

# BIG HOLIDAY DEALS!

SAVE UP TO 30%

229

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

156-227 g  
selected varieties  
20545560\_EA/21480447\_EA



# BIG HOLIDAY DEALS!

**NOFRILLS**

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



**SAVE 30%**  
**6.99**  
LB

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

**SAVE 31%**  
**\$5**



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

WHILE QUANTITIES LAST



**WOW!**  
**2.38**  
LB

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

**SAVE 43%**  
**3.97**



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

**SAVE 46%**  
**1.77**

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



**SAVE 28%**  
**2.49**

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



**SAVE 25%**  
**4.49**

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

WHILE QUANTITIES LAST



**Optimum**  
Members-Only Price™  
**1.25**  
Non-members  
**1.49**

**MICHELINA'S ENTRÉES** (16-284 g)  
selected varieties, frozen  
21 300614\_SA



**SAVE UP TO 37%**  
**1.25**

**GREEN GIANT VEGETABLES**  
selected varieties  
341/378 ml  
2100179\_SA



**ONLY**  
**5.49**

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



**SAVE 24%**  
**2.27**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
340/320 g  
3000370001\_SA



**SAVE UP TO 37%**  
**9.99**

**TIDE LIQUID PODS** 1.66 L or 21/23/18's  
**LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER or GAIN SCENT BOOSTERS** 378 g  
**BOUNCE DRYER SHEETS** 120/200's or **FINISH AUTO DISH DETERGENT** 30-57's or **ADDITIVES** 944 ml  
selected varieties  
30000001\_SA/31000000\_SA



**SAVE 43%**  
**12.99**

**ROYALE BATHROOM TISSUE or TIGER TOWELS**  
selected varieties  
33/300001\_SA/31000004\_SA



FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

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

01 NFW

# BIG HOLIDAY DEALS!



**6 OZ CLAMSHELL**

**3.99**

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

**2.49**  
LB



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

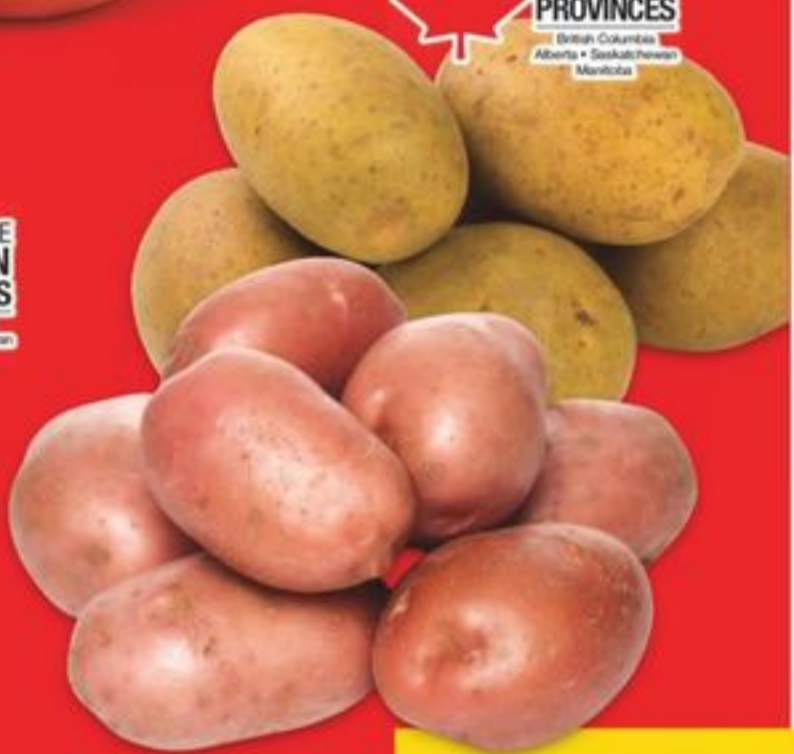


**2.99**

**3 LB BAG**

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

**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba



**10 LB BAG**

**5.99**  
EA

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

**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**2.99**  
LB

**BROCCOLI CROWNS**  
product of U.S.A. or Mexico,  
no. 1 grade  
6.59/kg  
20026161001 KG



**3.99**

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



**6.99**

**5 LB BAG**

**BARTLETT PEARS**  
product of U.S.A.,  
Extra Fancy Grade, or  
**FARMER'S MARKET™**  
**MCINTOSH** or  
**SPARTAN APPLES**  
product of Western Provinces,  
Canada Fancy Grade  
2302323001 EA/20402320001 EA



**3.99**

**CAULIFLOWER**  
product of U.S.A. or Mexico,  
no. 1 grade or  
**GREEN or RED**  
**SWEET PEPPERS**  
product of U.S.A. or Mexico  
20113232001 EA/20013204001 EA  
20133371001 EA



**PKG OF 4**

**4.99**

**PKG OF 3**

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



**8.99**

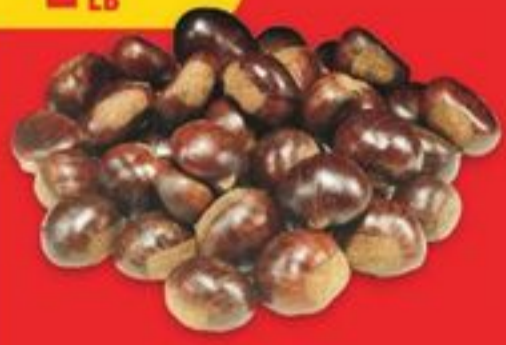
**CASE**

**PC™ KAKI PERSIMMONS**  
product of Spain  
2121142001 EA



**1.49**  
LB

**CHESTNUTS**  
product of China  
3.28/kg  
20079323001 KG



**1.49**

**RED MANGO**  
product of Brazil  
each  
20079632001 EA



**4.99**

**AVOCADOS**  
product of Mexico or  
**BLUEBERRIES**  
product of Peru, no. 1 grade  
20143232001 EA/2008137501 EA



**PKG OF 5 OR 6**

**PINT**

**\$3**

**680 G**

**PC™ LITTLE BEANS™**  
**RED, YELLOW or**  
**MIXED MINI**  
**POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
212379901 EA/212379801 EA



**\$3**

**PKG OF 6**

**FARMER'S MARKET™**  
**MINI CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20028461001 EA



**5.99**

**3 LB BAG**

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



**6.99**

**5 LB BAG**

**MANDARINS**  
product of China  
2008142001 EA



# BIG HOLIDAY DEALS!



**5.99**

**LEAN GROUND BEEF AND PORK**  
fresh  
13.21/kg  
2064392 AG



**3.79**  
LB

**CHICKEN THIGHS**  
8.36/kg  
2024143 AG

**CLUB SIZE**



**CLUB SIZE**

**7.99**

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



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

**3.99**  
LB/EA

**2.99**

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



**6.99**

**SEAQUEST® SHRIMP RING** 227 g, **COLOSSAL RAW WHITE SHRIMP** 16-20 per lb, 300 g or **BAY SCALLOPS** 400 g  
frozen  
21043887 SA/21154837 SA



**13.99**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
480/640 g  
21041730 SA



**3.50**

**ZIGGY'S® SLICED MEAT**  
selected varieties  
175/200 g  
21190190 SA/21192341 SA



**5.99**

**SCHNEIDERS BACON, JUICY JUMBOS** or **SMOKED SAUSAGES**  
selected varieties  
375-450 g  
20105411 SA



**\$6**

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



**2.99**

**DELI WORLD LIGHT RYE**  
selected varieties  
300 g  
206434 SA



**3.49**

**PC® TORTILLAS**  
selected varieties  
10", 8 1/2" g  
206427 SA



**3.99**

**SABRA HUMMUS & GUACAMOLE**  
selected varieties  
199 g or 240 g  
206426 SA/21206426 SA



**\$7**

**FARMER'S MARKET™ PIES**  
selected varieties  
200 g x 1 kg  
21206426 SA



## BETTER AS A MEMBER

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn\*  
**5,000** pts

**\$5**  
value

when you spend \$10\* on **D'ITALIANO** bread 675 g or buns 6/8", Wonder bread 570 g or buns 12", or **Wonder wraps** 10", 640 g or **Casa Mendosa** 7" or 10" tortillas 340-640 g  
selected varieties  
20038335\_EA/20305674\_EA/20320827\_EA/20626949\_EA/21566426\_EA/21566428\_EA/21566518\_EA



# BIG HOLIDAY DEALS!



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

SAVE UP TO 22%

4.49



SAVE UP TO 28%

4.99

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

SAVE 30%

6.99

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

3.49

DAIRYLAND SOUR CREAM  
selected varieties  
450/500 mL  
3027396001, EA



4.99

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



17.99

TIM HORTONS ROAST  
AND GROUND COFFEE  
87.5/150 g or PODS 30's  
selected varieties  
3007047, EA/31104401, EA



1.49

CAMPBELL'S CONDENSED SOUP  
selected varieties  
384 mL  
3027396001, EA



1.69

KNORR or LIPTON  
SOUP MIX  
selected varieties  
40-146 g  
3027396001, EA/3030018001, EA



4.99

GIUSEPPE THIN or  
RISING CRUST PIZZA  
selected varieties, frozen  
430-753 g  
31104401, EA



3.79

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



3.99

COCA-COLA or PEPSI  
SOFT DRINKS  
selected varieties  
6x150 mL/6x167 mL  
3031044000, EA/3031044000, EA



4.49

PURE LIFE NATURAL  
SPRING WATER  
selected varieties  
24x500 mL  
30304401, EA



4.99

DOVE DEODORANT 45-74 g,  
HAIR CARE 142-198 g/195-253 mL,  
BAR SOAP 3x106 g or  
BODY WASH 325/400 mL  
selected varieties  
30304401, EA/31200111, EA



4.49

WINDEX GLASS  
CLEANER 745 mL,  
SCRUBBING BUBBLES  
730-930 mL/247/323 g,  
FANTASTIK FAMILY GUARD 946 mL/496 g  
selected varieties  
3033323001, EA/30333303003, EA



9.99

OXI CLEAN  
STAIN REMOVER  
selected varieties  
1.28/1.26 kg  
30403001, EA



## BETTER AS A MEMBER

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points.

Earn\*  
**3,000** pts

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

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

**\$3**  
value



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

**NOFRILLS**

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

[nofrills.ca](http://nofrills.ca)



Be your own boss  
and join a franchise.



**NOVEMBER**

**HIT  
OF THE  
MONTH**



**PC® Kettle Cooked Potato Chips**  
Selected varieties, 200 g



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



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



**Hershey's Chocolate Pouches**  
Selected varieties, 180-230 g

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from November 1st - 30th, 2024.

# BIG HOLIDAY DEALS!



ONLY  
**4.29**

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



SAVE 37%  
**4.99**

**HELUVA GOOD!**  
FRENCH ONION DIP  
680 g  
3031279801 EA



ONLY  
**6.49**

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

**1.99**

**PC PASTA**  
selected varieties  
454 g  
31292703 EA



**\$2**

**DARE CRACKERS**  
selected varieties  
100-221 g  
31292703 EA/31292703 EA



**2.49**

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



**6.99**

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



**2.99**

**OASIS JUICE, ARIZONA ICED TEA DRINK BOXES** 4000 mL or  
**ALLEN'S CRANBERRY COCKTAIL** 1.89 L  
selected varieties  
3031279801 EA/31211099 EA



**2.99**

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



**3.79**

**SILK BEVERAGES**  
selected varieties  
1.89 L  
31292703 EA



**17.99**

**TERRA DELYSSA EXTRA VIRGIN OLIVE OIL** 1 L  
31292703 EA



**1.49**

**CESAR WET DOG FOOD**  
selected varieties  
100 g  
31292703 EA



**2.49**

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



**2.99**

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



**3.49**

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



## BETTER AS A MEMBER

\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn\*  
**3,000 pts**

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

all sizes and varieties  
3000430 EA/30018117001 EA

**\$3**  
value



# BIG HOLIDAY DEALS!



DANONE ACTIVIA 8's or TWO GOOD TUBS 625 g YOGURT selected varieties 303334802 EA/2147733 EA

ONLY 3.99



DAIRYLAND COTTAGE CHEESE selected varieties 500 g 3073933 EA

SAVE UP TO 20% 3.79



SAPUTO MOZZARELLISSIMA selected varieties 500 g 3073934 1002 EA

ONLY 7.49

3.99

KRAFT CHEEZ WHIZ selected varieties 450 g 304390401 EA



4.99

TIM HORTONS HOT CHOCOLATE 500 g 3003798 EA



\$13

PC LASAGNAS or MAC & CHEESE club size, selected varieties, frozen 2/2.27 kg 30134930 EA/2117893 EA



.79

NO NAME CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP selected varieties, 284 ml 3032431 EA



4.99

FRITO LAY VALUE SIZE POTATO CHIPS, TORTILLA CHIPS, SNACKS or POPCORN selected varieties, 275-480 g 31378260 EA



\$12

NATURE VALLEY or FIBRE 1 BARS, BETTY CROCKER or MOTT'S FRUIT SNACKS club size, selected varieties 637 g 1.28 kg 31418320 EA/21418537 EA



5.99

BUBLY or MONTELLIER SPARKLING WATER selected varieties 18/12x355 ml 16/10x375 ml 3032431 EA



5.99

SOFTSOAP LIQUID HAND SOAP REFILL selected varieties 1.47 l 3032431 EA



5.99

HELLMANN'S REAL MAYO selected varieties 710-890 ml 3032431 EA



\$9

NO NAME CAT LITTER selected varieties 12 kg 3032431 EA



5.99

REESE'S STOCKING STUFFERS 141/228 g KINDER UOVO 180 g CHRISTMAS MULTI BAGGED CHOCOLATE 184 g selected varieties 3003798 EA WHOLE QUANTITIES LAST



8.99

KINDER BUENO ADVENT CALENDAR TOFFIFEE 147 g 3003798 EA WHOLE QUANTITIES LAST



9.49

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



10.99

LINDY or REESE'S ADVENT CALENDAR selected varieties 138/213 g 3003798 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 21003823\_EA/21003833\_EA

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

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



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

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

**PRICE DROP**

**3.99**



**PRICE DROP**

**5.50**

**DANONE OIKOS TUBS 650/730 g or ACTIVIA DRINKS 8's, YOGURT**  
selected varieties  
2106634 EA/21108439 EA

**PRICE DROP**

**6.99**

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

**PC® GOAT CHEESE**  
selected varieties  
140 g  
3000034 EA

**PRICE DROP**

**4.49**



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

**PRICE DROP**

**9.99**



**SEAQUEST® WILD PINK SALMON FILLETS**  
frozen  
700 g  
21192064 EA

**PRICE DROP**

**\$10**



**GRIMM'S PEPPERONI STICKS**  
selected varieties  
400 g  
21381320 EA

**PRICE DROP**

**10.99**



**PRICE DROP**

**\$3**

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

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

**PRICE DROP**

**3.99**



**PRICE DROP**

**6.99**

**PC® CHOCOLATE GOLD BAR 300 g or LINDT LINDOR CHOCOLATE BAG 150 g**  
selected varieties  
20307245 EA/21390291 EA

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

**PRICE DROP**

**2.69**



**PRICE DROP**

**8.49**

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



**PRICE DROP**

**15.99**

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

# MULTI BUY? TRY SINGLE BUY.



ONE FOR

**.90**

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



ONE FOR

**269**

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



ONE FOR

**\$3**

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

# DEALS ON BABY ESSENTIALS



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

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



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

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



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

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



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

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



**\$1**

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



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

**PEDIASURE COMPLETE**  
selected varieties  
4x235 mL  
20222414001 EA  
20222414002 EA



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

**ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT**  
selected varieties  
907 g  
21407931 EA/21407971 EA

## BETTER AS A MEMBER

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Earn\*  
**10,000<sup>pts</sup>**

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

selected varieties  
20709163\_EA/21370844\_EA/21089365\_EA

**\$10**  
value



# NATURAL FOODS AT LOW PRICES



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

**PC<sup>®</sup> ORGANICS BABY SPINACH or FIELD GREEN**  
product of U.S.A.  
30127207 EA/30323751 EA



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

**BEYOND MEAT PLANT-BASED BEEF GROUND or ITALIAN or BREAKFAST SAUSAGES**  
selected varieties  
235-400 g  
31300113 EA



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

**SKINNY POP POPCORN**  
selected varieties  
125/150 g  
30765418001 EA



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

**SO DELICIOUS DAIRY-FREE FROZEN DESSERTS**  
selected varieties, frozen  
272-500 mL  
20931171 EA/31310288 EA



**EARTH'S OWN NON-DAIRY BEVERAGES**  
selected varieties  
1.75 L  
31037796 EA

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

**TRADITIONAL MEDICINALS ORGANIC WRAPPED TEA BAGS**  
selected varieties  
16's  
31397739 EA

**4<sup>99</sup>**



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

**SMART SWEETS LOW SUGAR CANDY**  
selected varieties  
50 g  
21154476 EA/21199935 EA



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

**KICKING HORSE ORGANIC GROUND COFFEE**  
selected varieties  
284 g  
20805126001 EA



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

**CLIF BARS 12x68 g or LARABAR 16x45/48 g**  
selected varieties  
20031362001 C16  
20130914054 C12



**PC<sup>®</sup> ORGANICS TOMATO SAUCE**  
selected varieties  
700 mL  
20063773001 EA

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



**BRAGG ORGANIC APPLE CIDER VINEGAR**  
946 mL  
20805126001 EA

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



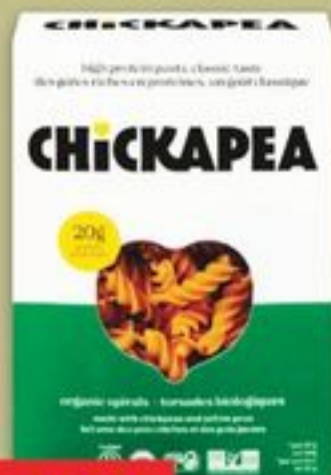
**PC<sup>®</sup> ORGANICS 100% CRANBERRY JUICE**  
946 mL  
20956951 EA

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



**PC<sup>®</sup> ORGANICS APPLE JUICE**  
1.36 L  
20956951 EA

**ORGANIC 3<sup>49</sup>**



**CHICKAPEA HIGH PROTEIN GLUTEN FREE PASTA**  
selected varieties  
227 g  
31197421 EA

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



**VEGA PROTEIN & GREENS POWDER**  
selected varieties  
310-326 g  
30630266002 EA

**26<sup>99</sup>**

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



## SNACK HARD SPEND LIGHT

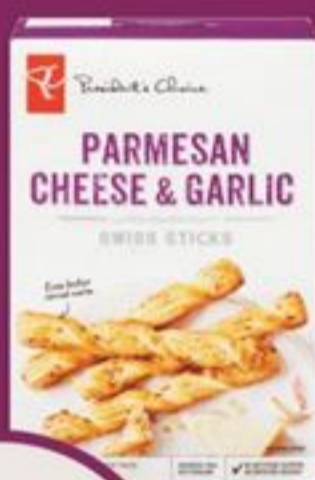
Feeling snackish? Congrats, you've made our 'nice list' and earned great deals on popular snacks.

**\$3**



PC® MINI POPPADOMS  
selected varieties  
113 g  
21606321\_EA

**2.49**



PC® SWISS STICKS  
selected varieties  
100 g  
20538543002\_EA

**1.75**



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

**2.99**



PC® SCALLOPED  
CRACKERS  
selected varieties  
185 g  
20603888002\_EA

**\$5**



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

**\$5**



PC® DELUXE MIXED  
NUTS  
selected varieties  
200 g  
21054980\_EA

**\$5**



PC® CASHEWS  
selected varieties  
200 g  
21054943\_EA

# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$6**

**PC® BRUSSELSLAW  
SALAD KIT**  
253 g  
21626132\_EA

## REFRESHING HOLIDAY PRICES

Holiday food comas are totally a thing. Take a break from heartier meals with fresh eats at low prices.



**349**

**PC® DIPS**  
selected varieties 227 g  
20584097\_EA



**\$6**

**PC® NAAN DIPPERS**  
400 g  
20999700\_EA



**\$5**

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



**\$5**

**PC® BRIOCHE LOAF  
CHOCOLATE CHIP**  
400 g  
21607172\_EA



**\$6**

**PC® DOUBLE  
CREAM/CRÈME  
BRIE**  
200 g  
20787327\_EA



**\$15**

**PC® THE ULTIMATE  
PORK RIB ROAST**  
1.1 kg  
21616767\_EA



Optimum™

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

# BLACK FRIDAY

DEALS STRAIGHT TO YOUR INBOX



Bell | ROGERS. | plus | fido

SIGN UP

## THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't fresh,  
we'll replace AND refund it.



We'll honour a current flyer deal  
if we're sold out, plus give you 10%  
back in PC Optimum™ points.



Deals from the past  
on select items.

The  **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](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).

ONLINE NFW MKT