

# BIG HOLIDAY DEALS!

SAVE 50%

**.88**

**POMEGRANATES**  
product of U.S.A.  
grenade  
20134797001 EA



SAVE 65%

**2.77**

**10 LB BAG**

**FARMER'S MARKET™ YELLOW ONIONS**  
product of Ontario  
Canada no. 1 grade  
oignons jaunes  
20600991001 EA



**Foodland ONTARIO**



SAVE 33%

**1.99**

**PC® COLESLAW 397 g or GARDEN SALAD 340 g**  
product of U.S.A.  
salade de chou ou jardinière  
21904348 EA/21904304 EA

**APP EXCLUSIVE OFFER**  
1,000 <sup>PC</sup> \$1 Value



SAVE 25%

**2.99**

**PKG OF 4**

**GREEN or RED SWEET PEPPERS**  
product of Mexico or U.S.A.  
poivrons  
20612388001 EA/20612322001 EA





# BIG HOLIDAY DEALS!

**NOFRILLS**

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



**WOW!**

**1.97**  
LB

WHILE QUANTITIES LAST



**SAVE 44%**

**3.88**

**JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
saucisses ou rondelles ou viande hachée  
20033844 SA

**CHICKEN DRUMSTICKS**  
fresh  
piles de poulet  
4.54/kg  
20434779 SA



**SAVE 25%**

**4.49**

**FARMER'S MARKET MUFFINS**  
selected varieties  
6's  
muffins  
21283334 SA/21283337 SA

WHILE QUANTITIES LAST



**SAVE 38%**

**4.97**

**MAPLE LEAF PRIME EXTRA LEAN GROUND CHICKEN or MINCED TURKEY**  
454 g  
dinde ou poulet haché extra-maigre  
20704463 SA

**SAVE 40%**

**1.77**

**I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE**  
427 g  
margarine  
2004749901 SA



**SAVE 28%**

**2.49**

**CAVENDISH QUICK CRISP PREMIUM or PATTIES**  
selected varieties, frozen, 400-750 g  
frites ou galettes de pommes de terre  
21394677 SA



**SAVE 24%**

**2.27**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
240 g  
biscuits  
2083279901 SA



**ONLY 5.49**

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
475-778 g  
céréales  
21103492 SA/21103493 SA



**ONLY 8.99**

**KNORR CHICKEN BOUILLON MIX**  
1 kg  
mélange pour bouillon de poulet  
20124974 SA



**SAVE UP TO 43%**

**12.99**

**ROYALE BATHROOM TISSUE or ROYALE TIGER TOWELS**  
selected varieties  
papier hygiénique ou serviette  
21278134 SA/21246704 SA



**SAVE UP TO 37%**

**9.99**

**FINISH AUTO DISH ADDITIVES TIDE LIQUID LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER or GAIN SCENT BOOSTERS or BOUNCE DRYER SHEETS**  
selected varieties  
réservés de détergent pour lave-vaisselle ou additifs au détergent ou assouplissant de vêtements de machine à laver  
21246821 SA/21246824 SA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

[nofrills.ca](https://www.nofrills.ca)

AVAILABLE AT: JOE'S - BELLEVILLE, DANIEL'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAYV & SALMA'S - CAMBRIDGE, BOSS & LINDSAY'S - CAMBRIDGE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENNY'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASSI'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACY'S - LONDON, GABE'S - OTTAWA, BRANDON & MEGAN'S - STITTSVILLE, PAUL & MALLOTT'S - WATERLOO, GIBRARD'S - WELLAND

01 NFO TE



# BIG HOLIDAY DEALS!



\$1

**ALLEN'S FRUIT COCKTAIL, 1 L or OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA** 950 mL  
selected varieties  
cocktail de fruit ou jus ou nectar ou thé glacé  
20207434001, SA/20944117004, SA



\$1

**GREEN GIANT VEGETABLES**  
selected varieties  
341/298 mL  
légumes  
2101175, SA



\$1

**MICHELINA'S ENTRÉES**  
selected varieties, frozen  
150-284 g  
plats cuisinés  
11206414, SA



\$1

**TITAN ALUMINUM FOIL or WAX PAPER** 25 ft  
papier d'aluminium ou papier cire  
2000019, SA/21400422, SA



\$1

**BODY ARMOR SPORTS DRINK**  
selected varieties  
473 mL  
boisson électrolytique  
21182806, SA/21182195, SA



**BIG**  
**HOLIDAY**  
**DEALS!**

**SAVE 23%**

**229**

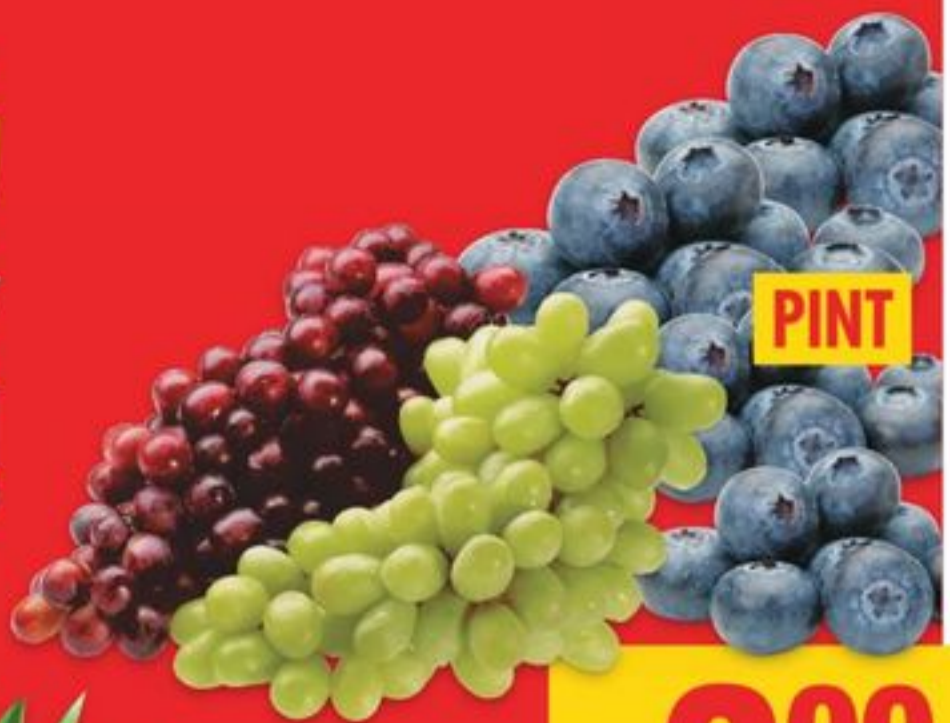
**CAMPBELL'S**  
**CHUNKY SOUP** 515 mL or  
**PEPPERIDGE FARM**  
**GOLDFISH CRACKERS**

156-227 g  
selected varieties  
soupe ou craquelins  
20300320\_EA/21480447\_EA





# BIG HOLIDAY DEALS!



PINT

**3.99**  
LB/EA

RED or GREEN SEEDLESS GRAPES 8.80/kg product of U.S.A., no. 1 grade or BLUEBERRIES each product of Peru, no. 1 grade raisins verts ou rouges sans pépins ou bleusets 20423773001, KG/20139199001, KG/20080137001, EA



6 OZ CLAMSHELL

**2.99**



PINEAPPLE product of Costa Rica or BLACKBERRIES product of U.S.A. or Mexico onzas ou mètres 20118958001, EA/20080137001, EA



CASE

PC® KAKI PERSIMMONS product of Spain 2131928001, EA

**8.99**

**1.69**

ENGLISH CUCUMBERS product of Ontario, Canada no. 1 grade concombres anglais 20070123001, EA



**3.99**

AVOCADOS product of Mexico or FARMER'S MARKET™ LEMONS product of South Africa or Spain mandarins ou citrons 20142223001, EA/20795323001, EA



PKG OF 5 OR 6

2 LB BAG

GROWN IN CANADA

10 LB BAG

**4.99**

BEETS or FARMER'S MARKET™ CARROTS product of Canada, Canada no. 1 grade betteraves ou carottes 21121229001, EA/20400730001, EA

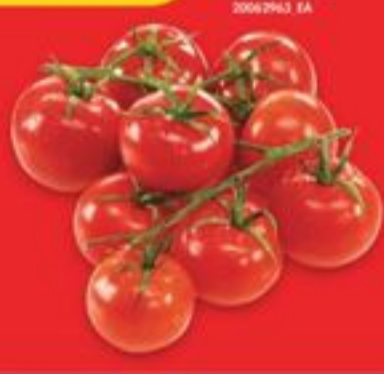


APP EXCLUSIVE OFFER  
1,000 Value

**1.99**

454 G

COCKTAIL TOMATOES product of Canada or Mexico tomates cocktail 20062963, EA



**2.49**

ICEBERG LETTUCE product of U.S.A. or Mexico, no. 1 grade laitue iceberg 20133224001, EA



**4.99**  
EA

4 LB BAG

FARMER'S MARKET™ ROYAL GALA or MCINTOSH APPLES product of Ontario, Canada fancy grade pommes 20713221001, EA/20767996001, EA



**.99**

KIWI product of New Zealand or RED MANGOES product of Brazil fruit ex mangues rouges 2012000001, EA/2012000001, EA



**1.99**  
LB

PAPAYA product of Mexico 4.20/kg 2017700001, KG



GROWN IN CANADA

**3.99**

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade or WHOLE WHITE or CREAMINI MUSHROOMS product of Canada mini-pommes de terre entières ou champignons entiers ou blancs entiers 20142223001, EA/213223001, EA

454 G



680 G

**5.99**  
LB

CHESTNUTS product of Italy 13.21/kg 2003000001, KG



**2.99**

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, Mexico or U.S.A. or FARMER'S MARKET™ MINI CUCUMBERS product of Canada, Canada no. 1 grade tomates raisins ou mini-concombres 21317999001, EA/20139199001, EA



PKG OF 6

283 G

GROWN IN CANADA

**\$5**

15 LB BAG

NO NAME™ NATURALLY IMPERFECT™ POTATOES product of Canada, Canada no. 2 grade pommes de terre imparfaites 20142223001, EA



PRODUCED HERE

**4.99**

3 L

PC® APPLE CIDER produced in Canada cidre de pommes 20000001, EA



**5.99**

681 G

PC® VARIETY TOMATOES product of Canada or Mexico tomates 2003000001, EA





# BIG HOLIDAY DEALS!



**\$12**

**LEAN GROUND BEEF**  
7x  
boeuf haché  
21418300 EA

**CLUB SIZE**



**3.99**  
LB

**PORK COMBO CHOP**  
bone-in, fresh  
côtelettes de porc  
5.80/kg  
30483470 EA

**LOU'S ENTRÉES** 375/400 g  
or **LIL JUAN'S CHICKEN TINGA** or **BEEF BIRRIA** 300/400 g  
selected varieties  
plats cuisinés  
30079077 EA

**7.99**

**5.88**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
Filets de poisson surgelés  
20133370 EA



**6.88**

**MARINA DEL REY WILD ARGENTINIAN RAW SHRIMP**  
20-30 per lb., 300 g or  
**SEAQUEST® SMALL SCALLOPS** 400 g  
crevettes crues ou pétoncles de baie  
20997199 EA



**7.99**

**REA ITALIAN SAUSAGE**  
selected varieties  
720 g  
saucisses italiennes  
21448713 EA



**3.50**

**ZIGGY'S® SLICED MEAT**  
selected varieties  
173/200 g  
tranches de viande  
21390719 EA/21390481 EA



**5.99**

**SCHNEIDERS JUICY JUMBOS**  
or **SMOKED SAUSAGES** 375-430 g  
or **SCHNEIDERS BOLOGNA** 375/500 g  
selected varieties  
saucisses à hot dog ou saucisses  
fumées de bolognaise ou bolognaise  
2099817 EA



**\$6**

**PC® DOUBLE CREAM BRIE** or **CAMEMBERT**  
selected varieties  
142/200 g  
brie double crème  
ou camembert  
20799481 EA/20791007 EA



**\$20**

**SUFRA® HALAL CHICKEN BREAST**  
or **MAPLE LEAF PRIME CHICKEN BREAST**  
selected varieties  
7x  
poitrine de poulet halal  
ou poitrine de poulet  
2138811 EA/21388097 EA



**3.99**

**SABRA HUMMUS**  
selected varieties  
252 g  
houmous  
2099919 EA



**3.49**

**VACHON SNACK CAKES**  
selected varieties  
232/236 g  
petits gâteaux  
2099919 EA



**3.99**

**SUNMAID CINNAMON RAISIN BREAD**  
430 g  
pain croustille et raisins  
2099919 EA



**4.50**

**FARMER'S MARKET® MINI DOUGHNUTS**  
selected varieties  
400 g  
petits beignets  
2138811 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\*  
**5,000** pts

when you spend \$10\* on D'Italiano bread 400/675 g or buns 6/8x, Wonder bread 675 g or buns 8x or Casa Mendosa 7 or 10 inch tortillas 340-640 g selected varieties pain ou petit pains ou tortillas

20038335\_EA/20179156\_EA/20274296\_EA/20297455\_EA/20318788\_EA/20626949\_EA

**\$5**  
value





# BIG HOLIDAY DEALS!

NEILSON 5/10% 1 L  
or 18/35% 473 mL CREAM  
selected varieties  
crème  
30123609 EA/30774431 EA

## ONLY 3<sup>19</sup>



SAVE UP TO 28%

## 4<sup>99</sup>

MCCAIN CAKES 510 g or NESTLÉ DRUMSTICKS or NOVELTIES 4-10" or CONFECTIONARY FROZEN DESSERT 1.5 L  
selected varieties, frozen  
gâteaux ou bonbons ou dessert glacé  
3018123002 EA/30134757003 EA

SAVE 33%

## 5<sup>99</sup>

HIGH LINER FAMILY FAVOURITES FISH or SHRIMP  
selected varieties, frozen  
poisson ou crustacés  
3019833001 EA/3017299901 EA

## 2<sup>49</sup>

GAY LEA SOUR CREAM  
selected varieties  
425/500 mL  
crème sure  
3017530001 EA



## 4<sup>99</sup>

PC TEA 4% or RED ROSE ORANGE PEKOE TEA 7%  
selected varieties  
4%  
314024K EA/3139401 EA



## 17<sup>99</sup>

TIM HORTONS ROAST AND GROUND COFFEE  
875/930 g or PODS 30"  
selected varieties  
café torréfié et moulu ou capsules  
30073167 EA/11104403 EA



## 1<sup>29</sup>

CAMPBELL'S CONDENSED SOUP  
selected varieties  
284 mL  
soupe condensée  
3017530002 EA



## 1<sup>69</sup>

KNORR or LIPTON SOUP MIX  
selected varieties  
40-144 g  
mélange à soupe  
30175314001 EA/3018130001 EA



## 4<sup>99</sup>

GIUSEPPE THIN or RISING CRUST PIZZA  
selected varieties, frozen  
439-783 g  
pizza  
31706261 EA



## 3<sup>49</sup>

PURE LIFE NATURAL SPRING WATER  
34/500 mL  
eau  
30060961 C24



## 3<sup>79</sup>

MOTT'S CLAMATO or GARDEN COCKTAIL  
selected varieties  
1.89 L  
les de sauce/les de cocktail de légumes  
30183710002 EA/3018930000 EA



## 3<sup>99</sup>

COCA-COLA or PEPSI SOFT DRINKS  
selected varieties  
4x12/1.26 L  
boissons gazeuses  
3018040002 C06/3013741000 C06



## 4<sup>99</sup>

DOVE DEODORANT 45-74 g,  
HAIR CARE 142-198 g/195-253 mL,  
BAR SOAP 3x106 g or  
BODY WASH 323/400 mL  
selected varieties  
déodorant ou soins capillaires ou  
pain de savon ou nettoyant pour le corps  
3018040001 EA/31373001 EA



1,000<sup>+</sup>

\$1 Value

## 4<sup>49</sup>

WINDEX GLASS CLEANER  
745-950 mL, SCRUBBING  
BUBBLES 710-950 mL/547/623 g  
1.89 L  
BATHROOM 946 mL/496 g  
selected varieties  
nettoyant pour vitres ou nettoyants  
3013022001 EA/3013023001 EA



## 9<sup>99</sup>

OXI CLEAN STAIN REMOVER  
selected varieties  
1.26/1.26 L  
déodorant  
30432379 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, Pure Leaf or Starbucks refrigerated items

selected varieties, 1.18-1.75 L  
articles réfrigérés  
31492136 EA/11313530 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 in-store for details.

**NOFRILLS**

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

nofrills.ca



Be your own boss  
and make money  
from home





**NOVEMBER**

**HIT  
OF THE  
MONTH**



**PC® Kettle Cooked Potato Chips**

Selected varieties, 200 g  
Limit: 6, over limit retail \$2.50



**D'Italiano Gusto! Bagels**

Selected varieties, 6's  
Limit: 6, over limit retail \$4.49



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

Selected varieties  
Limit: 6, over limit retail \$6.00



**Hershey's Chocolate Pouches**

Selected varieties, 180-230 g

**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  
tranches de fromage naturel  
219/2015 SA



**SAVE 43% 4.49**

**HELUVA GOOD! FRENCH ONION DIP**  
680 g  
tranchette  
202178901 SA



**ONLY 6.49**

**YOPLAIT CREAMY or SOURCE 0% NO SUGAR ADDED YOP or YOP 0% YOGURT**  
selected varieties  
yogourt  
2021731701 SA/2147694 SA

**1.99**

**PC® PASTA**  
selected varieties  
454 g  
pâtes  
219/219 SA



**\$2**

**DARE CRACKERS**  
selected varieties  
100-225 g  
craquelins  
2017308 SA/2120864 SA



**2.49**

**CHRISTIE COOKIES**  
selected varieties  
234-300 g  
biscuits  
2120407 SA/2130138 SA



**6.99**

**TWININGS TEA or STARBUCKS NESPRESSO CAPSULES**  
selected varieties  
selon les capsules de café  
202014001 SA/2111070 SA



**\$3**

**MINUTE MAID ZERO SUGAR DRINKS**  
selected varieties  
1.5 L  
boissons sans sucre  
219/219 SA



**2.99**

**OASIS JUICE, ARIZONA ICED TEA DRINK BOXES or ALLEN'S APPLE or CRANBERRY COCKTAIL**  
selected varieties  
selon les boissons à rafraîchir  
2021208 SA/2021208 SA



**2.99**

**DOLE FRUIT BOWLS or FRUIT 'N GEL SNACKS**  
4x125 g  
selected varieties  
boîtes de fruits ou collations  
2021208 SA/2021208 SA



**17.99**

**TERRA DELYSSA EXTRA VIRGIN OLIVE OIL**  
1 L  
huile d'olive extra vierge  
2021201 SA



**1.49**

**CESAR WET DOG FOOD**  
selected varieties  
100 g  
nourriture humide pour chiens  
2021208 SA



**2.49**

**DAWN LIQUID DISH DETERGENT**  
selected varieties  
473/473 mL  
savon liquide à vaisselle  
2140007 SA/2140007 SA



**2.99**

**COLGATE PREMIUM TOOTH PASTE or MANUAL TOOTHBRUSH**  
1 or 2  
selected varieties  
dentifrice ou brosse à dents  
219/219 SA/219/219 SA



**3.49**

**FEBREZE AIR, MR. CLEAN ALL PURPOSE CLEANER or MAGIC ERASER**  
2 or 3  
selected varieties  
déodorant ou nettoyant  
219/219 SA/219/219 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 Clover Leaf or Brunswick products  
all sizes and varieties

2021817301 SA/213187378 SA/213192145 SA

**\$3** value





# BIG HOLIDAY DEALS!



**ONLY 3.99**

**DANONE ACTIVIA 8% or TWO GOOD TUBS 625 g YOGURT**  
selected varieties  
3032538400 EA/25477313 EA

**SAVE 34% 3.49**

**NORDICA COTTAGE CHEESE**  
selected varieties  
450/500 g, 4x113 g  
fromage cottage  
3011943801 EA



**QUALITY BASMATI RICE**  
2.43 kg  
riz basmati  
30787290 EA

**SAVE 42% 7.99**

**.79**

**NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
284 mL  
soupe  
30249701 EA



**3.99**

**KRAFT CHEEZ WHIZ**  
selected varieties  
430 g  
fromage soufflé  
30249701 EA



**4.99**

**TIM HORTONS HOT CHOCOLATE**  
500 g  
chocolat chaud  
30249701 EA



**\$13**

**PC LASAGNAS or MAC & CHEESE**  
selected varieties, frozen, 430 g  
2/3.57 kg  
lasagnes ou macaroni au fromage  
30124990 EA/31177000 EA



**3.79**

**SILK BEVERAGES**  
selected varieties  
1.87 L  
boisson  
30124990 EA



**4.99**

**FRITO LAY VALUE SIZE POTATO CHIPS, TORTILLA CHIPS, SNACKS or POPCORN**  
selected varieties  
275-480 g  
craquelins ou granules de maïs soufflés  
30249701 EA



**5.99**

**SAPUTO MOZZARELLISSIMA**  
selected varieties  
200 g  
mozzarella  
30249701 EA



**\$12**

**NATURE VALLEY FIBRE 1 BARS, BETTY CROCKER or MOTT'S FRUIT SNACKS**  
437 g, 1.34 kg  
barres au collant ou fruits  
30249701 EA



**5.99**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/12x333 mL  
eau pétillante  
30249701 EA/31177000 EA



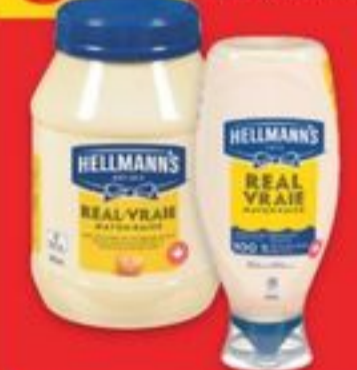
**5.99**

**SOFTSOAP LIQUID HAND SOAP REFILL**  
1.47 L  
réplissage de savon liquide pour les mains  
31167194 EA



**5.99**

**HELLMANN'S REAL MAYO**  
selected varieties  
710-890 mL  
mayonnaise  
30124990 EA/31177000 EA



**\$9**

**NO NAME® CAT LITTER**  
selected varieties  
13 kg  
litière pour chats  
30249701 EA



**5.99**

**REESE'S STOCKING STUFFERS**  
143/226 g  
**KINDER UOVO**  
100 g  
**CHRISTMAS MULTI BAGGED CHOCOLATE**  
144 g  
selected varieties  
3040017 EA/31177000 EA  
WHOLE QUANTITIES LAST



**8.99**

**KINDER BUENO ADVENT CALENDAR**  
147 g  
**TOFFIFEE**  
400 g  
craquelins de Toffin ou bonbons  
31167194 EA/31177000 EA  
WHOLE QUANTITIES LAST



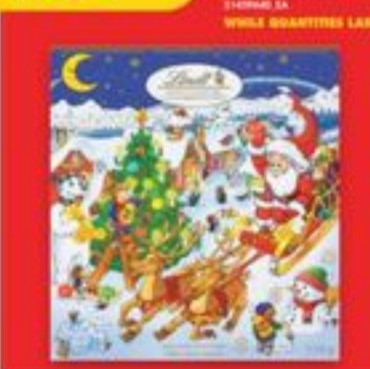
**9.49**

**TOBLERONE BAR IMPRESS BOX**  
300 g  
craquelins  
boîtes de chocolats au lait  
30249701 EA  
WHOLE QUANTITIES LAST



**10.99**

**LINDT or REESE'S ADVENT CALENDAR**  
selected varieties  
138/252 g  
craquelins de Toffin  
31167194 EA  
WHOLE 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\* **1,000** pts

**\$1** value

for every \$5\* spent on Kellogg's Pringles all sizes and varieties croustilles  
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 céréales  
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 crème glacée ou dessert glacé ou friandises glacées  
 30301309002 EA/20222737001 EA

**PRICE DROP**

**3.99**



**PRICE DROP**

**5.50**

**DANONE OIKOS TUBS** 650/750 g or **ACTIVIA DRINKS** 8's **YOGURT**  
 selected varieties  
 contenants de yogourt ou yogourt à boire  
 21006434 EA/21108439 EA



**PRICE DROP**

**6.99**

**TASTIEZ** 400 g or **MCCAIN PIZZA POCKETS** 600 g  
 selected varieties, frozen macaroni au fromage ou pizza  
 21047933 EA/21344489 EA

**PC GOAT CHEESE LOGS**  
 selected varieties  
 140 g  
 bûchettes de chèvre  
 20000544 EA

**PRICE DROP**

**4.49**



**PC SPLENDO® PARMIGIANO REGGIANO, GRANA PADANO or PECORINO ROMANO**  
 250 g  
 fromage  
 21051031 EA/21052434 EA

**PRICE DROP**

**9.99**



**PRICE DROP**

**9.99**  
 LB

**CANADIAN STEELHEAD TROUT**  
 filets steelhead  
 22.02/kg  
 21449440 KG

**J.L. KRAFT PURE DRESSINGS**  
 selected varieties  
 355 mL  
 vinaigrette  
 21381455 EA/21381492 EA

**PRICE DROP**

**3.99**



**PRICE DROP**

**\$3**

**KELLOGG'S RICE KRISPIES** 176/198 g, **POP TARTS** 394 g, **SPECIAL K** 125 g or **NUTRI-GRAIN BARS** 295 g  
 selected varieties  
 barres  
 20126347001 EA/2021294001 EA



**PRICE DROP**

**6.99**

**PC CHOCOLATE GOLD BAR** 300 g or **LINDOR CHOCOLATE BAG** 150 g  
 selected varieties  
 barre de chocolat ou sac de chocolat  
 20307295 EA/21390291 EA

**MASTRO GENOA SALAMI CHUB**  
 selected varieties  
 600 g  
 saucisson de salami de Gènes  
 20181136 EA

**PRICE DROP**

**10.99**



**STAGG CHILI**  
 selected varieties  
 425 g  
 chili  
 20091904 EA

**PRICE DROP**

**2.69**



**PRICE DROP**

**7.49**

**PC ORGANICS DARK CHOCOLATE**  
 70% or 85%  
 300 g  
 chocolat noir biologique  
 21306789 EA/21306800 EA



**PRICE DROP**

**15.99**

**GAIN LIQUID or FLINGS LAUNDRY DETERGENT**  
 selected varieties  
 détergent à lessive  
 20999627 EA/21400174 EA



# MULTI BUY? TRY SINGLE BUY.



ONE FOR  
**.90**

**FRISKIES** 156 g or  
**FANCY FEAST** 85 g  
**WET CAT FOOD**  
selected varieties  
nourriture humide  
pour chats  
20302296001, EA/20319657005, EA



ONE FOR  
**269**

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



ONE FOR  
**\$3**

**CLASSICO  
SAUCE**  
selected varieties  
410/600 mL  
sauce  
21618217, EA



# DEALS ON BABY ESSENTIALS



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

**PAMPERS ECONO PACK DIAPERS**  
size N-8, selected varieties  
58-180's  
couches  
2133645 EA



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

**HUGGIES ECONO PACK DIAPERS**  
size N-6, selected varieties  
68-168's  
couches  
2146433 EA



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

**PAMPERS or HUGGIES 3X BABY WIPES**  
selected varieties  
112-216's  
lingettes pour bébé  
2053804 EA



**19<sup>99</sup>**

**HUGGIES 9/10X BABY WIPES**  
selected varieties  
336-704's  
lingettes pour bébé  
2140199 EA

Optimum  
**2,000**

**\$2**  
Value



**\$1**

**BABY BELLIES or LITTLE BELLIES BABY SNACKS**  
selected varieties  
8/12 g  
collations pour bébé  
2139333 EA/2139330 EA



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

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



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

**ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT**  
selected varieties  
907 g  
pour tout-petit  
21407921 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

**\$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  
20916020\_C01/21370843\_EA/21397406\_EA





# NATURAL FOODS AT LOW PRICES

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

**312 G**

**PC<sup>®</sup> ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
jeunes épinards ou légumes feuilles des champs  
30127207 SA/30223751 SA



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

**BEYOND MEAT ITALIAN SAUSAGES 400 g or IMPOSSIBLE PLANT BASED BURGER PATTIES 227 g**  
selected varieties  
saucisses ou galettes à burger à base de plantes  
21300113 SA/21403522 SA



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

**SKINNY POP POPCORN**  
selected varieties  
125/150 g  
maïs soufflé  
20765418001 SA



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

**SO DELICIOUS DAIRY-FREE DESSERTS**  
selected varieties, frozen  
272-500 mL  
desserts sans produits laitiers  
20921171 SA/21310288 SA



**EARTH'S OWN NON-DAIRY BEVERAGES**  
selected varieties  
946 mL  
boissons non lactières  
21199025 SA

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



**TRADITIONAL MEDICINALS ORGANIC WRAPPED TEA BAGS**  
selected varieties  
16's  
sachets de thé biologique  
21297739 SA

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



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

**SMART SWEETS LOW SUGAR CANDY**  
selected varieties  
50 g  
friandises faibles en sucre  
21154474 SA/21187820 SA



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

**KICKING HORSE ORGANIC FAIR TRADE GROUND COFFEE**  
selected varieties  
284 g  
café moulu  
20805126001 SA



**19<sup>99</sup>**

**CLIF BAR**  
selected varieties  
12x48 g  
barres  
20312621 C12/20130914003 C12



**PC<sup>®</sup> ORGANICS PASTA SAUCE**  
selected varieties  
700 mL  
sauce pour pâtes  
20185219002 SA

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



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

**BRAGG APPLE CIDER VINEGAR**  
946 mL  
vinaigre de cidre  
20823004 SA



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

**PC<sup>®</sup> ORGANICS 100% CRANBERRY JUICE**  
946 mL  
jus de canneberges  
20958951 SA



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

**PC<sup>®</sup> ORGANICS APPLE JUICE**  
1.36 L  
jus de pomme  
21209212 SA



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

**CHICKAPEA ORGANIC, NON GMO, GLUTEN-FREE PASTA**  
selected varieties  
227 g  
pâtes  
21297421 SA/21297452 SA



**22<sup>99</sup>**

**VEGA PROTEIN & GREENS POWDER**  
selected varieties  
510-526 g  
poudre  
20630384002 SA





# LOW PRICES ON KITCHEN ESSENTIALS.



**\$5**

**EVERYDAY ESSENTIALS™  
2 PIECE MEDIUM  
COOKIE SHEET SET**  
20649021 EA



**\$5**

**EVERYDAY ESSENTIALS™  
12-CUP MUFFIN PAN**  
20649181 EA



**\$5**

**EVERYDAY ESSENTIALS™  
2 PIECE 12" PIZZA PAN  
AND CRISPER**  
20647682 EA



**\$6**

**EVERYDAY ESSENTIALS™  
RECTANGLE  
FOOD STORAGE**  
large  
20066012 EA



**\$9**

**EVERYDAY ESSENTIALS™  
NON-STICK  
9.5" SKILLET**  
21345662 EA



**\$10**

**EVERYDAY ESSENTIALS™  
HAND MIXER**  
20124498 EA



**\$20**

**EVERYDAY ESSENTIALS™  
2-SLICE TOASTER**  
20219347002 EA

**\$2**



**EVERYDAY ESSENTIALS™  
PLASTIC  
COLANDER**  
20946008 EA



**EVERYDAY ESSENTIALS™  
MEASURING  
SPOON SET**  
21221614 EA

**\$4**



**EVERYDAY ESSENTIALS™  
PAINTED CORK  
TRIVET**  
21154279 EA



**EVERYDAY ESSENTIALS™  
STAINLESS  
STEEL TONGS**  
2x  
21421691 EA



**EVERYDAY ESSENTIALS™  
WINGED  
CORKSCREW**  
21422456 EA

**\$8**



**EVERYDAY ESSENTIALS™  
SQUARE STORAGE**  
large  
20077662 EA



**EVERYDAY ESSENTIALS™  
SALAD SPINNER  
WITH HANDLE**  
20079221 EA



**EVERYDAY ESSENTIALS™  
MEAT  
TENDERIZER**  
21418127 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE GM NFO



# 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  
mini poppadoms  
21005321\_EA

**2.49**



**PC® SWISS STICKS**  
selected varieties  
100 g  
bâtonnets suisses  
20538543002\_EA

**1.75**



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

**2.99**



**PC® SCALLOPED  
CRACKERS**  
selected varieties  
185 g  
craquelins  
20603888002\_EA

**\$5**



**PC® DRY ROASTED  
PEANUTS**  
selected varieties  
700 g  
arachides grillées  
20057990003\_EA

**\$5**



**PC® DELUXE MIXED  
NUTS**  
selected varieties  
200 g  
noix mélangées de luxe  
21054980\_EA

**\$5**



**PC® CASHEWS**  
selected varieties  
200 g  
noix de cajou  
21054943\_EA



# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$6**

**PC® BRUSSELSLAW SALAD KIT**  
253 g  
salade de chou de Bruxelles  
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  
trempettes  
20584097\_EA



**\$6**

**PC® NAAN DIPPERS**  
400 g  
bouchées de pain Naan  
20999700\_EA



**\$5**

**PC® PARADISE CRUNCH PEPPERS**  
454 g  
poivrons Croc'paradis  
21534092\_EA



**\$5**

**PC® BRIOCHE LOAF CHOCOLATE CHIP**  
400 g  
pain brioche aux  
brisures de chocolat  
21607172\_EA



**\$6**

**PC® DOUBLE CREAM BRIE**  
200 g  
brie double crème  
20787327\_EA



**\$15**

**PC® THE ULTIMATE PORK RIB ROAST**  
1.1 kg  
rôti de côtes de porc  
21616767\_EA



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).

**BLACK FRIDAY**

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. |  plus | fido

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

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](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).