

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 ^{PC} \$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.



CLUB SIZE

WOW!
6.99
LB



SAVE 44%
3.88

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties
250-500 g
sauceses ou rondelles ou viande hachée
20033441 SA

T-BONE or WING STEAK
cut from ungraded beef
biftek d'aloyn ou biftek de côte d'aloyn
15.41/kg
21497048 SA
WHILE QUANTITIES LAST



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
3004149001 SA



SAVE 28%
2.49

CAVENDISH QUICK CRISP PREMIUM or PATTIES
selected varieties, frozen, 400-750 g
frites ou galettes de pommes de terre
21244677 SA



SAVE 24%
2.27

LECLERC CELEBRATION COOKIES
selected varieties
240 g
biscuits
3083279001 SA



ONLY 5.49

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
céréales
21102495 SA/21102493 SA



ONLY 8.99

KNORR CHICKEN BOUILLON MIX
1 kg
mélange pour bouillon de poulet
20124971 SA



SAVE UP TO 43%
12.99

ROYALE BATHROOM TISSUE or ROYALE TIGER TOWELS
selected varieties
papier hygiénique ou serviette-tout
21246104 SA/21246104 SA



SAVE UP TO 37%
9.99

FINISH AUTO DISH 30-157 or ADDITIVES TIDE LIQUID 146 or PODS 17/25/18 or LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.89-2.63, DOWNY or GAIN SCENT BOOSTERS 379 or BOUNCE DRYER SHEETS 120/200
selected varieties
produits de nettoyage pour lave-vaisselle ou additifs au détergent ou assouplissant de réchauffeurs de peinture de finition
21246104 SA/21246104 SA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: RIC'S - AJAX, STEVE & AMANDA'S - AJAX, ADIC'S - BRAMPTON, DAVE'S - BRAMPTON, FAREZIN'S - BRAMPTON, HECTOR & AUCIA'S - BRAMPTON, RAMAN'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, RYAN'S - EAST YORK, COSSIMO'S - ETOBICOKE, EMILIANO & ANNA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, BOSE & HEIP'S - ETOBICOKE, STEVE'S - ETOBICOKE, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, BOB'S - MARKHAM, VANSPALL'S - MARKHAM, JOHN'S - MILDEN, ASHLEY'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, WARE'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YAMA'S - MISSISSAUGA, JONNY'S - NEWMARKET, RAJANO & SHYRONNE'S - NORTH YORK, CARLO'S - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LIONETTO'S - NORTH YORK, LUSO'S - NORTH YORK, RICHARD & BUTY'S - NORTH YORK, STELAN'S - OSHAWA, MIKE'S - OSHAWA, NADINE'S - OSHAWA, SACOSTA'S - PICKERING, ENZO'S - RICHMOND HILL, JIM T'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, ALU'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, STEPHEN'S - SCARBOROUGH, VI & TU LIND'S - SCARBOROUGH, VIT'S - SCARBOROUGH, MICHAEL'S - STONEYVILLE, ALY'S - TORONTO, ANDREW & SHIRLEY'S - TORONTO, ANTHONY'S - TORONTO, BARRON'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONEY'S - WHITE, LIZ'S - WHITE, GARY - WHITE, MIKE'S - WOODBRIDGE

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/202944117004 SA



\$1

GREEN GIANT VEGETABLES
selected varieties
341/250 mL
légumes
2101175 SA



\$1

MICHELINA'S ENTRÉES
selected varieties, frozen
150-284 g
plats cuisinés
21206414 SA



\$1

TITAN ALUMINUM FOIL or WAX PAPER 25 ft
papier d'aluminium ou papier cire
20002819 SA/21408422 SA



\$1

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

BIG
HOLIDAY
DEALS!

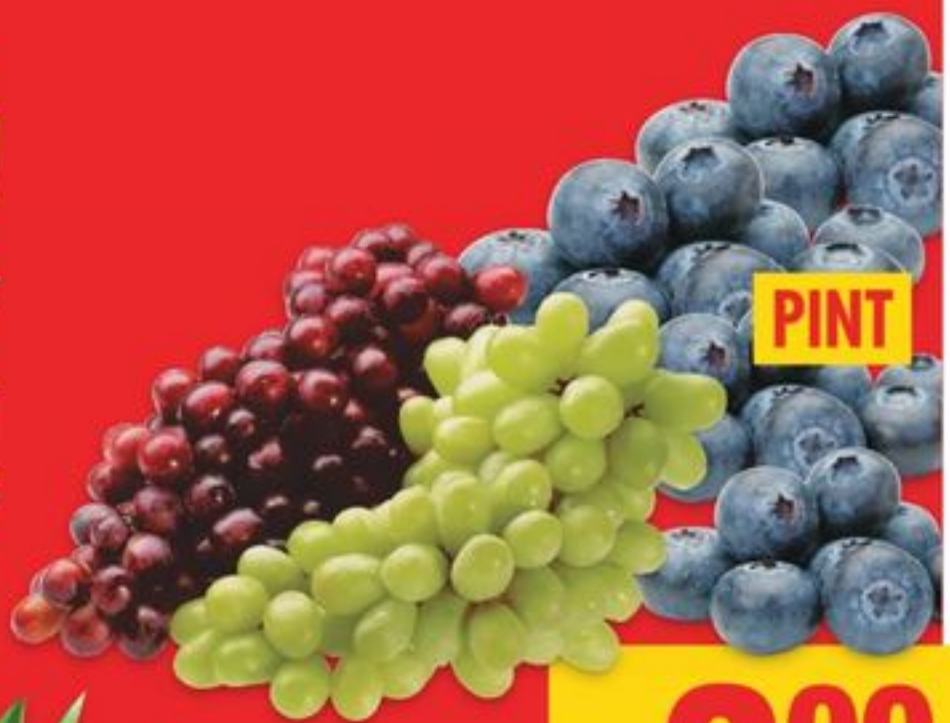
SAVE 23%

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 bleuets
30423773001_KG/20139199001_KG/20080137001_EA



6 OZ CLAMSHELL

2.99



PINEAPPLE
product of Costa Rica or **BLACKBERRIES**
product of U.S.A. or Mexico
ananas ou mirre
30138938001_EA/20080137001_EA



CASE

PC® KAKI PERSIMMONS
product of Spain
plagüemines
2131928001_EA

8.99

1.69

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
concombres anglais
30070123001_EA



3.99

AVOCADOS
product of Mexico or
FARMER'S MARKET™ LEMONS
product of South Africa or Spain
avocat ou citron
30142223001_EA/20793333001_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
31131329001_EA/20400730001_EA

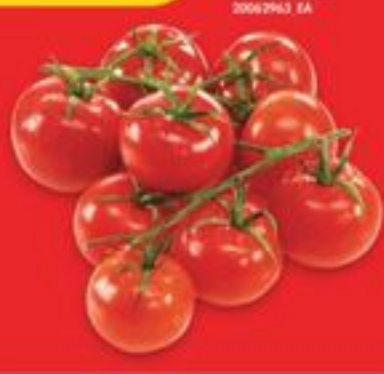


APP EXCLUSIVE OFFER
1,000 Value

1.99

454 G

COCKTAIL TOMATOES
product of Canada or Mexico
tomates cocktail
30067963_EA



2.49

ICEBERG LETTUCE
product of U.S.A. or Mexico,
no. 1 grade
laitue iceberg
20133234001_EA



4.99
EA

4 LB BAG

FARMER'S MARKET™ ROYAL GALA or MCINTOSH APPLES
product of Ontario,
Canada fancy grade
pommes
20713211001_EA/20767996001_EA



.99

KIWI
product of New Zealand or
RED MANGOES
product of Brazil
fruit des mangousses rouges
30142223001_EA/20080137001_EA



1.99
LB

PAPAYA
product of Mexico
4.20/kg
20133234001_EA



GROWN IN CANADA

3.99

454 G



680 G

5.99
LB

CHESTNUTS
product of Italy or Mexico
13.21/kg
30067963_EA



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 concombre
2131928001_EA/20793333001_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 du terre
30067963_EA



PRODUCED HERE

4.99

3 L

PC® APPLE CIDER
produced in Canada
cider de pommes
30067963_EA



5.99

681 G

PC® VARIETY TOMATOES
product of Canada or Mexico
30067963_EA



BIG HOLIDAY DEALS!



\$12

LEAN GROUND BEEF
7 1/2 lb
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
21440713 EA



3.50

ZIGGY'S® SLICED MEAT
selected varieties
175/200 g
tranches de viande
21390719 EA/21390841 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 au sautignon ou belgiques
2099017 EA



\$6

PC® DOUBLE CREAM BRIE or **CAMEMBERT**
selected varieties
145/200 g
brie double crème ou camembert
20790001 EA/20791007 EA



\$20

SUFRA® HALAL CHICKEN BREAST or **MAPLE LEAF PRIME CHICKEN BREAST**
selected varieties
720 g
poulet halal ou poulet prime
21380111 EA/21380107 EA



3.99

SABRA HUMMUS
selected varieties
252 g
houmous
2099019 EA



3.49

VACHON SNACK CAKES
selected varieties
230-236 g
petits gâteaux
2099019 EA



3.99

SUNMAID CINNAMON RAISIN BREAD
430 g
pain croustille et raisins
2099019 EA



4.50

FARMER'S MARKET® MINI DOUGHNUTS
selected varieties
400 g
petits beignets
21380107 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 6/8", Wonder bread 675 g or buns 8", 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 3.19

SAVE UP TO 28%

4.99

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



HIGH LINER FAMILY FAVOURITES FISH or SHRIMP
selected varieties, frozen
poisson ou crustacés
3019833001 EA/3072299001 EA

SAVE 33%

5.99

2.49

GAY LEA SOUR CREAM
selected varieties
425/500 mL
crème sure
3013733001 EA



4.99

PC TEA 4% or RED ROSE ORANGE PEKOE TEA 7%
selected varieties
44
314024K EA/3139401 EA



17.99

TIM HORTONS ROAST AND GROUND COFFEE
875/930 g or PODS 30"
selected varieties
café torréfié et moulu ou capsules
30073767 EA/31194403 EA



1.29

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
soupe condensée
3017733002 EA



1.69

KNORR or LIPTON SOUP MIX
selected varieties
40-144 g
mélange à soupe
3017733001 EA/3018130001 EA



4.99

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



3.49

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



3.79

MOTT'S CLAMATO or GARDEN COCKTAIL
selected varieties
1.89 L
les de sauce/les de cocktail de légumes
3018371002 EA/3018930002 EA



3.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
4x12/1.26 L
boissons gazeuses
3012454002 C06/3013741000 C06



4.99

DOVE DEODORANT 43-74 g, HAIR CARE BAR SOAP 3x106 g or BODY WASH 325/400 mL
selected varieties
déodorant ou soins capillaires ou pain de savon ou nettoyant pour le corps
30120001 EA/31273001 EA



4.49

WINDEX GLASS CLEANER BUBBLES 745-950 mL, SCRUBBING BUBBLES 710-950 mL/547/623 g, FANTASTIK 450 mL or FAMILY GUARD 946 mL/496 g
selected varieties
nettoyant pour vitres ou nettoyants
3012022001 EA/3012023001 EA



9.99

OXI CLEAN STAIN REMOVER
selected varieties
1.28/1.26 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/31313530 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. Own your own store.



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
2017108 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
10%
thé ou capsules de café
202014001 SA/2111075 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
par ou par groupe ou combiné
20210401 SA/20210401 SA



2.99

DOLE FRUIT BOWLS or FRUIT 'N GEL SNACKS
4x125 g
selected varieties
bols de fruits ou collations
20200001 SA/20200001 SA



17.99

TERRA DELYSSA EXTRA VIRGIN OLIVE OIL
1 L
huile d'olive extra vierge
2021961 SA



1.49

CESAR WET DOG FOOD
selected varieties
100 g
nourriture humide pour chiens
20200001 SA



2.49

DAWN LIQUID DISH DETERGENT
selected varieties
473/473 ml
savon liquide à vaisselle
2140001 SA/2140001 SA



2.99

COLGATE PREMIUM TOOTHPASTE 75-120 ml or MANUAL TOOTHBRUSH 1 ea
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
selected varieties
déodorant ou nettoyant ou effleurant magique
219/219 SA/219/219 SA



BETTER AS A MEMBER

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Earn* **3,000 pts**
for every \$10* spent on
Clover Leaf or Brunswick products
all sizes and varieties
products
20218117001 SA/211817078 SA/211817045 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
301249901 EA

3.99 **KRAFT CHEEZ WHIZ**
selected varieties
430 g
fromage fondu
30378801 EA

4.99 **TIM HORTONS HOT CHOCOLATE**
500 g
chocolat chaud
3003781 EA

\$13 **PC LASAGNAS or MAC & CHEESE**
selected varieties, frozen, 430 g
2/3.57 kg
lasagnes ou macaroni au fromage
3012879 EA/3117290 EA

3.79 **SILK BEVERAGES**
selected varieties
1.87 L
boisson
301249901 EA

4.99 **FRITO LAY VALUE SIZE POTATO CHIPS, TORTILLA CHIPS, SNACKS or POPCORN**
selected varieties
275-430 g
craquelins ou popcorn
301249901 EA

5.99 **SAPUTO MOZZARELLISSIMA**
selected varieties
200 g
mozzarella
301249901 EA

\$12 **NATURE VALLEY FIBRE 1 BARS, BETTY CROCKER or MOTT'S FRUIT SNACKS**
437 g, 1.34 kg
barres au collant ou fruits
301249901 EA

5.99 **BUBLY or MONTELLIER SPARKLING WATER**
selected varieties
10/12x333 mL
eau pétillante
301249901 EA

5.99 **SOFTSOAP LIQUID HAND SOAP REFILL**
1.47 L
réplissage de savon liquide
pour les mains
3136719 EA

5.99 **HELLMANN'S REAL MAYO**
selected varieties
710-890 mL
mayonnaise
301249901 EA/3117290 EA

\$9 **NO NAME® CAT LITTER**
selected varieties
13 kg
litière pour chats
301249901 EA

5.99 **REESE'S STOCKING STUFFERS**
143/226 g
KINDER UOVO
100 g
CHRISTMAS MULTI BAGGED CHOCOLATE
144 g
selected varieties
3040817 EA/3117290 EA
WHOLE QUANTITIES LAST

8.99 **KINDER BUENO ADVENT CALENDAR**
147 g or TOFFIFEE 430 g
calendrier de l'Avent ou bonbons
3040817 EA/3117290 EA
WHOLE QUANTITIES LAST

9.49 **TOBLERONE BAR IMPRESS BOX**
300 g
câblés
boîte de chocolats au lait
3040817 EA
WHOLE QUANTITIES LAST

10.99 **LINDT or REESE'S ADVENT CALENDAR**
selected varieties
138/232 g
calendrier de l'Avent
3040817 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 ou 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
 21449402 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



PRICE DROP

10.99

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

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
 20999027 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



32⁹⁹

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



34⁹⁹

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



7⁹⁹

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



19⁹⁹

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



9⁹⁹

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



29⁹⁹

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

5⁹⁹

312 G

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



7⁹⁹

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



3⁹⁹

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



6⁹⁹

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

2⁴⁹



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

4⁴⁹



3⁹⁹

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



10⁴⁹

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



19⁹⁹

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



PC[®] ORGANICS PASTA SAUCE
selected varieties
700 mL
sauce pour pâtes
2018521002 SA

ORGANIC 5⁴⁹



8⁹⁹

BRAGO APPLE CIDER VINEGAR
946 mL
vinaigre de cidre
20823004 SA



ORGANIC 8⁹⁹

PC[®] ORGANICS 100% CRANBERRY JUICE
946 mL
jus de canneberges
20958951 SA



ORGANIC 3²⁹

PC[®] ORGANICS APPLE JUICE
1.36 L
jus de pomme
21209212 SA



3⁹⁹

CHICKAPEA ORGANIC, NON GMO, GLUTEN-FREE PASTA
selected varieties
227 g
pâtes
21297421 SA/21297422 SA



22⁹⁹

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



EAST ASIAN FLAVOURS AT LOW PRICES

1.99

DRAGON FRUIT
product of Vietnam or
GRANADILLA
product of Colombia
pitaya ou grenadille
3018239001 SA
3094623001 SA



1.49
LB

JAPANESE SWEET YAM
product of U.S.A.
3.28/kg
igames douces japonaises
3032492301 KG



1.99
LB

**BABY BOK CHOY, YU CHOY,
SHANGHAI BOK CHOY, GAI LON**
or **BABY NAPA CABBAGE**
product of Canada, U.S.A. or Mexico
4.39/kg
pak-choi ou chou cantonnais ou brocoli chinois ou chou napa
30082279001 KG/21024088001 KG/30005404001 KG



8.88
LB

BEEF RIB FINGER MEAT
boneless, cryovac
19.58/kg
viande de bœuf intercostale
30142139 KG



**ANCHOR'S
BAY COOKED
CLAM MEAT** or
MUSSEL MEAT
frozen
340 g
choir de palourde ou
moule cuite
30791470 SA/30792347 SA

4.88



**SEAQUEST®
WHOLE
TILAPIA** 1.26 kg or
**WHOLE
POMPANO**
800 g
frozen
tilapia entier ou pompano
entier
21391947 SA/21392084 SA

8.99



**PRICE
DROP**

PRICE DROP

3.29

**T&T® 3-MINUTE
RAMEN NOODLES**
selected varieties
504 g
nouilles ramen
31447347 SA



PRICE DROP

1.29

**NONGSHIM
INSTANT
NOODLE CUPS**
75 g
contenants de nouilles
instantanées
30032441005 SA



**O'FOOD
GOCHUJANG**
215 mL
gochujang
21423142 SA

PRICE DROP

4.99



**ROOSTER®
SUSHI RICE**
2.27 kg
riz à sushi
21343484 SA

PRICE DROP

4.99



PRICE DROP

1.29

**T&T® READY TO
EAT ORGANIC
CHESTNUT**
100 g
châtaigne biologique
30472813 SA



**FOCO
COCONUT
JUICE**
520 mL
jus de noix de coco
30180413 SA

PRICE DROP

1.49



**LEE KUM KEE
PREMIUM SOY
SAUCE**
500 mL
sauce soya
20036520 SA

PRICE DROP

2.99



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 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.

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. 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.