

BIG HOLIDAY DEALS!

ORGANIC

1.99

**6 OZ
CLAMSHELL**

**ORGANIC
BLUEBERRIES**

product of Mexico

5lb each

20623947001 EA



**ONLY
3.88**

5 LB BOX

CLEMENTINES

product of Morocco or Spain

5lb each

20143344001 EA

APP EXCLUSIVE OFFER*

1,000

**\$1
Value**



SAVE 64%

2.88

10 LB BAG

**FARMER'S MARKET™
YELLOW ONIONS**

product of Ontario, Canada no. 1 grade

signona jaunes

20600991001 EA



WOW!

6.88

CASE

**PC® KAKI
PERSIMMONS**

product of Spain

kaki persimmons

21211428001

APP EXCLUSIVE OFFER*

2,000

**\$2
Value**



BIG HOLIDAY DEALS!

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 12 TO WEDNESDAY, DECEMBER 18, 2024.

SAVE UP TO 36%

6.99



PC® APPETIZERS
selected varieties, frozen
240-300 g
beyond expiry
21114020 SA

CLUB SIZE



SAVE 25%

4.48
LB

CHICKEN BREAST
boneless, skinless
poitrines de poulet
9.88/kg
20441134 R2

SAVE UP TO 32%

3.88

INTERNATIONAL DELIGHT COFFEE CREAMERS 946 ml or **COLD FOAM** 396 g
selected varieties
café et café au lait moussé froid
2089480002 SA



ONLY 1.99
LB

PORK HALF LOIN
boneless fresh cryovac package
4.29/kg
demi-longe de porc
2034767 R0

WHILE QUANTITIES LAST

SAVE UP TO 55%

1.25

ITALPASTA 750 g or **CATELLI SAUCE** 500 ml
selected varieties
pâtes ou sauce
21412807 SA/208949002 SA



SAVE 28%

2.49

COUNTRY HARVEST BREAD 600/430 g or **BAGELS** 4 1/2
selected varieties
pain ou bagels
2119442 SA/21172807 SA



ONLY \$5

SEAQUEST® RAW SHELL ON SHRIMP or **COOKED PEELED SHRIMP** 36-43 per lb, frozen,
200 g
coquilles
2108462 SA



SAVE 37%

1.88

CAMPBELL'S CHUNKY, READY TO SERVE or **HABITANT** 796 ml
selected varieties
soupe
21412807 SA/21084907 SA



SAVE UP TO 51%

2.44

MCCAIN SUPERFRIES or **SPECIALTY FRIES** 434-500 g or **GREEN GIANT FROZEN VEGETABLES** 400-730 g
selected varieties, frozen
frites ou légumes surgelés
20242046 SA/21412807 SA



SAVE 24%

1.50

NO NAME® WHITE VINEGAR
club size 4 L
 vinaigre blanc
2002756 SA



APP EXCLUSIVE OFFER
500¢

50¢ Value

SAVE UP TO 56%

3.50

ROYALE TISSUE
selected varieties
4473/100 sheets
serviettes
21084907 SA



SAVE UP TO 40%

5.99

ROYALE BATHROOM TISSUE or **ROYALE TIGER TOWELS**
selected varieties
papier hygiénique ou serviette
21084907 SA/21172807 SA



SAVE UP TO 49%

\$1

OASIS JUICE, DEL MONTE NECTAR or **ARIZONA ICED TEA**
selected varieties, 946 ml
(or per the glass)
20894907 SA/20894907 SA



PRICE DROP

4.77

ARMSTRONG or **PC® SHREDDED CHEESE** 250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286340 SA/21346749 SA



PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20439926 SA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto; please see nofrills.ca for flyers for these stores.

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

01 NFO

BIG HOLIDAY DEALS!

SAVE UP TO 27%

2.75

LAY'S POTATO CHIPS 177/235 g or **POPPABLES** 130 g
selected varieties
croustilles ou grignolines
21241022_EA



SAVE UP TO 44%

2.50

MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties, 1.89 L
cocktail de jus de palourdes ou canberge
2030004608_EA/20318953002_EA



SAVE 42%

\$4

BOURSIN CHEESE
selected varieties
150/220 g
fromage
20116798_EA/212170643_EA



SAVE 30%

6.99

ALFA ROLLINI PUFF PASTRY
selected varieties
1 kg
pâte feuilletée
21609988_EA/21609987_EA



\$7

6" POINSETTIA
assorted colours
poinsétilla
20009979_EA/21218142_EA



FRESH AT LOW PRICES

325 G

ASPARAGUS
product of Peru or Mexico, no. 1 grade
each
aspargos
20181709001, EA

3.99



PINEAPPLE
product of Costa Rica or
CANTALOUPE
product of Guatemala, no. 1 grade
ananas ou cantaloup
20187017001, EA/201840992001, EA

2.99



2.99

6 OZ CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico
mûres
20128923001, EA



\$1 Value

APP EXCLUSIVE OFFER
Optimum
1,000

GROWN IN CANADA

4.99

10 LB BAG

RED, YELLOW, WHITE or RUSSET POTATOES
product of Canada, Canada no. 1 grade
potatoes de terre
20481020001, EA/204010113001, EA

1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121340001, EA



3.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocats
20142223001, EA



4.49

PKG OF 4

GREEN or RED PEPPERS
product of Mexico
poivrons
20111223001, EA/2001200001, EA



.99
LB

RUTABAGAS
product of Ontario,
Canada no. 1 grade
rutabagas
2114434001, EA



1.49
LB

SWEET POTATOES
product of Ontario
potatoes douces
2.25 lb
2012702001, EA



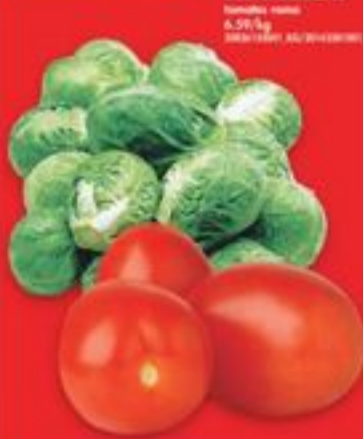
1.79

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
cucumbers anglais
2007012001, EA



2.99
LB

BRUSSELS SPROUTS
product of U.S.A. or
Mexico
or TOMATOES
product of Canada, Mexico
or U.S.A., no. 1 grade
choux de Bruxelles ou
tomates
204212201, EA/204202001, EA



2.99

3 LB BAG

FARMER'S MARKET CARROTS
product of Ontario,
Canada no. 1 grade
carottes
200007001, EA



2.99
LB

BLACK PLUMS or RED GLOBE GRAPES
product of Peru, no. 1 grade
prunes ou raisins
6.25 lb
201042001, EA/201020001, EA



4.99

3 LB BAG

FARMER'S MARKET NAVEL ORANGES
product of Spain, Morocco
or Turkey
oranges navel
201020001, EA



4.99

4 LB BAG

FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade
pommes
200702001, EA/200700001, EA



FRESH AT LOW PRICES

3-5 kg
\$17
each

5-7 kg
\$22
each

7-9 kg
\$29
each

9-11 kg
\$34
each



Sides not included, but they are recommended

FROZEN TURKEYS
selected varieties
diversos surtidos
21209114 SA

WHILE QUANTITIES LAST

5.99

ULTIMATE CHICKEN SAUSAGES
selected varieties
375/500 g
saucisses de poulet
2127629 SA



6.49
LB

LEAN GROUND BEEF AND PORK
fresh
bœuf et porc hachés maigres
14.21/kg
20441188 SA



6.99

PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
bâtonnets en branches de saucisson
2109726 SA/2109727 SA



3.99
LB

NO NAME® COTTAGE ROLL
côte de porc roulée
5.82/kg
20148274 SA
WHILE QUANTITIES LAST



9.99

SCHNEIDERS CHICKEN WINGS
selected varieties, frozen
415 g
sides de poulet
21272422 SA



13.79

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties, fresh
750/1000 g
côte de porc
21402224 SA



5.49

MARCANGELO SLICED DELI MEAT PEPPERONI
100 g or 173 g
selected varieties
Charcuteries tranchées au pepperoni
20443332 SA



2.99

SMOKED STEELHEAD SALMON
pre-diced, 30 g
SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat, 327 g or 60 SHRIMP RAW COOKED,
43/70 per lb or 140 g
selected varieties
saumon fumé au gelée d'Alaska aromatisé ou crevettes
20770460 SA/21206371 SA



11.50
LB

SEAQUEST® COHO SALMON FILLET
filet de saumon
25.25/kg
21144932 SA
WHILE QUANTITIES LAST



2.99

PC® CINNAMON RAISIN BREAD or HOT CROSS BUNS
675 g or 875 g
pain, croustille et rollaux ou beignets
2042727 SA/21277822 SA



2.49

WONDER BREAD or BUNS
675 g or 875 g
pain ou petits pains
20274296 SA/20274322 SA



\$5

ACE BAKERY ROLLS
selected varieties
440-640 g
petits pains
21294222 SA



500⁺
50¢ Value

\$5



AGROPUR BRIE or CAMEMBERT CHEESE
selected varieties, 170 g
from an award-winning
20442222 SA/20777792 SA

500⁺
50¢ Value

\$7



OKA CHEESE
selected varieties, 190 g
fromage
20412792 SA

500⁺
50¢ Value

\$5



MONSIEUR GUSTAV GOUDA CHEESE
selected varieties, 170 g
fromage
21277422 SA



BIG HOLIDAY DEALS!



PRICE DROP

.88

NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
20266719 SA

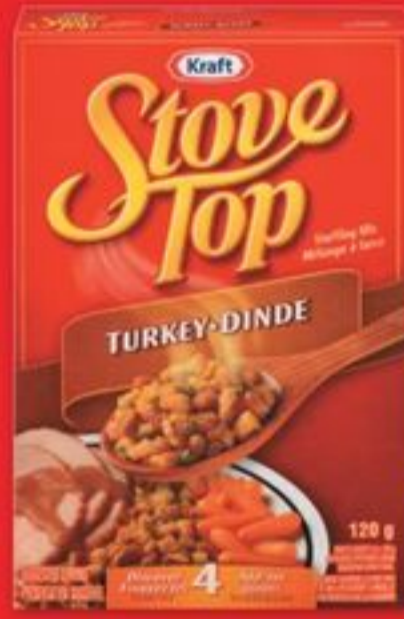


ONLY

5.99

BECEL MARGARINE
selected varieties
637/850 g
margarine
2029781803 SA

FRANCO-AMERICAN GRAY
selected varieties
284 mL
sauce brune
20266234 SA



STOVE TOP STUFFING
selected varieties
120 g
farce
20210207001 SA

SAVE 32%

\$1

SAVE 44%

1.27

\$2

HELIVA GOOD! DIPS
selected varieties
250 g
fromages
2027997902 SA



1.59

OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
20023873001 SA



2.99

PILLSBURY REFRIGERATED DOUGH
selected varieties
318-468 g
pâte réfrigérée
20210024001 SA



2.50

LANTIC GRANULATED SUGAR
7 kg
sucre
20145303 SA



4.99

BEN & JERRY'S ICE CREAM NOVITIES 473 mL or 3/4 L
selected varieties, frozen
crème glacée ou
friandises glacées
2024200902 SA/21428402 SA



4.99

PREMIUM ICE CREAM 2 L or
CHAPMAN'S YUKON NOVITIES 5-8 L
selected varieties, frozen
crème glacée ou
friandises glacées
2022373901 SA/21012201 SA



2.49

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties
410 g
produit de fromages fondus
212008 SA



2.79

BEN'S ORIGINAL BISTRO EXPRESS
selected varieties
340/230 g
2
212009 SA



2.49

CHRISTIE COOKIES
selected varieties
224-203 g
biscuits
2020007 SA/21041008 SA



2.99

PC BLUE MENU BEANS
selected varieties
100 g
legumineuses
20207103 SA



1.25

MINUTE MAID FRUIT COCKTAILS
selected varieties
1 L
cocktails de fruit
212009 SA



2.49

REAL CANADIAN NATURAL SPRING WATER
34x500 mL
eau de source
2020007 SA



11.99

COCA-COLA PEPSI SOFT DRINKS
selected varieties
24x333 mL
boissons gazeuses
2020007 SA/2020007 SA



\$1

NO NAME RICE CRACKERS
selected varieties
100 g
craquelins de riz
2020007 SA



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

NO HST*

**For a complete list of
eligible items, scan here**



Select food and beverages including:

- Beer, wine that are 22.9% alcohol by volume (ABV) or less
- Spirit, coolers, premixed alcoholic beverages that are 7% ABV or less
- Candies and candy-coated items
- Chocolate and gum
- Salty snacks, nuts or seeds
- Granola products and snack mixtures
- Frozen treats
- Fruit bars and fruit-based snacks
- Baked goods and sweets such as cakes, pies, pastries and cookies
- Pudding and mousse
- Prepared arrangements of foods such as salads, sandwiches and platters
- Hot foods or beverages sold on site

Select children's items including:

- Clothing, shoes and accessories (Children's clothes up to girls' size 16 and boys' size 20 or in sizes XS, S, M, or L)
- Diapers
- Car seats
- Toys, plush and games (for kids under 14)

Select literature including:

- Printed newspapers and books

*HST Relief on eligible items effective December 14, 2024 to February 15, 2025. Exclusions may apply to eligible item categories listed to the right. For details, scan QR code or visit <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break.html>. Shelf labels for HST Relief eligible items may indicate that GST applies; however, no HST will be applied at point of sale during the relief period.

DECEMBER

**HIT
OF THE
MONTH**



\$3

Planters salted mixed nuts,
225 g
Limit: 6, over limit retail \$3.50.



\$3

Wonderful Pistachios,
salted or unsalted, 225 g
product of U.S.A.
Limit: 6, over limit retail \$5.00



\$5

San Pellegrino Italian sparkling drinks,
Selected varieties, 6x330 mL
Limit: 4, over limit retail \$6.00



\$1⁵⁰

PC® English Muffins,
6's, selected varieties
Limit: 4, over limit retail \$2.99



Optimum
Members-Only Price
\$2
Non-Members
\$2⁵⁰

Christie Mini Cookies, Snack Packs
Selected Varieties, 150-200 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 December 1st – 31st, 2024.

BIG HOLIDAY DEALS!

15⁹⁹

TIMOTHY'S, KRISPY KREME or DONUT HOUSE PODS

selected varieties
30's
capsules de café
21007380_EA/21433555_EA



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

BRANDS YOU LOVE AT LOW PRICES



Optimum
Members-Only Price™
5.99
Non-members
\$7

HIGH LINER FAMILY FAVOURITES FISH or SHRIMP
selected varieties, frozen
330-700 g
pâtisseries des crêvettes
3057229691_EA/31293972_EA



CHEEMO PEROGIES
745-907 g or
VILLA PASTAS 400 g
selected varieties, frozen
perogies ou pâtes
30527159_EA/21032440_EA

Optimum
Members-Only Price™
1.99
Non-members
2.50



ONLY 7.99



PC® BLACK LABEL PIZZA
selected varieties, frozen
370-430 g
pizza
31521413_EA



LIBERTÉ GREEK 450/750 g or
MEDITERRANÉE 900 g
YOPLAIT YOP
NO SUGAR ADDED 8's or
YOP 6's YOGURT
selected varieties
yogourt
30442273_EA/21479944_EA

ONLY 6.49

2.99

TETLEY or TWININGS HERBAL TEA
selected varieties
30/24's
boisson
3030946001_EA/30711138_EA



3.49

IÖGO NANO DRINKABLE 6's or SIGGI'S SKYR 4's YOGURT
selected varieties
yogourt
3040647061_EA/21090072_EA



3.99

KELLOGG'S HOLIDAY RICE KRISPIES 340 g
ELF ON THE SHELF 340 g
ALL BRAN 430/523 g
RAISIN BRAN 423/451 g
VECTOR 306/400 g
SPECIAL K 320-433 g or
MINI-WHEATS 405-510 g
CEREAL
selected varieties
céréales
3030741001_EA/21097032_EA
WHILE QUANTITIES LAST



2.49

GAY LEA SOUR CREAM
selected varieties
425/300 mL
crème sure
3057229691_EA



3.99

TENDERFLAKE PIE SHELL
selected varieties, frozen
255-397 g
croûte à tarte
30303840003_EA



6.50

NUTELLA HAZELNUT SPREAD
725 g
confiture de noisettes
30442273_EA



\$1

CLUB HOUSE GRAVY or SEASONING MIX
selected varieties
20-47 g
mélange à sauce de
à assaisonnement
3030814901_EA/3032721801_EA



2.49

CHEEZ-IT CRACKERS
selected varieties
191/200 g
craquelins
30314546_EA



3.29

MARIO'S CORNED BEEF or COOKED HAM
340 g
boeuf salé ou jambon cuit
21296414_EA



3.39

OASIS SMOOTHIES or HEALTH-BREAK BEVERAGES
selected varieties
1.6 L
boissons
31209718_EA



3.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x750 mL
boissons gazeux
3030741001_EA



7.99

MONSTER or RED BULL ENERGY DRINKS
selected varieties
boissons énergisants
3030741001_EA



5.99

HELLMANN'S REAL MAYONNAISE
selected varieties
710-840 mL
mayonnaise
30442273_EA/21094000_EA



APP EXCLUSIVE OFFER*

Optimum
5,000 pts

\$5 Value

when you spend \$12* or more on Kellogg's & Kashi cereals products

all sizes and varieties
céréales
20072706_EA



BRANDS YOU LOVE AT LOW PRICES

NEILSON 5/10% 1 L or 18/35% 473 mL CREAM selected varieties
CRMS 30133009 SA/30174431 SA

SAVE 21%

2.99



POGO frozen 4's
sachets sur bâtonnets
3011833201 SA

SAVE 24%

\$4

NESTLÉ MILKSHAKE 473 mL or MILK2GO 325/473 mL selected varieties
last fourth on list
3022648001 SA

SAVE UP TO 50%

1.39



PC® TEA 48's or RED ROSE ORANGE PEKOE TEA 72's selected varieties
31403494 SA/31393431 SA



ONLY 4.99

4.29

NO NAME® PEANUT BUTTER selected varieties
1 kg
beurre d'arachide
3029493001 SA/21430543 SA



5.79

SMUCKER'S JAM or JELLY selected varieties
310-500 mL
confiture ou gelée
302308043001 SA/302308043004 SA



19.99

MCCAFE ROAST AND GROUND COFFEE 440/875 g or PODS 30's selected varieties
café moulu ou capsules
31287973 SA/21433844 SA



2.99

TIM HORTONS SOUP 540 mL or CHILI 425 g selected varieties
soupe ou chili
31333119 SA/21393464 SA



3.99

PC® ROLLED WAFERS selected varieties
400 g
gourmités roulées
30906343002 SA



3.99

WALKERS SHORTBREAD FINGERS 150 g or PC® FINE CRACKERS 250 g selected varieties
sablés ou croquants
30113288 SA/20142330 SA



\$2

CADBURY CHOCOLATE BAR selected varieties
80-100 g
barres de chocolat
3040343001 SA/3022779801 SA



2.50

PC® KETTLE CHIPS selected varieties
200 g
croquettes
31428021 SA



8.99

PALMOLIVE LIQUID DISH SOAP selected varieties
4.27 L
savon liquide à vaisselle
31124001 SA



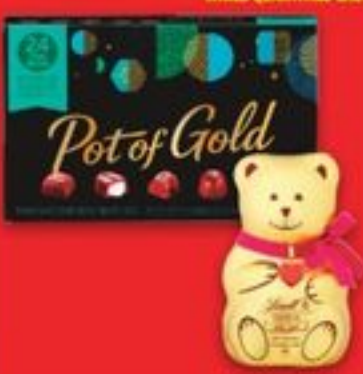
12.99

PUREX LIQUID LAUNDRY DETERGENT 4.08-4.43 L or SNUGGLE FABRIC SOFTENER 3.4 L selected varieties
détergent ou assouplissant
304032001 SA/30131041 SA



6.99

LINDT GOLD BEAR 30/100 g or POT OF GOLD 342-345 g selected varieties
chocolat
30429204 SA/31344944 SA
WHILE QUANTITIES LAST



9.99

CADBURY GIFT BOX 304 g
boîte-cadeaux de chocolat
31448143 SA
WHILE QUANTITIES LAST



10.49

KINDER MAXI selected varieties
134/150 g
sablés au chocolat
30477916 SA
WHILE QUANTITIES LAST



10.99

MERCI BOXED CHOCOLATE 400 g
Assoupli au lait
31448143 SA
WHILE QUANTITIES LAST



OUR BRANDS Made by us, loved by you.



no name®



10⁹⁹

PC® FREE FROM® SLICED DELI MEAT 375/400 g or **PC® SPLENDIDO™ ANTIPASTO** or **PROSCIUTTO** 200 g
selected varieties
charcuteries ou antipasto ou prosciutto
20983492, EA/21049119, EA

PC® DOUBLE CREAM BRIE
450 g
brie double crème
20787166, EA

9⁹⁹



3⁷⁷

NO NAME® STUFFED CHICKEN
selected varieties, frozen
284 g
poulet farci
2091402, EA

FARMER'S MARKET™ MINI DOUGHNUTS
selected varieties
600 g
mini-beignes
2159942, EA

4⁵⁰



\$3

NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20208105001, EA

5⁴⁹

NO NAME® STIRRED YOGURT
selected varieties
12's
yogourt
20485574001, EA/20485574002, EA

12⁹⁹

PC® LASAGNAS or MAC & CHEESE
selected varieties, frozen, Club Size
2/2.27 kg
lasagne ou macaroni au fromage
20134930, EA/21178993, EA



2⁹⁹

PC® OATMEAL
selected varieties
264-344 g
grain
21305117, EA/21305150, EA

3²⁹

NO NAME® KETCHUP
1 L
ketchup
20103426, EA

3⁴⁹

PC® THE DECADENT® COOKIES
selected varieties
280/300 g
biscuits
20412257, EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS 6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g, **CHOCOLATE RAISIN SNACK PACK** 100 g or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins enrobés de chocolat ou raisins secs biologiques
2022049001, EA/21178326, EA

\$9

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
201774901, EA

9⁹⁹

NO NAME® LAUNDRY DETERGENT 6 L or **POWDER** 4 kg
selected varieties
détergent à lessive en poudre
21315345, EA/21529742, EA

MULTI BUY?

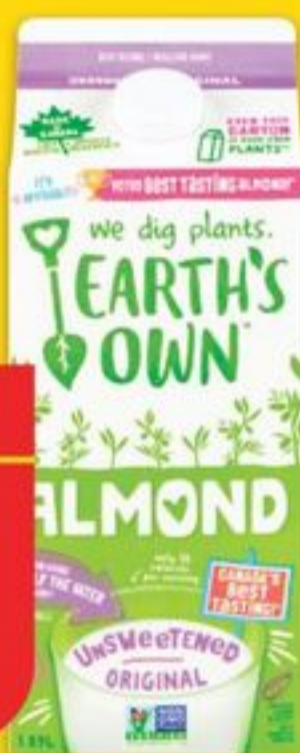
TRY

SINGLE BUY.



EARTH'S OWN BEVERAGES
selected varieties
1.89 L
boissons
2022747 SA

ONE FOR
379



GENERAL MILLS CEREAL
selected varieties
297-430 g
céréales
21104647 SA/21104055 SA



ONE FOR
399

KNORR SIDEKICKS
selected varieties
120-162 g
plats d'accompagnement
3032143011 SA

ONE FOR
179



CLASSICO SAUCE
selected varieties
410/630 mL
sauce
21418217 SA

ONE FOR
\$3

PC® SALAD DRESSING
selected varieties
475 mL
 vinaigrette
206288901 SA/206288906 SA

ONE FOR
279



PEEK FREANS COOKIES
selected varieties
275-350 g
biscuits
20480329 SA/20480381 SA

ONE FOR
\$4

ONE FOR
.90

FANCY FEAST 85 g or
FRISKIES 156 g **WET CAT FOOD**
selected varieties
nourriture humide pour chats
20302294001 SA/20319657005 SA



CLIF BAR
selected varieties
48 g
barres
20120914003 SA/20312421 SA

ONE FOR
250

SAN PELLEGRINO or PERRIER SPARKLING WATER
selected varieties
750 mL/1 L
eau pétillante
21012469 SA/21577878 SA

ONE FOR
\$2



MIO CRYSTAL LIGHT or KOOL-AID DRINK MIX
selected varieties
48 mL/24-56 g
mélanges à boisson
20643432 SA/2070494801 SA

ONE FOR
\$3

DEALS ON BABY ESSENTIALS



SATURDAY, DECEMBER 14 ONLY
 Optimum
4,000 pts

\$4
Value

HUGGIES ECONO PACK DIAPERS
 size N-6, selected varieties
 68-168's
 couches
 21331443 EA

34⁹⁹

SATURDAY, DECEMBER 14 ONLY
 Optimum
3,000 pts

\$3
Value



Optimum
Members-Only Price™
29⁹⁷
 SATURDAY, DECEMBER 14 ONLY
Non-members
32⁹⁹

PAMPERS ECONO PACK DIAPERS
 size N-6, selected varieties
 58-180's
 couches
 21331443 EA



19⁹⁹

HUGGIES 9/10x BABY WIPES
 selected varieties
 336-704's
 lingettes pour bébé
 21401195 EA

\$5

PC® DIAPER SYSTEM REFILL
 recharge pour seau de couches
 21307016 EA

1⁷⁹

GERBER BABY FOOD JARS
 159-162 ml, or
ORGANIC BABY FOOD POUCHES
 99 g/128 ml, selected varieties
 pots d'aliments pour bébé ou
 sachets d'aliments pour bébé
 biologiques
 21024894 EA/21446495 EA



4⁴⁹

GERBER INFANT CEREAL
 selected varieties
 227 g
 céréales pour bébé
 20782983 EA/21004946 EA



29⁹⁹

ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT
 selected varieties
 907 g
 supplément nutritif pour tout-petit
 21407931 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 au préparation pour nourriture ou aliments ou articles ou accessoires
 20915790_C01/20944548_EA/21370843_EA/21432245_EA



BETTER AS A MEMBER

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



Catelli or Barilla pasta or spaghetti
selected varieties
250-500 g
pâtes ou spaghetti
21404904 SA/20527060 SA



French's Ketchup or Mustard, Frank's RedHot or Thick or Squeeze Sauce, Stubb's BBQ or Cholula Sauce
selected varieties
150 mL-1 L
ketchup ou moutarde ou sauce piquante ou sauce barbecue ou sauce
20147620001 SA/20633068 SA



Cesar, Temptations, Pedigree, Whiskas, Greenies, IAMS, Sheba products
all sizes and varieties
produits pour animaux de compagnie
2029151001 SA/21239642 SA



Finish Additives
all sizes and varieties
agent de rinçage
20004223 SA/20004223 SA



SWANSON POT PIES
selected varieties
200 g
pâtés à la viande
2029120001 SA



GIUSEPPE GARLIC FINGERS
selected varieties
317 g
bâtonnets à l'ail
21144001 SA



EARTH'S OWN BARISTA OAT FORTIFIED OAT BEVERAGE
946 mL
boisson à l'avoine
21179001 SA



QUAKER RICE CAKES 127-199 g
or **CRISPY MINIS** 90/100 g
selected varieties
pâtisseries à la vanille
2021670001 SA/2021670001 SA



HARDBITE CHIPS
selected varieties
138-273 g
croustilles
202700001 SA/21107004 SA



LYSOL DISINFECTANT WIPES 75/84% DISINFECTANT SPRAY 200 mL or POWER PLUS TOILET BOWL CLEANER 940 mL
selected varieties
lingettes désinfectantes ou vaporisateur désinfectant ou nettoyant à toilette
2021431001 SA/21144004 SA



PILLER'S SLICED PEPPERONI
selected varieties
175/230 g
pepperoni tranché
20441001 SA



SABRA HUMMUS
selected varieties
283 g
hummus
20000001 SA



SABRA GUACAMOLE
selected varieties
190 g
guacamole
21200001 SA



OLIVERI SKILLET GNOCCHI with FRESH SAUCE 200 mL
selected varieties
gnocchi au sauce fraîche
20220001 SA/20114002 SA



OLIVERI FRESH FILLED TWIN PACK PASTA
selected varieties
450-500 g
pâtes farcies
20211001 SA

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
21606321_EA/21606358_EA



2.49

**PC® PARMESAN
CHEESE & GARLIC
SWISS STICKS**
100 g
bâtonnets suisses au
parmesan et ail
20638543002_EA



2.50

**PC® KETTLE COOKED
POTATO CHIPS**
selected varieties
200 g
croustilles
21422931_EA/21649769_EA



2.99

**PC® SCALLOPED
CRACKERS**
selected varieties
185 g
craquelins
20603888002_EA/20603888003_EA



\$5

**PC® DRY ROASTED
PEANUTS**
selected varieties
700 g
arachides rôties à sec
20067990001_EA/20067990003_EA



\$5

**PC® DELUXE MIXED
NUTS**
200 g
noix mélangées de luxe
21054980_EA



\$5

**PC® WHOLE
CASHEWS**
selected varieties
200 g
noix de cajou entières
21054943_EA

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$9

PC® FRENCH ONION SOUP STRAWS
frozen
240 g
pailles à la soupe à l'oignon
21612011_EA

H(APPY) HOLIDAY SAVINGS

Deals on holiday appies? Say less. Stock up on these must-tries for your festive get-togethers.



6.99

PC® CRANBERRY & BIE PUFF PASTRY BITES
frozen
288 g
bouchées feuilletées
21473122_EA



6.99

PC® SAUSAGE ROLLS
selected varieties, frozen
500 g
friands à la saucisse
21439588_EA/21638672_EA



\$11

PC® SHRIMP ROLLS
selected varieties, frozen
294 g
rouleaux aux crevettes
20960440_EA



12.99

PC® HORS D'OEUVRES
selected varieties, frozen
720 g
hors-d'œuvre
20116616_EA/20216516_EA



\$20

PC® PACIFIC WHITE SHRIMP PLATTER WITH SAUCE
frozen
568 g
crevettes blanches avec sauce
20147098_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.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.



Flu shot? Think Pharmacist.

Book your appointment today.*

Book now

*Subject to vaccine availability. Pharmacists can administer flu shots to children aged: 5 and older in Yukon, Alberta, Saskatchewan, PEI and Newfoundland; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. ™ Trademark of 911979 Alberta Ltd, used under license.



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 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.

ONLINE INFO MKT