLUB SIZE

7.99

LOU'S ENTRÉES 375/400 g or **LIL JUAN'S CHICKEN TINGA** or **BEEF BIRRIA** 300/400 g
selected varieties, fully cooked
2020750 SA



BREAKFAST BEEF & PORK SAUSAGE 8.80/kg or **LILYDALE TURKEY BREAKFAST SAUSAGES** 375 g
selected varieties
20178401 SA/20642678 AG

3.99
LB/EA

2.99

YELLOWFIN TUNA STEAKS 92 g, **SEAQUEST® FLAVOURED ALASKA POLLOCK READY TO EAT**, 227 g or **GO SHRIMP RAW COOKED**, 51/70 per lb or 61/90 per lb, 160 g
frozen
21187949 SA/21208391 SA



6.99

SEAQUEST® SHRIMP RING 227 g, **COLOSSAL RAW WHITE SHRIMP** 16-20 per lb, 300 g or **BAY SCALLOPS** 400 g
frozen
21043887 SA/21158327 SA



13.99

MARCANGELO SOUVLAKI KABOBS
selected varieties
400/640 g
21041733 SA



3.50

ZIGGY'S® SLICED MEAT
selected varieties
175/300 g
21190190 SA/21192341 SA



5.99

SCHNEIDERS BACON, JUICY JUMBOS or **SMOKED SAUSAGES**
selected varieties
375-450 g
20105611 SA



\$6

PC® DOUBLE CREAM BRIE or **CAMEMBERT CHEESE**
selected varieties
165-200 g
20784304 SA/20787227 SA



2.99

DELI WORLD LIGHT RYE
selected varieties
300 g
200001 SA



3.49

PC® TORTILLAS
selected varieties
10", 640 g
200007 SA



3.99

SABRA HUMMUS & GUACAMOLE 175 g
selected varieties
hummus de garbanzo
200002 SA/2100001 SA



\$7

FARMER'S MARKET™ PIES
selected varieties
200 g x 1 kg
210001 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*
5,000 pts

when you spend \$10* on D'Italiano bread 675 g or buns 6/10, Wonder bread 570 g or buns 12's or Wonder wraps 10", 640 g or Casa Mendosa 7" or 10" tortillas 340-640 g
selected varieties
20038335_EA/20305674_EA/20320827_EA/20626949_EA/21566426_EA/21566428_EA/21566518_EA

\$5
value



BIG HOLIDAY DEALS!



INTERNATIONAL DELIGHT
COFFEE CREAMERS 946 mL
or COLD FOAM 376 g
selected varieties
30095480002, EA/21190983, EA

SAVE UP TO 22%

4.49



SAVE UP TO 28%

4.99

MCCAIN CAKES 510 g or
NESTLE DRUMSTICKS or
NOVELTIES 4-10's or
CONFECTIONARY FROZEN
DESSERT 1.5 L
selected varieties, frozen
30310123002, EA/30334737003, EA



SAVE 30%

6.99

HIGH LINER FAMILY
FAVOURITES FISH or
SHRIMP
selected varieties frozen
330-700 g
30007334001, EA/30572299001, EA

3.49

DAIRYLAND SOUR CREAM
selected varieties
450/500 mL
3027394001, EA



4.99

PC® TEA 42's or RED ROSE
ORANGE PEKOE TEA 72's
selected varieties
31403494, EA/31373401, EA



17.99

TIM HORTONS ROAST
AND GROUND COFFEE
87.5/150 g or PODS 30's
selected varieties
3007397, EA/31104001, EA



1.49

CAMPBELL'S CONDENSED SOUP
selected varieties
384 mL
3027394001, EA



1.69

KNORR or LIPTON
SOUP MIX
selected varieties
40-146 g
3027314001, EA/3030018001, EA



4.99

GIUSEPPE THIN or
RISING CRUST PIZZA
selected varieties, frozen
430-755 g
31104001, EA



3.79

MOTT'S CLAMATO or
GARDEN COCKTAIL
selected varieties
1.89 L
30340731000, EA/30318943000, EA



3.99

COCA-COLA or PEPSI
SOFT DRINKS
selected varieties
6x12/10 mL
3031044000, EA/3031041000, EA



4.49

PURE LIFE NATURAL
SPRING WATER
selected varieties
24x500 mL
30304001, EA



4.99

DOVE DEODORANT 45-74 g,
HAIR CARE 142-198 g/195-253 mL,
BAR SOAP 3x106 g or
BODY WASH 325/400 mL
selected varieties
30304001, EA/31200010, EA



4.49

WINDEX GLASS
CLEANER 745 mL,
SCRUBBING BUBBLES
730-930 mL/247/823 g,
FANTASTIK FAMILY GUARD 946 mL/496 g
selected varieties
3033323001, EA/30333303003, EA



9.99

OXI CLEAN
STAIN REMOVER
selected varieties
1.28/1.26 kg
30400001, EA



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

for every \$10 spent on Tropicana
juice or beverages or Starbucks
refrigerated coffee

selected varieties
1.18-1.75 L
31402130, EA/31210330, EA

\$3
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 instore for details.

NOFRILLS

CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



Be your own boss
and join a franchise.



NOVEMBER

**HIT
OF THE
MONTH**



PC® Kettle Cooked Potato Chips
Selected varieties, 200 g



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



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

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.

BIG HOLIDAY DEALS!



ONLY
4.29

CRACKER BARREL
NATURAL CHEESE SLICES
selected varieties
200-240 g
31292703 EA



SAVE 37%
4.99

HELUVA GOOD!
FRENCH ONION DIP
680 g
3031279901 EA



ONLY
6.49

YOPLAIT CREAMY or
SOURCE 16% or
YOP 8% YOGURT
selected varieties
30312317001 EA/21390111 EA

1.99

PC PASTA
selected varieties
454 g
31292703 EA



\$2

DARE CRACKERS
selected varieties
100-224 g
31292703 EA/31292703 EA



2.49

CHRISTIE COOKIES
selected varieties
234-303 g
31292703 EA/31292703 EA



6.99

TWININGS TEA 30% or
STARBUCKS NESPRESSO CAPSULES 10%
selected varieties
300016011 EA/31211099 EA



2.99

OASIS JUICE, ARIZONA ICED TEA DRINK BOXES 4000 mL or
ALLEN'S CRANBERRY COCKTAIL 1.89 L
selected varieties
3031279902 EA/31292703 EA



2.99

DOLE FRUIT BOWLS or FRUIT 'N GEL SNACKS
4x122 g
selected varieties
31292703 EA/31292703 EA



3.79

SILK BEVERAGES
selected varieties
1.89 L
31292703 EA



17.99

TERRA DELYSSA EXTRA VIRGIN OLIVE OIL 1 L
31292703 EA



1.49

CESAR WET DOG FOOD
selected varieties
100 g
31292703 EA



2.49

DAWN DISHWASHING LIQUID
selected varieties
431/473 mL
31292703 EA/31292703 EA



2.99

COLGATE PREMIUM TOOTHPASTE 70-132 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
31292703 EA/31292703 EA



3.49

FEBREZE AIR MR. CLEAN ALL PURPOSE CLEANER 1.31 L or
MAGIC ERASER 3/2%
selected varieties
31292703 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*
3,000 pts

for every \$10* spent on
Clover Leaf or Brunswick products

all sizes and varieties
30003430 EA/30018117001 EA

\$3
value



BIG HOLIDAY DEALS!



DANONE ACTIVIA 8x or TWO GOOD TUBS 625 g YOGURT selected varieties 303334802 EA/21477313 EA

ONLY 3.99



DAIRYLAND COTTAGE CHEESE selected varieties 500 g 3073933 EA

SAVE UP TO 20% 3.79



SAPUTO MOZZARELLISSIMA selected varieties 500 g 30739341002 EA

ONLY 7.49

3.99

KRAFT CHEEZ WHIZ selected varieties 450 g 304394001 EA



4.99

TIM HORTONS HOT CHOCOLATE 500 g 3003798 EA



\$13

PC LASAGNAS or MAC & CHEESE club size, selected varieties, frozen 2/2.27 kg 30134930 EA/21176993 EA



.79

NO NAME CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP selected varieties 284 mL 3003447 EA



\$4

ROOSTER JASMINE RICE 2 kg 3014401 EA



4.99

FRITO LAY VALUE SIZE POTATO CHIPS, TORTILLA CHIPS, SNACKS or POPCORN selected varieties 273-480 g 3049306 EA



\$12

NATURE VALLEY or FIBRE 1 BARS, BETTY CROCKER or MOTT'S FRUIT SNACKS club size, selected varieties 437 g 1.28 kg 30134930 EA/21176993 EA



5.99

BUBLY or MONTELLIER SPARKLING WATER selected varieties 10/12x253 mL 30134930 EA/21176993 EA



5.99

SOFTSOAP LIQUID HAND SOAP REFILL selected varieties 1.47 L 3013794 EA



5.99

HELLMANN'S REAL MAYO selected varieties 710-890 mL 3049306 EA/21176993 EA



\$9

NO NAME CAT LITTER selected varieties 18 kg 3013794 EA



5.99

REESE'S STOCKING STUFFERS 141/224 g KINDER UOVO 100 g CHRISTMAS MULTI BAGGED CHOCOLATE selected varieties 3003798 EA



8.99

KINDER BUENO ADVENT CALENDAR 147 g TOFFIFEE 400 g 3049306 EA/21176993 EA



9.49

TOBLERONE BAR 340 g or IMPRESS BOX 200 g selected varieties 3003798 EA



10.99

LINDT or REESE'S ADVENT CALENDAR selected varieties 120/210 g 3003798 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 **\$1** value

for every \$5* spent on Kellogg's Pringles all sizes and varieties 21003823_EA/21003833_EA

Earn* **\$3** value **3,000** pts

for every \$10* spent on Kellogg's family size cereal selected varieties 480-650 g 21430748_EA/21430755_EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

BREYERS CLASSIC FROZEN DESSERT 1.66 L, CHAPMAN'S COLLECTION NOVELTIES 8's or LOLLY NOVELTIES 28's
selected varieties, frozen
30301205001 EA/20223737004 EA

PRICE DROP

3.99



PRICE DROP

5.50

DANONE OIKOS TUBS 650/730 g or ACTIVIA DRINKS 8's, YOGURT
selected varieties
3106634 EA/21108439 EA

PRICE DROP

6.99

TASTIEZ 400 g or MCCAIN PIZZA POCKETS 400 g
selected varieties, frozen
21047833 EA/21564689 EA

PC® GOAT CHEESE
selected varieties
140 g
3000034 EA

PRICE DROP

4.49



PC® SPLENDIDO® PARMIGIANO REGGIANO, GRANA PADANO or PECORINO ROMANO
250 g
21051031 EA/21053434 EA

PRICE DROP

9.99



SEAQUEST® WILD PINK SALMON FILLETS
frozen
700 g
21192064 EA

PRICE DROP

\$10



GRIMM'S PEPPERONI STICKS
selected varieties
400 g
21381320 EA

PRICE DROP

10.99



PRICE DROP

\$3

KELLOGG'S RICE KRISPIES BARS 176/198 g, POP TARTS 384 g, SPECIAL K BARS 125 g or NUTRI-GRAIN BARS 295 g
selected varieties
20126367001 EA/20313984001 EA

J.L. KRAFT PURE DRESSINGS
selected varieties
355 mL
21381403 EA/21381492 EA

PRICE DROP

3.99



PRICE DROP

6.99

PC® CHOCOLATE GOLD BAR 300 g or LINDT LINDOR CHOCOLATE BAG 150 g
selected varieties
20307295 EA/21390291 EA

STAGG CHILI
selected varieties
425 g
20091904 EA

PRICE DROP

2.69



PRICE DROP

8.49

PC® ORGANICS DARK CHOCOLATE
70% or 85%
300 g
21306789 EA/21306800 EA



PRICE DROP

15.99

GAIN LIQUID 4.55 L or FLINGS 47% LAUNDRY DETERGENT
selected varieties
20959027 EA/21405174 EA

MULTI BUY? TRY SINGLE BUY.



ONE FOR

.90

FRISKIES 156 g or
FANCY FEAST 85 g
WET CAT FOOD
selected varieties
20302296001, EA/20319657006, EA



ONE FOR

269

**YOPLAIT
TUBES**
selected varieties
8's
21547571, EA/21547595, EA



ONE FOR

\$3

**CLASSICO
SAUCE**
selected varieties
410-650 mL
21618217, EA

DEALS ON BABY ESSENTIALS



32⁹⁹

34⁹⁹

PAMPERS ECONO PACK DIAPERS
size N-8, selected varieties
58-180's
2153N45 EA

HUGGIES ECONO PACK DIAPERS
size N-6, selected varieties
60-180's
2145635 EA



7⁹⁹

2,000⁰⁰

\$2 Value

19⁹⁹

HUGGIES or PAMPERS 3X WIPES
selected varieties
112-216's
2055804 EA

HUGGIES 9/10X BABY WIPES
selected varieties
336-704's
21401195 EA



\$1

BABY BELLIES or LITTLE BELLIES BABY SNACKS
selected varieties
8/12 g
2153935 EA/2153930 EA



9⁹⁹

PEDIASURE COMPLETE
selected varieties
4x235 mL
20222414001 EA
20222414002 EA



29⁹⁹

ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT
selected varieties
907 g
21407931 EA/21407971 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*
10,000^{pts}

when you spend \$50* or more on Pampers in the baby departments

selected varieties
20709163_EA/21370844_EA/21089365_EA

\$10
value



PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



SNACK HARD SPEND LIGHT

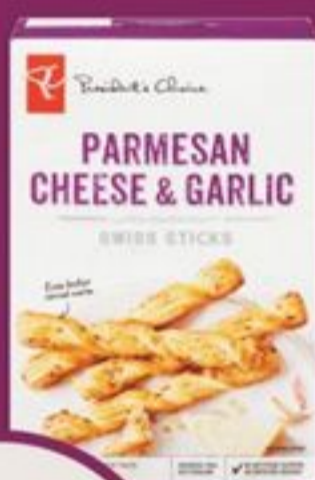
Feeling snackish? Congrats, you've made our 'nice list' and earned great deals on popular snacks.

\$3



PC® MINI POPPADOMS
selected varieties
113 g
21606321_EA

2.49



PC® SWISS STICKS
selected varieties
100 g
20538543002_EA

1.75



PC® KETTLE COOKED
POTATO CHIPS
selected varieties
200 g
Limit 6, over limit retail \$2.50
21422931_EA

2.99



PC® SCALLOPED
CRACKERS
selected varieties
185 g
20603888002_EA

\$5



PC® DRY ROASTED
PEANUTS
selected varieties
700 g
20057990003_EA

\$5



PC® DELUXE MIXED
NUTS
selected varieties
200 g
21054980_EA

\$5



PC® CASHEWS
selected varieties
200 g
21054943_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® DIPS
selected varieties 227 g
20584097_EA



\$6

PC® NAAN DIPPERS
400 g
20999700_EA



\$5

**PC® PARADISE
CRUNCH PEPPERS**
454 g
21634092_EA



\$5

**PC® BRIOCHE LOAF
CHOCOLATE CHIP**
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



Optimum™

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

BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

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