

# BIG HOLIDAY DEALS!

SAVE UP TO 64%

**1.88** LB

### AMBROSIA APPLES

product of Ontario,  
Canada fancy grade  
pommes  
1.94/lb  
3027454901\_00



Foodland  
ONTARIO

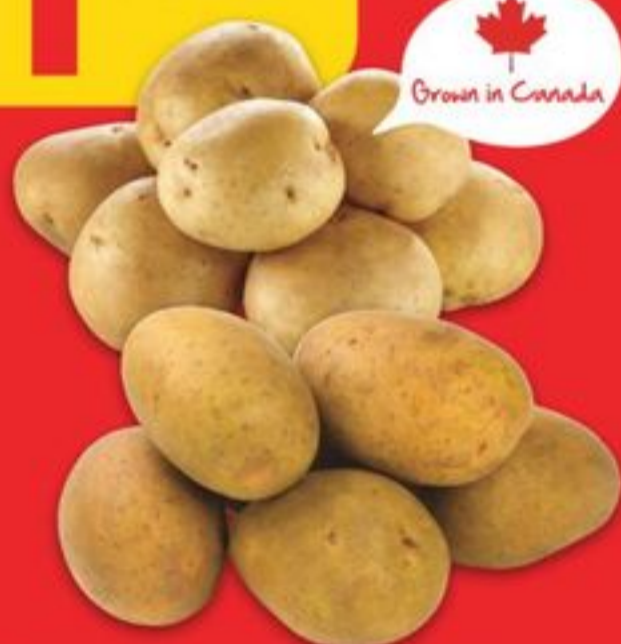


SAVE UP TO 64%

**1.77**

10 LB BAG

RUSSET or  
YELLOW POTATOES  
product of Canada,  
Canada no. 1 grade  
pommes de terre Russet ou jaunes  
3060117001\_0A/3060102001\_0A



SAVE 33%

**1.99**

60Z  
CLAMSHELL

BLACKBERRIES  
product of Mexico or U.S.A.,  
mûres  
30051013001\_0A



SAVE 33%

**3.99**

312 G

PC® BABY SPINACH  
or SPRING MIX  
product of U.S.A.,  
petites épinards ou  
mélange printanier  
21204301\_0A/21204304\_0A



# BIG HOLIDAY DEALS!

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 28 TO WEDNESDAY, DECEMBER 4, 2024.

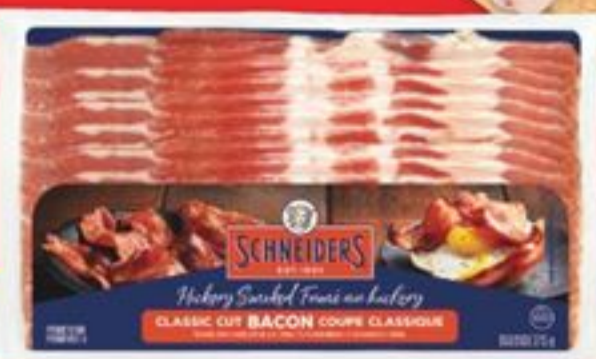


**CLUB SIZE**

**WOW!**

**SAVE 37%**

**3.77**



**SCHNEIDERS BACON**  
selected varieties, 375 g  
boîtes  
30773671 EA

**WHILE QUANTITIES LAST**

**1.77**  
LB

**CHICKEN LEGS**  
back attached  
cuisses de poulet  
3.90/kg  
21302371 KG

**SAVE 28%**

**\$5**



**PC PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS**  
selected varieties, frozen, 700 g  
pâtes ou lamelles ou burgers de poulet  
21301321 EA



**PORK TENDERLOIN**  
fresh, cryovac package  
filet de porc  
6.33/kg  
20220970 60

**SAVE 54%**

**2.87**  
LB

**SAVE 26%**

**1.25**

**UNICO BEANS or TOMATOES**  
selected varieties  
540/750 mL  
légumineuses ou tomates  
20113467001 EA/20314629001 EA



**SAVE 22%**

**3.47**

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
pizza  
20294100001 EA/20294404001 EA



**SAVE UP TO 40%**

**\$3**

**PC® VEGETABLES**  
400-750 g or  
**PREMIUM VEGETABLES**  
350-500 g  
selected varieties, frozen  
légumes  
201189113 EA/21184674 EA



**SAVE 20%**

**\$4**

**FARMER'S MARKET™ BUTTER CROISSANT AND NUT LOAF CAKES**  
selected varieties  
200-400 g  
gâteaux quatre-quarts  
20773943 EA/21489754 EA



**APP EXCLUSIVE OFFER**  
\$1,000 Value

**\$1 Value**

**ONLY 6.99**

**APP EXCLUSIVE OFFER**  
\$1,000 Value

**NO NAME® CANOLA or VEGETABLE OIL**  
3 L  
huile de canola ou végétale  
20220660 EA/20102290 EA



**SAVE 25%**

**2.99**

**DORITOS TORTILLA CHIPS**  
selected varieties  
210-280 g  
croustilles de tortilla  
21247118 EA



**SAVE UP TO 50%**

**\$4**

**PC® CHOCOLATE COVERED FRUIT AND NUT** 340/400 g,  
**MERCI CHOCOLATE HERSEY'S KISSES** 200 g or  
180 g  
selected varieties  
fruits ou noix enrobés  
de chocolat ou chocolat  
20000354 EA/21052420 EA



**WHILE QUANTITIES LAST**

**SAVE 31%**

**12.99**

**TILDA BASMATI RICE**  
4.54 KG  
riz basmati  
20113478 EA



**PRICE DROP**

**4.77**

**ARMSTRONG or PC® SHREDDED CHEESE**  
250-320 g or **ARMSTRONG CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21286240 EA/21286474 EA



**PRICE DROP**

**4.99**

**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20639926 EA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

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

AVAILABLE AT: BIC'S - AJAX, STEVE & AMANDA'S - AJAX, JOE & VAL'S - AURORA, ADL'S - BRAMPTON, DAVE'S - BRAMPTON, FRASZIN'S - BRAMPTON, HICOR & AUGUSTA'S - BRAMPTON, KAMMAN'S - BRAMPTON, ROCKY'S - BRAMPTON, SABANDAN'S - BRAMPTON, STAN'S - EAST YORK, COGOMO'S - FORTSCORD, EMILIANO & BENA'S - FORTSCORD, JASON'S - FORTSCORD, JIM, BOB & HELENE'S - FORTSCORD, JIFFY'S - FORTSCORD, DEVI'S - FORTSCORD, DAVE & ANNETTE'S - HARRISBURG, PETER & SUZIE'S - HARRISBURG, KENNEDY'S - HARRISBURG, JOHN'S - HILTON, BRIGITTE'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, MARIO'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, TAMARA'S - MISSISSAUGA, SICKLE'S - NEWMARKET, JOHN'S - NEWMARKET, VINCENZO'S - NEWTON, AARON & SHY-ONN'S - NORTH YORK, CARLO'S - NORTH YORK, DURANE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTE'S - NORTH YORK, LESTER'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, OLGA'S - OAKVILLE, AGOSTINO & NANCI'S - OSHANA, DYLAN'S - OSHANA, MIKE'S - OSHANA, NADINE'S - OSHANA, SACCOTTA'S - PICKERING, ENZO'S - RICHMOND HILL, JIM'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, KIMAL'S - SCARBOROUGH, ALI'S - SCARBOROUGH, RUI'S - SCARBOROUGH, DAVE & DANIELLE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADINE'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LIND'S - SCARBOROUGH, VIV'S - SCARBOROUGH, MICHAEL'S - SPENCERVILLE, AJ & ASHLEY'S - TORONTO, AJ'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, SALVIANO'S - TORONTO, BARRON'S - TORONTO, GEORGE'S - TORONTO, GINO'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, NICHOLSON'S - TORONTO, ROCCA'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCI'S - TORONTO, SAM'S - TOTTENHAM, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITE, LIZ'S - WHITE, GAIL - WHITE, MIKE'S - WOODBRIDGE

**MULTI  
BUY?  
TRY  
SINGLE  
BUY.**



**ONE FOR**

**179**

**KNORR  
SIDEKICKS**  
selected varieties  
120-162 g  
plats d'accompagnement  
20221430011\_EA



**ONE FOR**

**\$3**

**MIO, CRYSTAL  
LIGHT or  
KOOL-AID  
DRINK MIXES**  
selected varieties  
48 mL/24-56 g  
mélanges à boisson  
20663423\_EA/2074949001\_EA

**LAY'S POTATO  
CHIPS 177-235 g or  
POPPABLES 130 g**  
selected varieties  
croustilles ou grignotines  
21241032\_EA



**ONE FOR**

**379**

**GENERAL  
MILLS CEREAL**  
selected varieties  
297-430 g  
céréales  
21104047\_EA/21104055\_EA



**ONE FOR**

**399**

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

**249**

**CHRISTIE**  
**COOKIES**

selected varieties  
223-303 g  
biscuits

21358407\_EA/21361508\_EA



**MAKE SURE**  
**TO FOLLOW**  
**OUR FACEBOOK**  
**AND INSTAGRAM**  
**CHANNELS FOR**  
**BIG DEALS**  
**THIS HOLIDAY**  
**SEASON!**

# BIG HOLIDAY DEALS!

**PINEAPPLE**  
product of Costa Rica  
onions  
30160992001 SA

**1.99**



**325 G**

**3.99**

**ASPARAGUS**  
product of Peru or Mexico, no. 1 grade or  
**CAULIFLOWER**  
product of U.S.A. or Mexico,  
no. 1 grade  
asperges ou chou-fleur  
3018179001 SA/30133377001 SA



**2.99**

**PINT**

**BLUEBERRIES**  
product of Peru, no. 1 grade  
Moulin  
30088137001 SA



**1.69**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
cucumbers anglais  
30090132001 SA

**1.99**

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
nach  
coppinos de brocol  
31131340001 SA



**2.99**  
LB

**TOMATOES ON THE VINE**  
product of U.S.A.,  
Mexico or Canada  
tomates sur vigne  
6.39/kg  
30076103001 SA



**2.99**

**3 LB BAG**

**FARMER'S MARKET CARROTS or YELLOW ONIONS**  
product of Ontario,  
Canada no. 1 grade or  
carottes ou oignons jaunes  
30000173001 SA/3011194001 SA



**2.99**

**CANTALOUPE**  
product of U.S.A. or Guatemala,  
no. 1 grade  
mandarins  
30000173001 SA



**3.99**  
LB

**RED & GREEN SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins rouges et verts  
sans pépins  
30000173001 SA



**3.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocat  
30000173001 SA



**3.99**

**PKG OF 4**

**RED & GREEN PEPPERS**  
product of U.S.A. or Mexico  
poivrons rouges et verts  
30000173001 SA



**2.49**

**ICEBERG LETTUCE**  
product of U.S.A. or Mexico,  
no. 1 grade  
chou iceberg  
30133377001 SA



**2.99**

**CELERY**  
product of Mexico or U.S.A., no. 1 grade  
nach  
celéri  
30000173001 SA



**8.99**

**RED MANGOES**  
product of Brazil  
cassia de mangue rouge  
30000173001 SA  
WHILE SUPPLIES LAST



**\$7**

**6" POINSETTIAS**  
produit d'importation  
30000173001 SA



**3.99**

**454 G**

**PC® WHOLE WHITE & CREAMI MUSHROOMS**  
product of Ontario  
champignons blancs  
30000173001 SA/30000173001 SA



**\$4**

**FARMER'S MARKET LEMONS**  
product of Spain or Turkey or U.S.A., no. 1 grade  
Canada no. 1 grade  
citrons ou citronniers  
30000173001 SA



**2 LB BAG**

**3 LB BAG**

**4.99**

**3 LB BAG**

**FARMER'S MARKET NAVEL ORANGES**  
product of South Africa  
orange navel  
30000173001 SA



**4.99**

**2 LB BAG**

**FARMER'S MARKET MANDARINS**  
product of Spain or Morocco  
mandarines  
30000173001 SA



# BIG HOLIDAY DEALS!



**\$12**

**PC<sup>®</sup> CHICKEN BREAST, SPLIT CHICKEN WINGS or BREAST CUTLETS**  
fresh, up to 720 g  
portions de poulet ou ailes de poulet séparées ou escalopes de poulet  
21046306 EA

**BONELESS BEEF STEW**  
cubes de bœuf déossé  
22,02/kg  
30257940, RD

**9.99**  
LB



**9.99**

**MAPLE LEAF or SCHNEIDERS HAM**  
selected varieties  
400/700 g  
jambon  
21094578 EA/21094483 EA



**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES** 1,2/1,4 kg or **PC<sup>®</sup> FREE FROM<sup>®</sup> LEAN GROUND LAMB** 454 g  
selected varieties  
saucisses ou galettes ou agneau haché maigre  
20799638 EA/21232008 EA

**10.99**

**2.99**

**SMOKED STEELHEAD SALMON**, pre-diced, 50 g  
**GO SHRIMP RAW, COOKED**, \$1.70 per lb or 160 g  
**YELLOWFIN TUNA STEAKS**, 92 g, or **SEAQUEST FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g, selected varieties  
saumon fumé, filets de crevettes crues ou cuites ou dorées de thon allégées ou saumon d'Alaska  
20722642 EA/21208011 EA

WHILE QUANTITIES LAST



**5.99**

**SEAQUEST<sup>®</sup> RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP**  
frozen, 34-43 per lb  
300 g  
crevettes  
21045482 EA



**12.49**

**MARCANGELO ROAST or BACON WRAPPED CHICKEN**  
selected varieties  
370-800 g  
poulet rôti ou poulet enrobé de bacon  
21048333 EA



**4.49**

**PILLER'S SLICED DELI MEAT** 150/200 g or **PC<sup>®</sup> TOPPED HUMMUS** 280 g  
selected varieties  
charcuteries tranchées ou hummus garni  
21094382 EA/20812322 EA



**4.99**

**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromages  
20272713 EA/21291214 EA



**\$10**

**NO NAME<sup>®</sup> APPETIZERS**  
selected varieties, frozen  
154-800 g  
hors-d'œuvre  
21012423 EA



**2.99**

**D'ITALIANO BREAD BUNS** 600-675 g or **BUNS** 6/8's  
selected varieties  
pain ou petits pains  
20032323 EA/20638949 EA



**\$3**

**COUNTRY HARVEST BREAD BAGELS** 600/650 g or **BAGELS** 6's  
selected varieties  
pain ou bagels  
21172897 EA/21176442 EA



**4.50**

**PC<sup>®</sup> MINI MUFFINS**  
selected varieties  
12's  
mini-muffins  
21488239 EA



**MARCANGELO SLICED DELI MEAT** 100 g or **PEPPERONI** 175 g  
selected varieties  
charcuteries tranchées ou pepperoni  
21042322 EA



**3.99**

**MARCANGELO MORTADELLA**  
selected varieties  
125 g  
mortadelle  
21082322 EA

**5.99**

**MARCANGELO ANTIPASTO or EUROPEAN DISCOVERY SLICED DELI MEAT**  
selected varieties, 175/200 g  
antipasto ou charcuteries tranchées  
21043438 EA/21212142 EA

**\$11**

WHILE QUANTITIES LAST

# BIG HOLIDAY DEALS!



SAVE 40%

2.49

ONLY 3.33



DANONE ACTIVIA TUBS 450 g, OIKOS 4%, TWO GOOD 4% or DANINO KIDS DRINKABLE YOGURT 4% selected varieties yogurt

30225133063 SA/21330790 SA

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT selected varieties 410 g produit de fromage fondu 3125284 SA

ONLY \$4



PC® THIN CRUST PIZZA selected varieties, frozen 330-397 g pizza 3071479 SA



NEILSON TRUTASTE MILK 4 L, LACTOSE FREE 2 L or PROTEIN MILK 1.89 L selected varieties milk

3014877 SA/21048962 SA

ONLY 5.99

\$3

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS selected varieties 120-230 g

bonnes grande ou collections aux fruits 3021323602 SA/3018474007 SA



5.99

NESCAFÉ GOLD SWEET & CREAMY INSTANT COFFEE selected varieties 90-251 g

café instantané 2107436 SA/21062071 SA



6.99

BECEL MARGARINE selected varieties 437/850 g

margarine 3027514002 SA



.35

MR. NOODLES INSTANT NOODLES selected varieties 85 g

3021323602 SA



\$1

NO NAME® TUNA selected varieties 175 g

3021323602 SA



4.50

CLOVER LEAF SOCKEYE SALMON 375 g

3021323602 SA



.79

PC® SOFT DRINKS selected varieties 2 L

bonnes grande ou collections aux fruits 3021323602 SA



2.99

RUFFLES POTATO CHIPS selected varieties 150-200 g

3021323602 SA



1.25

ALLEN'S or MINUTE MAID FRUIT COCKTAILS selected varieties, 1 L

3021323602 SA



2.49

DARE COOKIES selected varieties 100-240 g

3021323602 SA



4.99

JAMIESON VITAMINS C + D selected varieties 75-240 g

3021323602 SA



2.99

CARNARY SWEET CANDY CANE CHOCOLATE BALLS IN NET 200 g

selected varieties, please see notes on back of chocolate 3021323602 SA



3.99

LINDY MINI CHOCOLATE BALL 100 g, LINDY BEAR MULTI DARE REALFRUIT CANDY 220 g

selected varieties, chocolate or Vanilla 3021323602 SA



4.99

CADBURY MINI EGGS 200 g or OLD EXCELLENT BEANitos BEANS 200 g

selected varieties, 200-240 g chocolate or Vanilla 3021323602 SA



12.99

NESTLE KITKAT CABIN 200 g, FAVOURITE BAG 275 g or ELMER'S BOXED CHOCOLATE 140 g

selected varieties, chocolate 3021323602 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.

**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!



SAVE UP TO 27%

ONLY 5.99



HEALTHY CHOICE SIMPLY 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-306 g selected varieties, frozen plats cuisinés surgelés 2017438 EA/2140439 EA

\$4

PC WOOD FIRED PIZZA selected varieties, frozen 351-413 g pizza 2140332 EA



ONLY 3.33



SAVE 20%

2.69

PILLSBURY PIZZA POPS selected varieties, frozen 4's pizza 2143396 EA

YOPLAIT SOURCE PROTEIN 4% MINIGO 4% or TUBES 4% selected varieties yogurt 2129131801 EA/21347393 EA

3.50

NO NAME CANNED FRUIT selected varieties 796 mL fruits en conserve 2041823 EA



\$6

PC ORANGE JUICE selected varieties, refrigerated 2.5 L jus d'orange 2110448 EA



3.99

OCEAN SPRAY CRANBERRY COCKTAIL 1.89 L or 100% CRANBERRY JUICE 1.27 L selected varieties 796 mL fruits en conserve 2041823 EA



2.99

PRINGLES PARTY STACK POTATO CHIPS 194/203 g or MINGLES 153 g selected varieties 2017081 EA/2126242 EA



3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS 190/200 g or CHEETOS SNACKS 170-285 g selected varieties 2130875 EA/2126242 EA



\$2

NO NAME OLIVES selected varieties 273 mL olives 2032047 EA



2.99

FERRERO ROCHER CHOCOLATE BAR selected varieties 90 g barres de chocolat 2126242 EA/2126242 EA



20.99

GATORADE SPORT DRINK selected varieties 24x591 mL boissons déshydratées 2032047 EA



249

CHRISTIE CRISPERS or BITS & BITES CRACKERS selected varieties 143 g craquelins 21204327 EA/212134333 EA



MAYNARD'S CANDY selected varieties 150/154 g craquelins 21343334 EA/213433403 EA

\$2



CHRISTIE COOKIES selected varieties 285-530 g biscuits 21309943 EA/21341903 EA

5.49

# BIG HOLIDAY DEALS!

ONLY \$3



**PC® HERBAL TEA**  
selected varieties  
20's  
flavore  
20627612001\_EA/21103279\_EA

**BLACK DIAMOND CHEESTRINGS STICKS** 16 1/2 oz  
selected varieties  
flavore  
30743641\_EA/20966474\_EA



SAVE UP TO 27%  
5.79



**HÄAGEN-DAZS ICE CREAM** 400-450 mL or  
**NOVELTIES** 3/4 L  
selected varieties, flavore  
crème glacée ou friandises glacées  
2030229801\_EA/21131347\_EA



ONLY 5.49



**MUTTI PASSATA** 480 mL  
**CATELLI GLUTEN-FREE PASTA** 340 g, or **CATELLI LASAGNA** 250/375 g  
selected varieties  
sauce pour pâtes ou pâtes ou pâtes à lasagne  
202849001\_EA/20704233\_EA

ONLY 2.99

\$1

**COLGATE TOOTHPASTE** 32-91 mL or  
**MANUAL TOOTHBRUSH** 1 ea.  
selected varieties  
dentifrice ou brosse à dents manuelle  
202849001\_EA/20704233\_EA



3.99

**GLADE SMALL JAR CANDLE**  
selected varieties  
petites bougies en pot  
202849001\_EA/20704233\_EA



4.49

**ZIPLOC STORAGE BAGS**  
selected varieties  
15-200's  
sacs de rangement  
20271011\_EA/20271011\_EA



11.49

**GLAD GARBAGE BAGS**  
selected varieties  
30-40's  
sacs à ordures  
21164477\_EA



13.88

**ARM & HAMMER LAUNDRY DETERGENT**  
4.02 L  
détergent à lessive  
21107347\_EA



15.99

**TIDE PODS 3.1 IN 1 LAUNDRY DETERGENT, SOFTENER or GAIN FABRIC SCENT BOOSTERS** 4.00 g  
selected varieties  
détergent à lessive ou assouplissant lavelle ou renforceur de parfum  
21106611\_EA/21106611\_EA



1.99

**PEDIGREE WET DOG FOOD**  
selected varieties  
373 g  
nourriture humide pour chiens  
21106442\_EA



9.99

**PEDIGREE DENTASTIX MARROBONE** 300-400 g  
**MARROBONE** 1.7 kg  
selected varieties  
gâchettes pour chiens  
21071301\_EA/21071301\_EA



24.99

**PEDIGREE DOG FOOD**  
selected varieties  
6.41/8 kg  
nourriture pour chiens  
202849001\_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\*  
**1,200** pts

for every \$5\* spent on Humpty Dumpty snacks 250-290 g or Old Dutch Restaurant tortilla 275/290 g or potato chips 235 g  
selected varieties  
collations ou croustilles  
21367510\_EA/21445100\_EA

**\$1.20**  
value



# BIG HOLIDAY DEALS!

NEILSON 5/10% 1L or 18/35% 473 mL CREAM  
selected varieties  
CRME  
30122608\_EA/20274831\_EA

**3.19**



**4.99**

ROBIN HOOD or FIVE ROSES FLOUR  
selected varieties  
2.5 kg  
3002447901\_EA/20029497005\_EA

**2.79**

LANTIC SUGAR  
selected varieties  
1 kg  
30084235\_EA/20149294\_EA



PHILADELPHIA CREAM CHEESE PRODUCT  
227/250 g  
selected varieties  
produit de fromagerie à la crème  
20441247\_EA/2004472410\_EA

**3.99**

**3.49**

CRISCO SHORTENING or TENDERFLAKE LARD  
selected varieties  
454 g  
shortening ou saindoux  
20027493\_EA/21473300\_EA



**3.99**

TENDERFLAKE PIE SHELL  
selected varieties, frozen  
255-397 g  
croûtes à torte  
2003040001\_EA



**4.49**

E. D. SMITH PIE FILLING  
selected varieties  
540/796 mL  
garniture pour tarte  
20297733001\_EA/20297733004\_EA



**1.89**

BETTY CROCKER SUPERMOIST CAKE MIX FROSTINGS  
375/404 g or 340/450 g  
selected varieties  
mélange à gâteau ou glacages  
20043641002\_EA/21347937\_EA



**2.50**

NO NAME MARSHMALLOWS  
selected varieties  
400 g  
guimauves  
20304472001\_EA/20304472002\_EA



**3.99**

NO NAME HONEY GRAHAM WAFERS  
400 g  
biscuits graham  
20060354\_EA



**3.49**

EAGLE BRAND SWEETENED CONDENSED MILK  
selected varieties  
300 mL  
lait condensé sucré  
20070814\_EA



**4.99**

PAM COOKING SPRAY  
selected varieties  
341/170 g  
pulvérisateur à cuisson  
2017080901\_EA



**\$5**

NO NAME BAKING POWDER  
400 g  
poudre à pâte  
20030354\_EA



**7.99**

FRY'S COCOA POWDER  
454 g  
poudre de cacao  
20070814\_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**

**\$3** value

for every \$10\* spent on Fleishmann's yeast 34-450 g, Canada cornstarch 454 g/1 kg, baking powder 340 g or bread booster 100 g, levure ou fécule de maïs ou poudre à pâte ou bonifiant de pain  
20006692\_EA/21351074\_EA



**\$3** value

Earn\* **3,000 pts**

for every \$10\* spent on Hershey's Chipits 200-270 g, brisures de chocolat  
21452844\_EA/21452924\_EA



**1000s OF LOWERED PRICES EVERY DAY!**

**PRICE DROP**

**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires



**PRICE DROP**

**2.99**

**TRESEMME HAIR CARE**  
selected varieties  
198-311 g/168-828 mL  
soins capillaires



**PRICE DROP**

**5.99**

**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**

**\$3**  
value

for every \$15\* spent on Aveeno or Johnson & Johnson baby needs

**Aveeno** 166-532 mL, 105/311 g or **Johnson & Johnson** 50-800 mL, 623 g

**baby needs**  
selected varieties  
produits pour bébé

30137402002 EA/30325043001 EA



**PRICE DROP**

**3.49**

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
dentifrice

31041420 EA/31040124 EA



**PRICE DROP**

**4.79**

**SENSODYNE or PRONAMEL TOOTHPASTE**  
75/100 mL or **POLIGRIP** 40 g

selected varieties  
dentifrice

30901170601 EA/30714075 EA



**PRICE DROP**

**6.49**

**DOVE MEN+ CARE DEODORANT**  
selected varieties  
76/83 g  
déodorant

3032448001 EA



**PRICE DROP**

**3.99**

**Q-TIPS**  
500's  
cotons-tiges

3032307061 EA



**PRICE DROP**

**3.99**

**NIVEA BODY WASH 300 mL, DEODORANT ROLL-ON 50 mL, or ANTIPERSPIRANT 51/52 g**  
selected varieties  
savon pour le corps ou déodorant à bille ou antiperspirant

3032421804 EA/31114990 EA



**PRICE DROP**

**4.49**

**IVORY BAR SOAP 10x90 g or BODY WASH 431 mL**  
selected varieties  
pain de savon ou savon pour le corps

3034168700 EA/3066348001 EA



**PRICE DROP**

**1.79**

**BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES**  
selected varieties, 128 mL  
sachets de fruits ou légumes biologiques pour bébé

3034074001 EA/31340792 EA



**PRICE DROP**

**1.99**

**GERBER SNACKS or ENTREES**  
selected varieties  
43-187 g  
collations ou plats cuisinés

3034418002 EA/3034418007 EA



**PRICE DROP**

**26.99**

**HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS**  
selected varieties  
28-74's  
collottes d'entraînement

3093337 EA/31376006 EA



**PRICE DROP**

**4.79**

**ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS**  
selected varieties  
10-72's  
serviettes ou protège-coton ou tampons

314496 EA/31432007 EA



**PRICE DROP**

**6.99**

**VASELINE LOTION**  
selected varieties  
400 mL  
lotion

31083011 EA/31083010 EA



**PRICE DROP**

**12.99**

**BOOST HIGH PROTEIN HYPERPROTEINE**  
15 g  
16 g  
0.5 g

**BOOST CARB SMART MEAL REPLACEMENT SHAKES**  
selected varieties  
4x237 mL  
boissons de substitut de repas

3093337 CA/3093337 CA

**ALWAYS \$**

**PC® distilled water**  
4 L  
eau distillée

**1.25**



**Life Brand® mouthwash**  
selected varieties  
1 L  
rinçage-bouche

**\$4**



# WORLD FLAVOURS AT LOW PRICES



**1.99**  
LB

**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON or BABY NAPA CABBAGE**

product of Canada, U.S.A. or Mexico  
4.39/kg  
pak-choi ou chou catonnais ou brocoli chinois ou chou napa  
30082279001 KG/21024088001 KG/30020404001 KG



**3.49**  
LB

**OKRA**  
product of U.S.A.  
7.69/kg  
gombo  
30091243001 KG



**.99**  
LB

**DAIKON** product of China,  
**NAPA or TAIWANESE CABBAGE**

product of Canada, U.S.A. or Mexico  
2.18/kg  
daikon ou chou napa ou chou taiwanais  
30082109001 KG/30013025001 KG

**2.49**  
LB

**GINGER ROOT**  
product of China  
5.49/kg  
racine de gingembre  
30179038001 KG



**1.29**

**FRONTIER LEBANESE PITA**

white or whole wheat  
5 1/2"  
pita  
31215679 EA



**2.50**

**SURAJ NAAN**

selected varieties  
5 1/2"  
naan  
21051252 EA



**\$13**

**SUFRA HALAL CHICKEN BREAST**

boneless, skinless  
3 1/2"  
poitrine de poulet halal  
21430478 EA



**2.49**

**SURAJ GROUND TURMERIC**

400 g  
curcuma moulu  
20617737 EA

**MIZKAN RICE VINEGAR**

355 mL  
vinaigre de riz  
21330712 EA

**3.29**



**mizkan RICE VINEGAR**

NATURAL / NATUREL  
NET WT 400 g 14 oz



**.39**

**MAGGI MASALA NOODLES**

selected varieties  
70 g  
nouilles masala  
20003644 EA



**GLICO POCKY BISCUIT STICKS**

selected varieties  
33/40 g  
biscuits  
30073423001 EA

**1.49**

NET WT 40g  
POIDS NET



**2.29**

**SHANA PARATHA**

selected varieties, frozen  
400 g  
paratha  
3099032001 EA



**T&T ALOE VERA DRINK**

selected varieties  
1.5 L  
boisson à l'aloé  
30592585 EA

**2.49**

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



## DRINK UP FESTIVE DEALS

Get a top up on low prices. We've got tons of holiday refreshers to complement your meals.

\$17



PC® ROAST AND GROUND COFFEE  
selected varieties  
800-930 g  
21692427\_EA



\$5

PC® or BLUE MENU®  
SPARKLING WATER  
selected varieties  
12x355 mL  
eau pétillante  
20668034002\_C01



\$5

PC® SOFT DRINKS  
selected varieties  
12x355 mL  
boissons gazeuses  
20218887001\_C12



3<sup>99</sup>

PC® 100% CRANBERRY  
JUICE BLEND  
1.89 L  
mélange de jus de canneberge  
20320042002\_EA



\$6

PC® ORANGE JUICE  
selected varieties  
refrigerated  
2.5 L  
jus d'orange  
21631644\_EA



\$4

PC® DECADENT®  
HOT CHOCOLATE MIX  
460 g  
mélange à chocolat chaud  
21549129\_EA



\$8

PC® DE-ALCOHOLIZED  
BEER  
selected varieties  
12x355 mL  
bière sans alcool  
20121729\_C12

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$10**

**PC® BASQUE CHEESECAKE**  
frozen, 600 g  
gâteau au fromage basque  
21609491\_EA

## SUGAR, SPICE, AND PRICED NICE

Chase the sugar highs, without the high price tags. Make our sweet treats your sweet holiday escape.



**5.99**

**PC® THE WORLD'S BEST ALL-BUTTER SCOTTISH SHORTBREADS**  
200 g  
Sablé écossais pur beurre  
20129504\_EA



**\$8**

**PC® CRUSTASTIC SUGAR CRAVE PIE BAR**  
430 g  
tarte rectangulaire  
21609501\_EA



**\$8**

**PC® CRUSTASTIC JOLLYBERRY GINGERBREAD PIE BAR**  
430 g  
tarte rectangulaire  
21609492\_EA



**3.49**

**PC® THE DECADENT® CHOCOLATE CHIP COOKIE**  
selected varieties  
280/300 g  
biscuits  
20612251\_EA/20612257\_EA



**\$10**

**PC® CHEESECAKE**  
selected varieties, frozen  
600 g  
gâteau au fromage  
20147627\_EA/20318102\_EA



**\$6**

**PC® HOMESTYLE BUTTER PIE CRUSTS**  
frozen  
350 g  
croustes à tarte  
21610882\_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).

# 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.

**no name™ mobile**

## Save 50%\* on a SIM card

Limited time Black Friday savings for PC Optimum™ members.



exclusively at  **NOFRILLS**

\*Offer valid Nov. 28 - Dec. 4. Subject to change. Conditions apply. Visit [nonamemobile.ca](http://nonamemobile.ca) for full details.  
\*\*Must be a registered PC Optimum™ member to get this offer.

†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).