

BIG HOLIDAY DEALS!

SAVE UP TO 64%

1.88 LB

AMBROSIA APPLES

product of Ontario,
Canada fancy grade
pommes
1.94/lb
3027454901, 80



Foodland
ONTARIO



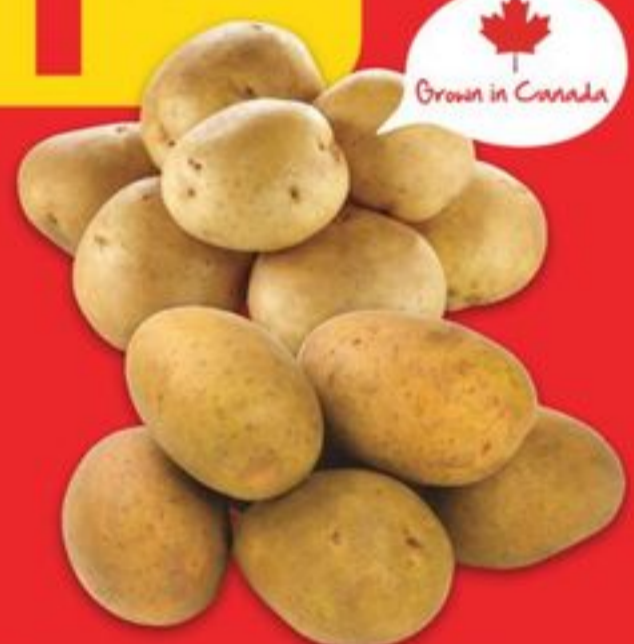
SAVE UP TO 64%

10 LB BAG

1.77

RUSSET or YELLOW POTATOES

product of Canada,
Canada no. 1 grade
pommes de terre Russet ou jaunes
3060117001, 5A/3060102001, 5A



SAVE 33%

60Z CLAMSHELL

1.99

BLACKBERRIES

product of Mexico or U.S.A.,
mûres
30051013001, 5A



SAVE 33%

312 G

3.99

PC® BABY SPINACH or SPRING MIX

product of U.S.A.,
petites épinards ou
mélange printanier
21204301, 5A/21204304, 5A



BIG HOLIDAY DEALS!



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



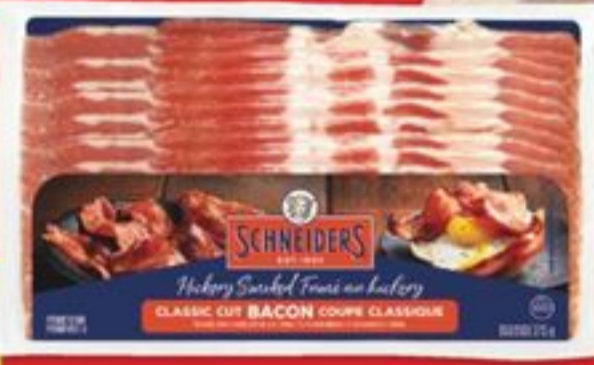
ONLY 1.97 LB

WHOLE CHICKEN
poulet entier
6.34/kg
20499970 60

WHILE QUANTITIES LAST

SAVE 37%

3.77



SCHNEIDERS BACON
selected varieties, 375 g
boîte
20773671 6A

SAVE 28%

\$5



PC® PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS
selected varieties, frozen, 700 g
pâtes ou frites ou burgers de poulet
21301321 6A



PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.33/kg
20320970 60

SAVE 54%

2.87 LB

SAVE 26%

1.25

UNICO BEANS or TOMATOES
selected varieties
540/796 mL
légumineuses ou tomates
20113467001 6A/20314629001 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
20218913 6A/2118494 6A



SAVE 20%

\$4

FARMER'S MARKET BUTTER CROISSANT or LOAF CAKES
selected varieties
200-400 g
gâteaux quatre-quarts
20973943 6A/2148954 6A



APP EXCLUSIVE OFFER
1,000 Value

ONLY 6.99

APP EXCLUSIVE OFFER
1,000 Value

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20028666 6A/201023290 6A



SAVE 25%

2.99

DORITOS TORTILLA CHIPS
selected varieties
210-280 g
croustilles de tortilla
21249118 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
4.54 KG
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 & SARAH'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGLIS, ANGLIS MARK'S - ARNOLD, EYAN'S - ATHERTON, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, EYAN'S - BEAUMONT, JOE'S - BELLEVILLE, REALTY'S - BRADFORD, RUTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRANTFORD, BRANTLEY'S - BRANTFORD, MICHAEL'S - BURLINGTON, DAVID & DEBRA'S - CAMBRIDGE, EDDIE & LINDA'S - CAMBRIDGE, FISHER'S - CAMPELLFORD, DANIEL'S - CASSIDIAN, FOR & KEITH'S - CHESTER, DAVID'S - COLLING, JAMES & JUNE'S - CONNELL, DUFFY - CO-OP, KUNNA, TONY'S - ELIZABETH, ROBERT'S - ETOBICOKE, JESSIE & KERRY'S - FORT PETER, BALDWIN'S - GANANOCHE, MIKE & GRACE'S - GLENDON, DAVID & NATALIE'S - GRAND BOND, DOONING'S - GUYTON, SHANNON & RICHARD'S - GUELPH, BOB'S - HARRISVILLE, CHRIS & JANE'S - HAMILTON, FRANK'S - HAMILTON, DANIEL'S - HAMILTON, KEVIN & CINDY'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INVERESS, DITERMAN'S - KINGSTON, ANDREW & EMILY'S - KINGSTON, SANITA'S - KINGSTON, DEBRA & LAURA'S - KITCHENER, BRIAN & JENNIFER'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASH'S - LONDON, PHILIP - LONDON, BOB & BRADLEY'S - LONDON, BOBBIE & TRACY'S - LONDON, BRIAN & BECKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MIDLAND, JAMES & JACQUELINE'S - MISSISSAUGA, CHRIS & SARAH'S - NIPISSAN, WACELAY'S - NEW HAMBURG, PHILIP'S - NIPISSAN, JEFF'S - NIPISSAN, JILL & MICHAEL'S - NIPISSAN, JIM & TERRY'S - NORTH BAY, JIM & LES ANNIE'S - ORANGEVILLE, JASON'S - ORONDA, CONNOR & KENNEDY'S - OTTAWA, DAVID'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACEY & TROY'S - PEART SOUND, STEVEN & JULIA'S - PIMMONT, CHRIS & NICOLE'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 & REE - 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
esparges ou chou-fleur
3018179001 SA/30133377001 SA



2.99

PINT

BLUEBERRIES
product of Peru, no. 1 grade
Mozzili
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
30000128001 SA



3.99
LB

RED & GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins rouges et verts sans
graines
30000129001 SA



3.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocat
30000130001 SA



3.99

PKG OF 4

RED & GREEN PEPPERS
product of U.S.A. or Mexico
poivrons rouges et verts
30000131001 SA



2.49

ICEBERG LETTUCE
product of U.S.A. or
Mexico,
no. 1 grade
salade iceberg
30133220001 SA



2.99

CELERY
product of Mexico or
U.S.A., no. 1 grade
nach
celéri
30133220001 SA



8.99

RED MANGOES
product of Brazil
cassis de mangue rouges
30000132001 SA
WHILE SUPPLIES LAST



\$7

6" POINSETTIAS
produit d'Amérique
mexicaine
30000133001 SA



3.99

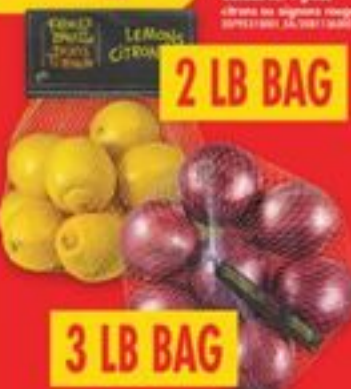
454 G

PC® WHOLE WHITE & CREAMI MUSHROOMS
product of Ontario
champignons blancs
no. 1 grade
30000134001 SA



\$4

FARMER'S MARKET LEMONS
product of Spain or Turkey or
U.S.A., no. 1 grade
Canada no. 1 grade
citrons des marchés
30000135001 SA



4.99

3 LB BAG

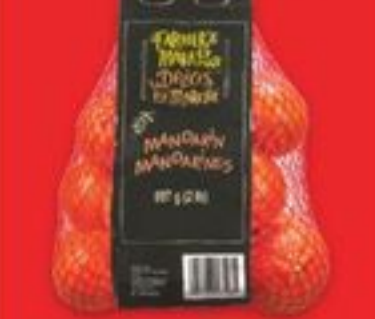
FARMER'S MARKET NAVEL ORANGES
product of South Africa
orange navel
30000136001 SA



4.99

2 LB BAG

FARMER'S MARKET MANDARINS
product of Spain or Morocco
mandarines
30000137001 SA



BIG HOLIDAY DEALS!



\$12

PC[®] CHICKEN BREAST, SPLIT CHICKEN RAW or BREAST CUTLETS
fresh, up to 720 g
portions de poulet ou oses de poulet séparées ou escalopes de poulet
21494306 EA

BONELESS BEEF STEW
cubes de bœuf déossé
22,02/kg
30257943 RD

9.99
LB



9.99

MAPLE LEAF or SCHNEIDERS HAM
selected varieties
400/700 g
jambon
21094578 EA/21094883 EA



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
20799938 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[®] RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP
frozen, 34-43 per lb
300 g
crevettes
21064882 EA



12.49

MARCANGELO ROAST or BACON WRAPPED CHICKEN
selected varieties
370-800 g
108 ou poulet rôti ou bacon
21148333 EA



4.49

PILLER'S SLICED DELI MEAT 150/200 g or **PC[®] TOPPED HUMMUS** 290 g
selected varieties
charcuteries tranchées ou hummus garni
21094382 EA/20812322 EA



4.99

SAPUTO CHEESE
selected varieties
125-200 g
fromages
20727013 EA/21218214 EA



\$10

NO NAME[®] APPETIZERS
selected varieties, frozen
154-800 g
hors-d'œuvre
21424323 EA



2.99

D'ITALIANO BREAD BUNS 600-675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
20032323 EA/20639949 EA



\$3

COUNTRY HARVEST BREAD BAGELS 600/650 g or **BAGELS** 6's
selected varieties
pain ou bagels
21172997 EA/21176442 EA



4.50

PC[®] MINI MUFFINS
selected varieties
12's
mini-muffins
21488229 EA



MARCANGELO SLICED DELI MEAT 100 g or **PEPPERONI** 175 g
selected varieties
charcuteries tranchées ou pepperoni
21062322 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
21204328 EA/21212142 EA

\$11

WHILE QUANTITIES LAST

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/30133474001 SA



5.99

NESCAFÉ GOLD or
SWEET & CREAMY
INSTANT COFFEE
selected varieties
90-251 g
café instantané
21074465 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, 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
mélange 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
bonbons au sucre ou bonbons de
chocolat
30000001 SA
WHOLE QUANTITIES LAST



3.99

LINDT MINI
CHOCOLATE BEAR
100 g, **LINDT BEAR**
MULTI 25 g or
DARE REALFRUIT
CANDY 220 g
selected varieties
chocolat ou bonbons
30000001 SA
WHOLE QUANTITIES LAST



4.99

CADBURY MINI
EGGS 200 g or
OLD EXCELLENT
BEANRY BEANS 200 g
selected varieties
bonbons ou chocolats au
cacao 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
chocolat
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 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 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 2121081 EA



MAYNARD'S CANDY selected varieties 150/154 g croquantes 2134334 EA/2134335 EA



\$2.49

CHRISTIE CRISPERS or BITS & BITES CRACKERS selected varieties 143 g croquantes 2133837 EA/2133833 EA

\$2

CHRISTIE COOKIES selected varieties 285-530 g biscuits 2133893 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/20754233_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/20754233_EA



3.99

GLADE SMALL JAR CANDLE
selected varieties
petites bougies en jar
202849001_EA/20754233_EA



4.49

ZIPLOC STORAGE BAGS
selected varieties
15-200 l
sacs de rangement
20271011_EA/20271011_EA



11.49

GLAD GARBAGE BAGS
selected varieties
30-40 l
sacs à ordures
21104477_EA



13.88

ARM & HAMMER LAUNDRY DETERGENT
4.02 l
détergent à lessive
21107347_EA



15.99

TIDE PODS 3.1 LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.14 L or SCENT BOOSTERS 400 g
selected varieties
détergent à lessive ou assouplissant textile ou renforceur de parfum
21104477_EA/21104477_EA



1.99

PEDIGREE WET DOG FOOD
selected varieties
375 g
nourriture humide pour chiens
21104477_EA



9.99

PEDIGREE DENTASTIX MARROBONE 300-400 g
MARROBONE 1.7 kg
selected varieties
gâchettes pour chiens
21071011_EA/21071011_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/20029447001_EA

LANTIC SUGAR
selected varieties
1 kg
3002442205_EA/20164994_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
20060354_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 34-450 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
31247096 EA/21347099 EA



PRICE DROP

2.99

TRESEMME HAIR CARE
selected varieties
198-311 g/168-828 mL
soins capillaires
2031530314 EA/211570102 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
30137402002 EA/20325043001 EA



PRICE DROP

3.49

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
31041420 EA/21304034 EA



PRICE DROP

4.79

SENSODYNE or PRONAMEL TOOTHPASTE
75/100 mL or POLIGRIP 40 g
selected varieties
dentifrice
30201170601 EA/20714075 EA

DOVE MEN+ CARE DEODORANT
selected varieties
76/83 g
déodorant
2032244001 EA



PRICE DROP

6.49



PRICE DROP

3.99

Q-TIPS
500's
coton-tige
3032307701 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
20321421004 EA/21114099 EA



PRICE DROP

3.99

IVORY BAR SOAP 10x90 g or BODY WASH 431 mL
selected varieties
pain de savon ou nettoyant pour le corps
20347087002 EA/2060234001 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
2034074001 EA/21340792 EA



PRICE DROP

1.79

GERBER SNACKS or ENTREES
selected varieties
43-187 g
collations ou plats cuisinés
2034418002 EA/2034418007 EA



PRICE DROP

1.99

HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS
selected varieties
28-74's
collèges d'entraînement
2032327 EA/21327046 EA



PRICE DROP

26.99

ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS
selected varieties
10-72's
serviettes ou protège-coton ou tampons
2144704 EA/21432007 EA



PRICE DROP

4.79

VASELINE LOTION
selected varieties
400 mL
lotion
21083011 EA/21083010 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
4x237 mL
boissons de substitut de repas
2034321 CA/2034321 CA

ALWAYS \$

PC® distilled water
4 L
eau distillée
20797191 EA

1.25



Life Brand® mouthwash
selected varieties
1 L
rinçage-bouche
21201386 EA/21201404 EA

\$4



BIG HOLIDAY DEALS!

PC® CHOCOLATE GIFT BOX
207 g
boîte-cadeau de chocolat
21119030, EA

WHILE QUANTITIES LAST

5.99



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

\$3



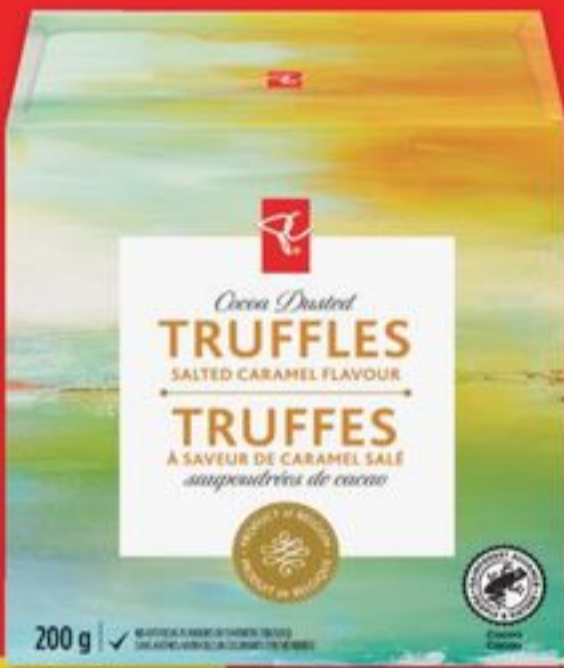
3.99

PC® HOT CHOCOLATE BOMBS
90 g
bombes pour chocolat chaud
21287279, EA
WHILE QUANTITIES LAST



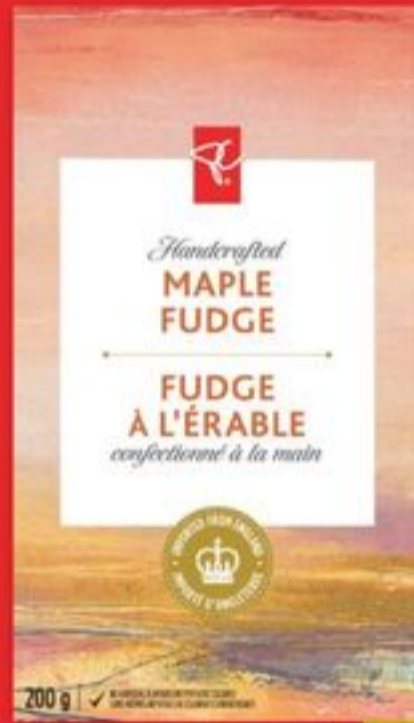
PC® SWISSE BAR
selected varieties
100 g
barres
21409237, EA

\$2



2.99

PC® DUSTED TRUFFLES
selected varieties
200 g
truffes
21294180, EA



PC® GOURMET FUDGE
selected varieties
200 g
fudge gourmet
21291518, EA

3.99



6.99

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



400 G

PC® SWISSE BAR
selected varieties
barres
20079863, EA

6.99

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
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
croustilles 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.