

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

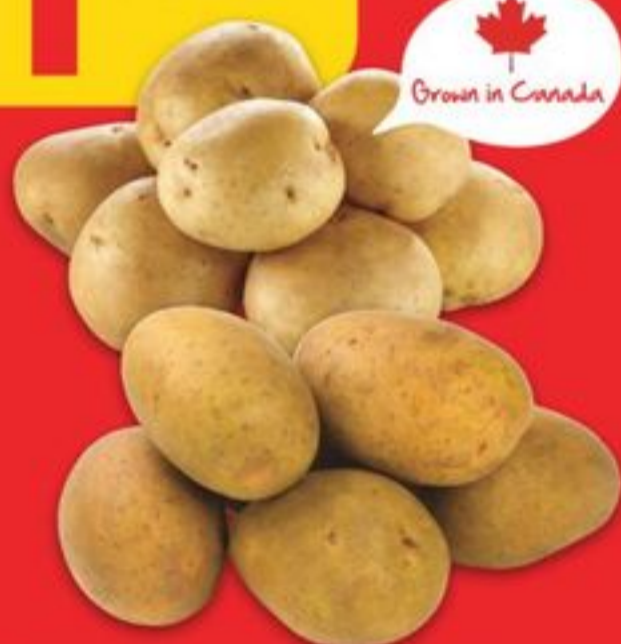


SAVE UP TO 64%

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.



ONLY 1.97 LB

WHOLE CHICKEN
poulet entier
6.34/kg
20499970_60

WHILE QUANTITIES LAST



SAVE 37%

3.77

SCHNEIDERS BACON
selected varieties, 375 g
bocon
20773671_6A



SAVE 28%

\$5

PC PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS
selected varieties, frozen, 700 g
pépites ou lamelles ou burgers de poulet
21301321_6A



SAVE 54%

2.87 LB

PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.33/kg
20320970_60

SAVE 26%

1.25

UNICO BEANS or TOMATOES
selected varieties
540/796 mL
légumineuses ou tomates
20113467001_6A/20313429001_6A



SAVE 22%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
pizza
20294100001_6A/20294404001_6A



SAVE UP TO 40%

\$3

PC® VEGETABLES
400-750 g or
PREMIUM VEGETABLES
350-500 g
selected varieties, frozen
légumes
202189113_6A/21184674_6A



SAVE 20%

\$4

FARMER'S MARKET BUTTER CROISSANT or LOAF CAKES
selected varieties
200-400 g
gâteaux quatre-quarts
20973943_6A/21489954_6A



APP EXCLUSIVE OFFER
1,000

\$1 Value

ONLY 6.99

APP EXCLUSIVE OFFER
1,000

\$1 Value

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20208660_6A/201023290_6A



SAVE 25%

2.99

DORITOS TORTILLA CHIPS
selected varieties
210-280 g
croustilles de tortilla
21267118_6A



SAVE UP TO 50%

\$4

PC® CHOCOLATE COVERED FRUIT AND NUT 340/400 g,
MERCI CHOCOLATE KISSES 200 g or
HERSHEY'S KISSES 180 g
selected varieties
Fruits ou noix enrobés de chocolat ou chocolat
20000354_6A/21054210_6A
WHILE QUANTITIES LAST



SAVE 31%

12.99

TILDA BASMATI RICE
riz basmati
20113478_6A



PRICE DROP

4.77

ARMSTRONG or PC® SHREDDED CHEESE
250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286240_6A/21286749_6A



PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_6A



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: LUCIANO & SARRA'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGLIS, ANGLIS MARK'S - ARMPHOS, EYAN'S - RYMER, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, EYAN'S - BEAMSVILLE, JOE'S - BELLEVILLE, REALTY'S - BRADFORD, RUTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRIMINGTON, BRANLEY'S - BURLINGTON, DAVID & DEBRA'S - CAMBRIDGE, EGG & LINDSEY'S - CAMBRIDGE, FISHER'S - CAMPELLOPOLE, DANNO'S - CASSIDIAN, FOR & KEITH'S - CHESTER, DAVID'S - COLONGUE, JAMES & JUNE'S - CONNELL, DUFFY - CO. RUNNA, TREV'S - ELSBETH LAKE, ROBYN'S - ESTATE, DESS & KESSEY'S - FORT PETER, BALDWIN'S - GANANOCQUA, MIKE & GRACE'S - GLENORA, DAN & MATT'S - GRAND BOND, DOONICK'S - GUYTON, SHANNON & RICHARD'S - GUELPH, BOB'S - HARBERSVILLE, CHRIS & JANE'S - HAMILTON, FRANKO'S - HAMILTON, O'BRIEN'S - HAMILTON, KEVIN & CINDY'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INVERESS, OSTERMAN'S - KINGSTON, ANDREW & EMILY'S - KINGSTON, SANVA'S - KINGSTON, DEBRA & LAURA'S - KITCHENER, BRIAN & JENNIFER'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASH'S - LONDON, PHIL'S - LONDON, BOB & BRACHA'S - LONDON, BOBBIER & TRACY'S - LONDON, BRIAN & BECKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOORE FOREST, JAMES & JACQUELYNNE'S - NAPANEE, CHRIS & SARAH'S - NIPISSAN, WACELAY'S - NEW HAMBURG, PHILIPPE'S - NIPECAUSE, BOB'S - NIMBERG, ELLIE, ALAN & NICOLELLE'S - NORTH BAY, JEFF & TANYA'S - NORTH BAY, JIM & LES ANNIE'S - ORANGEVILLE, JASON'S - ORIELLA, CONNOR & KENNEDY'S - OTTAWA, DARRY'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACEY & TROY'S - PERRY SOUND, STEVEN & JULIE'S - PIMBERN, CHRIS & NICKY'S - PITHERSBOROUGH, DAVID'S - PETERSBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT COLBORNE, MIKE'S - PORT DUFFER, CHRIS & TANYA'S - RAINBOW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEPH'S - SHELBOURNE, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, BRANDON & WENDY'S - STITTVILLE, CRAIG & KEE - STIRFORD, BRANDON & ADRIAN'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CAYLE'S - THURBY, EYAN & CATHY'S - THURBY, EYAN & SARAH'S - WALLACEBURG, ERIC'S - WATERLOO, PHIL & MALLORY'S - WATERLOO, GILBERT'S - WELLS, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

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
Mozelle
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
30076102001 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
30000127001 SA/3011194001 SA



2.99

CANTALOUPE
product of U.S.A. or Guatemala,
no. 1 grade
mandarins
3008010001 SA



3.99
LB

RED & GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins rouges et verts sans
graines
3007010001 SA



3.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocat
3007010001 SA



3.99

PKG OF 4

RED & GREEN PEPPERS
product of U.S.A. or Mexico
poivrons rouges et verts
3007010001 SA



2.49

ICEBERG LETTUCE
product of U.S.A. or
Mexico,
no. 1 grade
salade iceberg
3013220001 SA



2.99

CELERY
product of Mexico or
U.S.A., no. 1 grade
nach
celéri
3008110001 SA



8.99

RED MANGOES
product of Brazil
cassis de mangue rouges
3008010001 SA
WHILE SUPPLIES LAST



\$7

6" POINSETTIAS
produit d'importation
3008010001 SA



3.99

454 G

PC® WHOLE WHITE & CREAMI MUSHROOMS
product of Ontario
champignons blancs
no. 1 grade
3008010001 SA



\$4

FARMER'S MARKET LEMONS
product of Spain or Turkey or
U.S.A., no. 1 grade
Canada no. 1 grade
citrons des montagnes rouges
3008010001 SA



4.99

3 LB BAG

FARMER'S MARKET NAVEL ORANGES
product of South Africa
orange navel
3008010001 SA



4.99

2 LB BAG

FARMER'S MARKET MANDARINS
product of Spain or Morocco
mandarines
3008010001 SA



BIG HOLIDAY DEALS!



9.99
LB

BONELESS BEEF STEW
cubes de bœuf déossé
22.02/kg
30257943_R0

\$12

PC® 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
21494306_EA



10.99

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES 1.2/1.4 kg or **PC® FREE FROM® LEAN GROUND LAMB** 454 g
selected varieties
saucisses ou galettes ou agneau haché maigre
3079938_EA/31333006_EA

9.99

MAPLE LEAF or SCHNEIDERS HAM
selected varieties
400/700 g
jambon
31094578_EA/31094483_EA

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 thon en croûtes cuites ou crevettes ou dorades de l'Alaska ou saumon d'Alaska
30722642_EA/31282011_EA
WHILE QUANTITIES LAST



5.99

SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP
frozen, 34-43 per lb, 300 g
selected varieties
3104382_EA



12.49

MARCANGELO ROAST or BACON WRAPPED CHICKEN
selected varieties
370-800 g
poulet rôti ou poulet enrobé de bacon
31148333_EA



4.49

PILLER'S SLICED DELI MEAT 150/200 g or **PC® TOPPED HUMMUS** 280 g
selected varieties
charcuteries tranchées ou hummus garni
31094382_EA/30813222_EA



4.99

SAPUTO CHEESE
selected varieties
125-200 g
fromages
30372703_EA/31291214_EA



\$10

NO NAME® APPETIZERS
selected varieties, frozen
154-800 g
hors-d'œuvre
31434333_EA



2.99

D'ITALIANO BREAD BUNS 600-675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
30033233_EA/30639449_EA



\$3

COUNTRY HARVEST BREAD BAGELS 600/650 g or **BAGELS** 6's
selected varieties
pain ou bagels
31172897_EA/31176443_EA



4.50

PC® MINI MUFFINS
selected varieties
12's
mini-muffins
31488231_EA



3.99

MARCANGELO MORTADELLA
selected varieties
133 g
mortadelle
31383148_EA



5.99

MARCANGELO SLICED DELI MEAT 100 g or **PEPPERONI** 175 g
selected varieties
charcuteries tranchées ou pepperoni
31043332_EA



MARCANGELO ANTIPASTO or EUROPEAN DISCOVERY SLICED DELI MEAT
selected varieties, 175/200 g
antipasto ou charcuteries tranchées
31304348_EA/31313143_EA
WHILE QUANTITIES LAST



\$11

BIG HOLIDAY DEALS!



SAVE 40%

2.49

ONLY 3.33



BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT
selected varieties
410 g
produit de fromage fondu
3125344 SA

DANONE ACTIVIA TUBS 450 g, OIKOS 4%, TWO GOOD 4% or DANINO KIDS DRINKABLE YOGURT 4%
selected varieties
yogourt
5025133063 SA/21330790 SA

ONLY \$4



NEILSON TRUTASTE MILK 4 L, LACTOSE FREE 2 L or PROTEIN MILK 1.89 L
selected varieties
lait
30148077 SA/21048962 SA

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

ONLY 5.99

\$3

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
120-230 g
barres granola ou collations aux fruits
3013330602 SA/3013847401 SA



5.99

NESCAFÉ GOLD SWEET & CREAMY INSTANT COFFEE
selected varieties
90-251 g
café instantané
21074365 SA/21062071 SA



6.99

BECEL MARGARINE
selected varieties
437/850 g
margarine
3007514002 SA



.35

MR. NOODLES INSTANT NOODLES
selected varieties
85 g
nouilles instantanées
30000001 SA



\$1

NO NAME® TUNA
selected varieties
175 g
thon
30000001 SA



4.50

CLOVER LEAF SOCKEYE SALMON
175 g
saumon
21000001 SA



.79

PC® SOFT DRINKS
selected varieties
2 L
boissons gazeuses
30000001 SA



2.99

RUFFLES POTATO CHIPS
selected varieties
150-200 g
craquelins SA



1.25

ALLEN'S or MINUTE MAID FRUIT COCKTAILS
selected varieties, 1 L
boissons de fruits
30000001 SA



2.49

DARE COOKIES
selected varieties
100-240 g
biscuits
30000001 SA



4.99

JAMIESON VITAMINS C + D
selected varieties
75-240 g
vitamines C + D
30000001 SA



2.99

CARNARY SWEET CANDY CANE CHOCOLATE BALLS IN NET 200 g
selected varieties
sweets enrobés au chocolat de chocolat
30000001 SA
WHOLE QUANTITIES LAST



3.99

LINDT MINI CHOCOLATE BALL MULTI or DARE REALFRUIT CANDY 220 g
selected varieties
chocolats en fèves
30000001 SA
WHOLE QUANTITIES LAST



4.99

CADBURY MINI EGGS 200 g or OLD EXCELLENT BEANitos BEANS 200 g
selected varieties
bonbons ou chocolats en chocolat ou bonbons
30000001 SA
WHOLE QUANTITIES LAST



12.99

NESTLÉ KITKAT CABIN 200 g or FAVOURITE BAG 275 g or ELMER'S BOXED CHOCOLATE 140 g
selected varieties
chocolats
30000001 SA
WHOLE QUANTITIES LAST



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 630 g, 4% MINIGO 6% or TUBES 8's 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 2041823 EA/2098240 EA



2.99

PRINGLES PARTY STACK POTATO CHIPS 194/203 g or MINGLES 153 g selected varieties 2121081 EA/2121082 EA



3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS 190/200 g or CHEETOS SNACKS 170-285 g selected varieties 2133895 EA/2133896 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 2121081 EA/2121082 EA



20.99

GATORADE SPORT DRINK selected varieties 24x391 mL boissons sportives 2032047 EA



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



MAYNARDS CANDY selected varieties 150/154 g craquelins 2134334 EA/21343405 EA

\$2



CHRISTIE COOKIES selected varieties 285-530 g biscuits 2133893 EA/21341903 EA

5.49

BIG HOLIDAY DEALS!



HÄAGEN-DAZS ICE CREAM 400-450 mL or **NOVELTIES** 3/4 L
selected varieties, frozen crème glacée ou friandises glacées
2020499001, EA/21333347, EA

ONLY 5.49



ONLY \$3



PC® HERBAL TEA
selected varieties
20's
flavone
20627612001, EA/21100379, EA

BLACK DIAMOND CHEESTRINGS STICKS 16 1/2 oz
selected varieties
fromage
20743641, EA/20966474, EA



SAVE UP TO 27% 5.79



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
202049901, EA/202049901, EA



3.99

GLADE SMALL JAR CANDLE
selected varieties
petites bougies en pot
202049901, EA/202049901, EA



4.49

ZIPLOC STORAGE BAGS
selected varieties
15-20 L
sacs de rangement
20271011, EA/20271011, EA



11.49

GLAD GARBAGE BAGS
selected varieties
30-40 L
sacs à ordures
2124477, EA



13.88

ARM & HAMMER LAUNDRY DETERGENT
4.02 L
détergent à lessive
2120737, EA



15.99

TIDE PODS 37/43/52'S LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.14 L or SCENT BOOSTERS 400 g
selected varieties
détergent à lessive ou assouplissant textile ou rehausseur de parfum
21204911, EA/21204911, EA



1.99

PEDIGREE WET DOG FOOD
selected varieties
375 g
nourriture humide pour chiens
2120442, EA



9.99

PEDIGREE DENTASTIX MARROBONE 300-400 g
MARROBONE 1.7 kg
selected varieties
gâchettes pour chiens
2107101, EA/2107101, EA



24.99

PEDIGREE DOG FOOD
selected varieties
6.41/8 kg
nourriture pour chiens
202049901, 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/20029447001_EA

LANTIC SUGAR
selected varieties
1 kg
3002442205_EA/20164294_EA

2.79



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
2002040001_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
20006354_EA



3.49

EAGLE BRAND SWEETENED CONDENSED MILK
selected varieties
300 mL
lait condensé sucré
20020114_EA



4.99

PAM COOKING SPRAY
selected varieties
341/170 g
pulvérisateur à cuisson
2017040001_EA



\$5

NO NAME BAKING POWDER
400 g
poudre à pâte
20020114_EA



7.99

FRY'S COCOA POWDER
454 g
poudre de cacao
20020114_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 Fleischmann's yeast 34-430 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
3124709 EA/2134709 EA



PRICE DROP

2.99

TRESEMME HAIR CARE
selected varieties
198-311 g/168-828 mL
soins capillaires
2011530314 EA/211530314 EA



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
3013740202 EA/2032504301 EA



PRICE DROP

3.49

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
31041420 EA/211041420 EA



PRICE DROP

4.79

SENSODYNE or PRONAMEL TOOTHPASTE
75/100 mL or POLIGRIP 40 g
selected varieties
dentifrice
3020117061 EA/20714075 EA

DOVE MEN+ CARE DEODORANT
selected varieties
76/83 g
déodorant
2032448001 EA



PRICE DROP

6.49



PRICE DROP

3.99

Q-TIPS
500's
coton-tiges
3012307701 EA

NIVEA BODY WASH 300 mL, DEODORANT ROLL-ON 50 mL, or ANTIPERSPIRANT 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou antiperspirant
2021421804 EA/21142099 EA



PRICE DROP

3.99

IVORY BAR SOAP 10x90 g or BODY WASH 631 mL
selected varieties
pain de savon ou nettoyant pour le corps
3014168700 EA/200434001 EA



PRICE DROP

4.49

BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES
selected varieties, 128 mL
sachets de fruits ou légumes biologiques pour bébé
3034074001 EA/2134074001 EA



PRICE DROP

1.79

GERBER SNACKS or ENTREES
selected varieties
43-187 g
collations ou plats cuisinés
3020418002 EA/2030418002 EA



PRICE DROP

1.99

HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS
selected varieties
28-74's
collèges d'entraînement
3093237 EA/21170406 EA



PRICE DROP

26.99

ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS
selected varieties
19-72's
serviettes ou protège-coton ou tampons
214496 EA/214496 EA



PRICE DROP

4.79

VASELINE LOTION
selected varieties
400 mL
lotion
2108311 EA/2108311 EA



PRICE DROP

6.99

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



PRICE DROP

12.99

BOOST HIGH PROTEIN or CARB SMART MEAL REPLACEMENT SHAKES
selected varieties
6x237 mL
boissons de substitut de repas
3093237 EA/2093237 EA

ALWAYS \$

PC® distilled water
4 L
eau distillée
20797191 EA

1.25



Life Brand® mouthwash
selected varieties
1 L
rinçage-bouche
21201386 EA/21201386 EA

\$4



BIG HOLIDAY DEALS!

PC[®] CHOCOLATE GIFT BOX
207 g
boîte-cadeau de chocolat
21115030, EA

WHILE QUANTITIES LAST

5⁹⁹



PC[®] CHOCOLATE TABLET
selected varieties
90/100 g
barre de chocolat
21439634, EA/21429884, EA

\$3



3⁹⁹

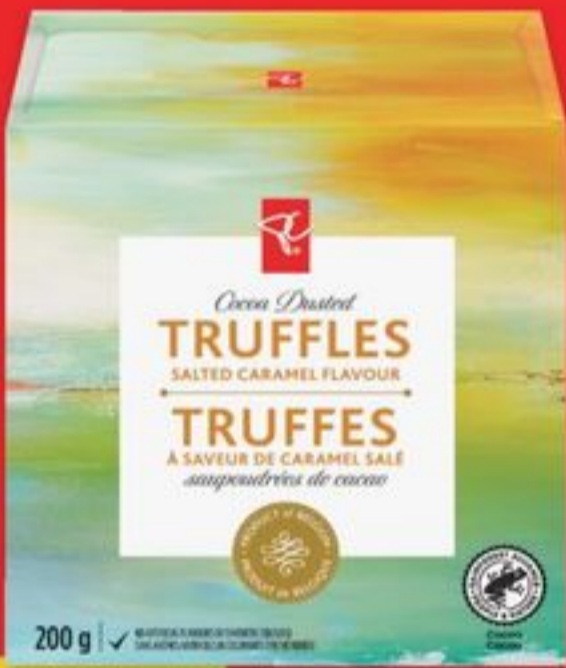
PC[®] HOT CHOCOLATE BOMBS
90 g
bombes pour chocolat chaud
21287274, EA

WHILE QUANTITIES LAST



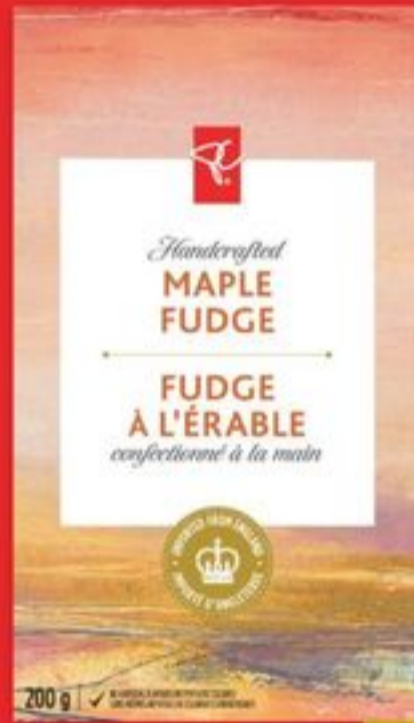
PC[®] SWISSE BAR
selected varieties
100 g
barres
21409237, EA

\$2



2⁹⁹

PC[®] DUSTED TRUFFLES
selected varieties
200 g
truffes
21284180, EA



PC[®] GOURMET FUDGE
selected varieties
200 g
fudge gourmet
21281518, EA

3⁹⁹



6⁹⁹

PC[®] GOLD BAR
selected varieties
300 g
barres
20287295, EA/20298217, EA



400 G

PC[®] SWISSE BAR
selected varieties
barres
20079833, EA

6⁹⁹

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"
naan
21051252 EA



\$13

**SUFRA® HALAL
CHICKEN BREAST**
boneless, skinless
3"
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



.39

**MAGGI MASALA
NOODLES**
selected varieties
70 g
nouilles masala
20803644 EA

**GLICO
POCKY
BISCUIT
STICKS**
selected varieties
33/40 g
biscuits
30073423001 EA

1.49



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'aloès
20592585 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



3⁹⁹

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
20612261_EA/20612267_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
crouêtes 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.

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 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. 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.