

CELEBRATE OUR 300TH STORE OPENING

YOU COULD WIN
A YEAR OF
**FREE
GROCERIES!**

Text 300NoFrills
to 374557 to enter.

5 LB BAG

**FARMER'S MARKET™
SWEET POTATOES**
product of Canada or U.S.A.
patates douces
20697231001 EA

APP EXCLUSIVE OFFER*

500[¢]

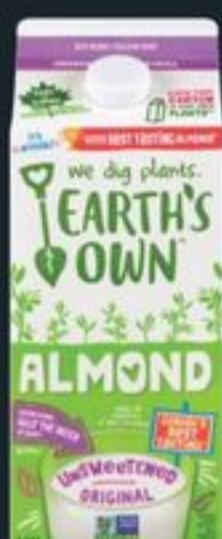
.50
Value

\$3.00



**EARTH'S OWN
BEVERAGES**
selected varieties
1.89 L
boissons
20227947 EA

\$3.00



1,000[¢]

\$1
Value

\$3.00



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20225609002 EA

\$3.00



**NESTLÉ
CHOCOLATE POUCHES**
selected varieties
135-203 g
chocolat
21080077 EA/21569498 EA

\$3.00



**CRAVE or
KRAFT DINNER ENTRÉES**
selected varieties, frozen
200-340 g
plats cuisinés
21085515 EA

See back for contest details.



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



\$1.50

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



Optimum
Members-Only Price
\$2
Non-Members
\$2.50

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.

CELEBRATE OUR
300TH
STORE OPENING

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 5 TO WEDNESDAY, DECEMBER 11, 2024.



ONLY
1.99
LB

COOK'S PORTION HAM
jambon
4.39/kg
20559641_KD

WHILE QUANTITIES LAST



ONLY
.98
LB

FROZEN
GRADE A FROZEN TURKEYS
selected varieties, 2-5 kg average
dindons
2.16/kg
20048076_KD

WHILE QUANTITIES LAST



SAVE 22%
6.99

ST-HUBERT or SWISS CHALET PIES
selected varieties, frozen
650-800 g
tartes
21047794_EA



ONLY
4.99

NEILSON TRUTASTE MILK 4 L,
LACTOSE FREE 2 L or
PROTEIN MILK 1.89 L
selected varieties
lait

20148477_EA/21040983_EA

SAVE UP TO 40%

BALDERSON CHEESE 250/280 g or
ZIGGY'S FETA CHEESE 400 g
selected varieties
fromage ou feta
20592952_EA/21493455_EA

5.99

1,000⁺

\$1 Value

SAVE 26%

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
20661811001_EA/20873036_EA

4.99

ONLY

6 OZ CLAMSHELL

1.86

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
romanes
2010878001_EA

SAVE 33%

CHRISTIE CRACKERS
selected varieties
175-386 g
croûtes
21030647_EA/21547034_EA

1.99

ONLY

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, CHICKEN NOODLE or VEGETABLE SOUP 284 mL
soupe
20176214004_EA

.77

ONLY

.99

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
concombres anglais
20076132001_EA



SAVE 35%

SUNLIGHT PUREX 4 L or
LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER or DRYER SHEETS 200⁺
selected varieties
détergent ou assouplissant ou feuilles
20083325001_EA/21427042_EA

8.99

110 LOADS

100 LOADS

ONLY

COCA-COLA or CANADA DRY SOFT DRINKS
24x355 mL or NESTEA
ICED TEA 20x341 mL
selected varieties
boissons gazeuses ou thé glacé
20308197001_C36/21021553_C30

11.27

ONLY

2.77

325 G

ASPARAGUS
product of Peru or Mexico,
no. 1 grade
asperges
20181709001_EA

SAVE UP TO 36%

FERRERO BOXED CHOCOLATE
selected varieties
156/200 g
chocolat en boîte
20000001_EA

\$7

WHILE QUANTITIES LAST

SAVE 33%

PC[®] ENTRÉES or SWANSON OVEN EASY MEALS 875/992 g
selected varieties, frozen
plats préparés
20100004_EA

\$7

SAVE UP TO 38%

ROBIN HOOD FIVE ROSES ALL PURPOSE FLOUR
10 KG
farine
20100001_EA

11.99

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

01 NFO



Optimum
500^{PH}

50¢
Value

3.99

PHILADELPHIA CREAM CHEESE
PRODUCT 227/250 g or
KRAFT CHEEZ WHIZ 450 g
selected varieties
produit de fromage à la crème ou de fromage fondu
25841267 EA/2065966001 EA



Optimum
1,000^{PH}

\$1
Value

5.99

KRAFT PEANUT BUTTER 750 g/1 kg or
HAZELNUT SPREAD 725 g
MAXWELL HOUSE or
NABOB TASSIMO DISCS 8-16's
selected varieties
beurre d'arachide ou tortino de noisettes ou
café instantané ou cartouches
2002954001 EA/20029581001 EA/20552968 EA/21285418 EA



Optimum
1,000^{PH}

\$1
Value

9.99

KRAFT SINGLES
selected varieties
825 g
tranches de fromage fondu
21188312 EA



Optimum
1,000^{PH}

\$1
Value

9.99

MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
café torréfié et moulu
21608822 EA



Set low prices on select items.



APP EXCLUSIVE OFFER*
Optimum
1,000

\$1 Value

3⁵⁰

ZIGGY'S® SLICED MEAT
selected varieties
175/300 g
viandes tranchées
21589323 EA/21592461 EA



\$10

NO NAME® FROZEN NOVELTIES
selected varieties
24/30's
friandises glacées
21013432 EA



\$4

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20212333001 EA/20217707 EA



.99

BAGUETTE
white or whole wheat
255 g
baguette
21529211 EA



5⁵⁰

DANONE ACTIVIA YOGURT
selected varieties
12's
yogourt
20303412001 EA/20608924 EA

BIG
HOLIDAY
DEALS!

SAVE 50%

9⁹⁹

**ROYALE
TIGER
TOWELS**

serviettes

21484704_EA

6=12 ROLLS



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

FRESH AT LOW PRICES



1.99

8.99

CASE

PC® KAKI PERSIMMONS
product of Spain
kakis
21211428001 EA

POMEGRANATE
product of U.S.A.
grade
20134767001 EA

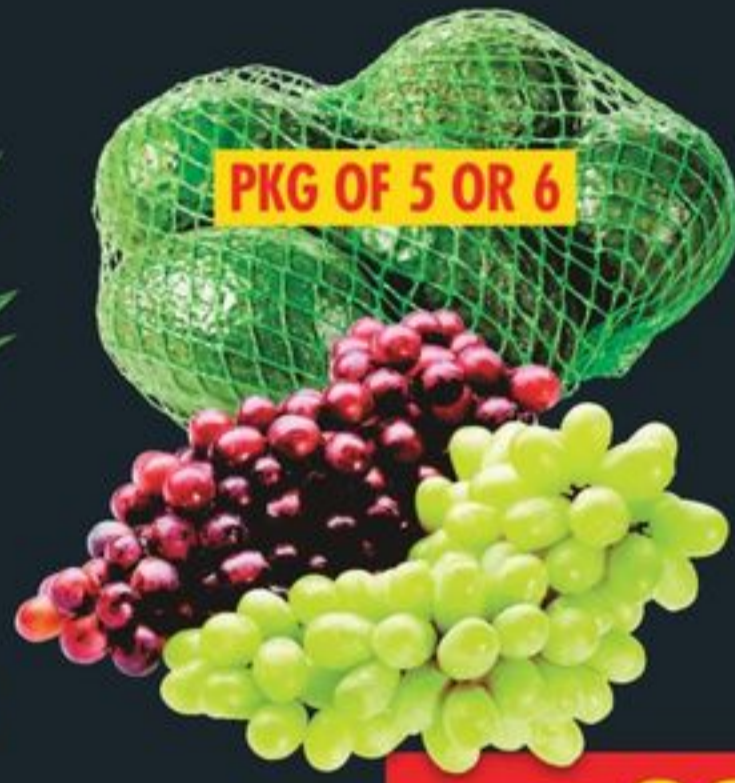


6 OZ CLAMSHELL

PINT

2.99

BLACKBERRIES
product of U.S.A. or Mexico.
BLUEBERRIES
product of Peru, no. 1 grade or
PINEAPPLE product of Costa Rica
mûres, bleuets ou ananas
20051013001 EA/20080137001 EA



PKG OF 5 OR 6

3.99
LB/EA

AVOCADOS each
product of Mexico or
GREEN or RED
SEEDLESS GRAPES 8.80/kg
product of U.S.A., no. 1 grade
avocats ou raisins verts ou rouges sans pépins
20423775001 KG/20142322001 EA
20139199001 KG

2.99

PKG OF 6

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-concombres
20737570001 EA



GROWN IN CANADA

10 LB BAG

4.99

BEETS or FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada,
Canada no. 1 grade
betteraves ou carottes
ou oignons jaunes
21121329001 EA/20400020001 EA

APP EXCLUSIVE OFFER
1,000

\$1
Value



\$7

6" POINSETTIA
assorted colours
poinsettia
2003979 EA



.79
LB

GREEN CABBAGE
product of Ontario,
Canada no. 1 grade
chou vert
1.74/kg
20793034001 KG



2.99
LB

TOMATOES ON THE VINE
product of U.S.A.,
Canada or Mexico
tomates sur vigne
6.59/kg
20026703001 KG



1.99
LB

BARTLETT PEARS
product of U.S.A., fancy grade
or **ROCHA PEARS**
product of Portugal,
extra fancy grade
poires
4.39/kg
20172380001 KG/20129549001 KG



1.29

COCONUTS
product of India or
Dominican Republic or
RED MANGOES
product of Brazil
noix de coco ou mangues rouges
20060774001 EA/20009633001 EA



5.99
LB

CHESTNUTS
product of Italy
châtaignes
13.21/kg
20061606001 KG



4.99

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade
pommes
20167998001 EA/20167998001 EA



4.99

3 LB BAG

FARMER'S MARKET™ NAVAL ORANGES
product of Spain, Morocco or Egypt
oranges navet
20142943001 EA



5.99

PC® AXIANY or VARIETY TOMATOES
product of U.S.A.,
Canada or Mexico
tomates Axiany ou de variétés
21424164001 EA/20449866001 EA



3.99

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Canada or
RED or GREEN PEPPERS
product of U.S.A.
champignons cremini entiers ou blancs ou poivrons rouges ou verts
20115233001 EA/20738071 EA



FRESH AT LOW PRICES



3⁹⁹
LB

LEAN GROUND PORK
fresh
porc haché maigre
8.80/kg
20333801 KG



9⁹⁹
LB

BONELESS TOP BLADE ROAST or
BONELESS TOP BLADE STEAK
rôti haut de palette désossé ou bifteck de haut de palette désossé
22.02/kg
20337989 KG



ALWAYS
\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
saucisses
21363790 EA



6⁹⁹
LB

CHICKEN THIGHS
boneless, skinless, fresh
hauts de cuisse de poulet
15.41/kg
20634744 KG

\$5

NO NAME® BACON
regular or salt reduced
bacon
20156771 EA



5⁹⁹

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
20153370 EA/21314740 EA



\$10

SEAQUEST® WILD PINK SALMON FILLETS
frozen
700 g
filets de saumon rose sauvage
21592064 EA



\$6

ZIGGY'S® CHICKEN or TURKEY STRIPS or KOLBASSA
375 g
selected varieties
lanières de poulet ou dinde ou kolbassa
2129884 EA



6⁹⁹

BARI RICOTTA CHEESE
selected varieties
500 g
ricotta
20572931 EA



10⁹⁹

SWISS CHALET PORK BACK RIBS
selected varieties, fully cooked
600 g
côtes de dos de porc
21022221 EA



1⁹⁷

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
bagels ou muffins anglais
2127708 EA/21277021 EA



2⁴⁹

WONDER BREAD or BUNS
475 g or 8's
selected varieties
pain ou petits pains
2037498 EA/2037492 EA



2⁷⁹

SUNRISE EXTRA FIRM TOFU
350 g
tofu
20379287 EA



\$5

FARMER'S MARKET™ COOKIES
selected varieties
12's
biscuits
20364291 EA



BRANDS YOU LOVE AT LOW PRICES



SAVE UP TO 38%
4.77

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g.
ARMSTRONG CHEESE 400 g.
selected varieties
fromage



SAVE UP TO 39%
\$2

NEILSON FLAVOURED MILK 1 L or CREAM
5/10% 473 mL
selected varieties
lait aromatisé ou crème



ONLY
2.99

LIBERTÉ MÉDITERRANÉE 4%
500 g or **GREEK** 4%
selected varieties
yogourt



HIGH LINER PAN-SEAR SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
poisson

SAVE UP TO 41%
\$9

1.66

CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé



\$4

8 INCH PECAN PIE
292 g
tarte aux noix



6.99

TWININGS TEA or STARBUCKS NESPRESSO CAPSULES
50%
selected varieties
10%
les capsules de café



2.50

FRUITÉ BEVERAGES
selected varieties, refrigerated
1.54 L
boissons



500th
50% Value

\$5

PC® SIDE DISHES
selected varieties, frozen
350/400 g
plats d'accompagnement



7.99

PC® VEGETABLES
Club Size,
selected varieties, frozen
1.73 kg
légumes



\$2

DARE CRACKERS
selected varieties
100-225 g
croûtes



2.99

VH COOKING or DIPPING SAUCE
selected varieties
241/355 mL
sauces à cuisson ou à trempette



2.49

DARE COOKIES
selected varieties
168-360 g
biscuits



3.99

QUE PASA TORTILLA CHIPS or SALSA
156-330 g or 420 mL
croustilles de tortilla ou salsa



6.99

HEINZ KETCHUP
1.5 L
ketchup



11.49

PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No checks 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. **By texting the advertised keyword to the short code, you agree to receive ongoing promotion messages from No Frills. To opt out at any time, text the word "STOP" to 374-557. For help, text the word "HELP" to 374-557. Standard message and data rates may apply. NO PURCHASE NECESSARY. Open to Canadian residents who are age of majority or older (including QC, Yukon, NV and NW). Content runs between December 5-15, 2024 with 2 different regional events as follows: West (MB, SK, AB, BC) from 12:00:01 a.m. MST on December 5, 2024 to 11:59:59 p.m. MST on December 15, 2024 and Ontario & Atlantic (ON, PE, NS, NB) from 12:00:01 a.m. EST on December 5, 2024 to 11:59:59 p.m. EST on December 15, 2024. There is a total of 2 Prizes available to be won, with 1 Prize available in each of the 2 Regions defined above. Each Prize consists of \$15,000 in No Frills gift cards. Must correctly answer mathematical skill-testing question. Odds of winning a Regional Prize depends on the total number of eligible entries received for each respective Regional Prize Draw. For full Official Contest Rules - visit nofrills.ca/smecontest.

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

BREYERS CREAMERY STYLE 1.66 L or FUDGSICLE NOVELTIES 12x
selected varieties, frozen
crème glacée
2034492506 SA/20763171 SA

PRICE DROP

4.99

DEL MONTE JUICE BLENDS
selected varieties
2.5 L
mélanges de jus
21437174 SA

PRICE DROP

\$6

UNICO PASSATA 680 mL or BARILLA PASTA 340/410 g
selected varieties
passata ou pâtes
20414260 SA/21404904 SA

PRICE DROP

\$2



PRICE DROP

\$3

ST-HUBERT POT PIES or QUICHE
selected varieties
235 g
pâtis ou quiche
21050852 SA

NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB
500 g
soudaison de pepperoni ou salami ou soudaison d'éché
20011818 SA

PRICE DROP

\$5

SEAQUEST® COLOSSAL RAW WHITE SHRIMP 16-20 per lb, 300 g or BAY SCALLOPS 400 g
frozen
crevettes ou pétoncles
21043887 SA/21538527 SA

PRICE DROP

6.99



PRICE DROP

1.99

BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
2021348200 SA

QUAKER BAKING MIXES 900 g or OAT FLOUR 700 g
selected varieties
mélanges à pâtisserie ou farine d'avoine
2001064001 SA

PRICE DROP

4.99



PRICE DROP

15.99

BEYOND MEAT PLANT-BASED BURGERS
frozen
678 g
burgers à base de plantes
21278994 SA

ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or KERNEL JAR 850 g
selected varieties
maïs à éclater ou en pot
2062952002 SA

PRICE DROP

3.99

M&M'S or MARS CHOCOLATE BAR MULTIPACK 4's or POUCHES 155-200 g
selected varieties
chocolat
20212925 SA/21371768 SA

PRICE DROP

4.49



PRICE DROP

6.99

LITTLE NORTHERN BAKEHOUSE BREAD
selected varieties
320-567 g
pain
20733064 SA/21100057 SA

SPARKLING ICE or MONTELLIER SPARKLING WATER
selected varieties
503 mL/1.1 L
eau pétillante
2086420011 SA/20910244 SA

PRICE DROP

\$1



PRICE DROP

4.99

CARNATION HOT CHOCOLATE
selected varieties
400/430 g
chocolat chaud
21207495 SA/21708602 SA



PRICE DROP

\$5

PC® SPARKLING WATER or SOFT DRINKS
selected varieties
12x335 mL
eau pétillante ou boissons gazeuses
2021887001 C11
2044824002 C01



PRICE DROP

7.99

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
202734001 SA/21410961 SA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP
579



BLACK DIAMOND CHEESTRINGS or **SNACKS** 252/336 g or **CRACKER BARREL CHEESE SHREDS** 320 g
selected varieties
fromage affrôchable ou collations ou fromage râpé
3074341 EA/712904 EA

PRICE DROP
349



PILLSBURY TOASTER STRUDEL
selected varieties, frozen
326 g
strudels
30173644001 EA



BECEL 427/454 g
PLANT BASED BRICKS 454 g or **IMPERIAL MARGARINE** 637 g
selected varieties
briques à base de plantes ou margarine
3032297001 EA/71333511 EA

PRICE DROP
399



PRICE DROP
250

CLOVER LEAF PINK SALMON or **WHITE TUNA**
selected varieties
150-213 g
saumon rose ou thon blanc
30003430 EA/30326338001 EA



PRICE DROP
399

RIO MARE TUNA SALAD BOWLS or **TUNA IN OLIVE OIL**
selected varieties
160 g
boîte de salade de thon ou thon dans l'huile d'olive
30971301 EA



PRICE DROP
999

STARBUCKS ROAST AND GROUND COFFEE
340 g, **PODS** 10's or **HOT CHOCOLATE**
240/300 g
selected varieties
café moulu ou capsules ou chocolat chaud
30548682002 EA/30548682004 EA



PRICE DROP
299

LECLERC CELEBRATION COOKIES
selected varieties
240 g
biscuits
30853797001 EA



PRICE DROP
\$3

DIANA or **BULL'S-EYE BBQ SAUCE**
selected varieties
425/500 mL
sauce barbecue
30547934002 EA/71184417 EA



PRICE DROP
599

SEAQUEST SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
31392029 EA



PRICE DROP
299

PC or **BLUE MENU CRANBERRY** or **VEGETABLE COCKTAIL**
selected varieties
1.89 L
cocktail de canneberges ou légumes
30307623001 EA/30506849004 EA



PRICE DROP
399

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
31900375 EA



PRICE DROP
449

AMY'S PLANT BASED ORGANIC SOUP
selected varieties
398 mL
soupe biologique à base de plantes
30305335004 EA



PRICE DROP
379

GLAD CLING WRAP 60 m, **ALCAN FOIL** 50 h, **NON-STICK FOIL** 25 h or **REYNOLDS PARCHMENT PAPER** 35 h
pellicule plastique ou papier d'aluminium ou papier d'aluminium non-adhésif ou papier parchemin
3064247 EA/305011842 EA



PRICE DROP
399

COCA-COLA or **CANADA DRY SOFT DRINKS**
selected varieties
6x222 mL
boissons gazeuses
3034238001 EA
3034238002 EA



PRICE DROP
1197

FOLGERS ROAST AND GROUND COFFEE
selected varieties
544-516 g
café moulu
31479102 EA



PRICE DROP
1249

TIDYCATS LIGHTWEIGHT CAT LITTER
selected varieties
2.73 kg
litière pour chats
31306476 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

3.99

BREYERS CLASSIC FROZEN DESSERT 1.66 L
CHAPMAN'S COLLECTION NOVELTIES 8's or
CHAPMAN'S LOLLY NOVELTIES 28's
selected varieties, frozen
dessert glacé ou friandises glacées
30301305002 EA/303223737001 EA

PRICE DROP

5.49

DANONE OIKOS TUBS
650/750 g or **ACTIVIA**
DRINKS 8's, **YOGURT**
selected varieties
yogourt
21004634 EA/21108439 EA

PRICE DROP

\$3

KELLOGG'S RICE KRISPIES
176/198 g, **POP TARTS** 384 g,
SPECIAL K 125 g or
NUTRI-GRAIN 295 g **BARs**
selected varieties
barres
30136547001 EA/2031394001 EA

STAGG CHILI
selected varieties
425 g
J&B
30071966 EA

PRICE DROP

2.69

PRICE DROP

6.99

TASTIEZ 400 g or
MCCAIN PIZZA
POCKETS 600 g
selected varieties, frozen
triangles de pizzas au fromage
ou pochettes de pizza
21047933 EA/21344489 EA

PC® 100% PURE MAPLE SYRUP
500 mL
sirop d'érable
3004201 EA

PRICE DROP

\$11

PC® GOAT CHEESE LOGS
selected varieties
140 g
bâchettes de chèvre
2000154 EA

PRICE DROP

4.49

PC® SPLENDIDO™ PARMIGIANO REGGIANO GRANA PADANO or PECORINO ROMANO
350 g
fromage
21011021 EA/21010328 EA

PRICE DROP

9.99

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

PRICE DROP

10.99

PC® DRY ROASTED PEANUTS 700 g, CASHEWS or DELUXE MIXED NUTS 300 g
selected varieties
arachides ou noix de cajou ou mélange de noix de luxe
2002799003 EA/21024990 EA

PRICE DROP

\$5

PRICE DROP

6.99

PC® CHOCOLATE GOLD BAR 300 g or
LINDT LINDOR CHOCOLATE BAG 130 g
selected varieties
chocolat
30027291 EA/21290291 EA

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

PRICE DROP

7.49

J.L. KRAFT PURE DRESSINGS
selected varieties
355 mL
 vinaigrettes
21074632 EA

PRICE DROP

3.99

2,500
Value

PRICE DROP

14.99

BUDWEISER ZERO NON-ALCOHOLIC BEER
12x355 mL
bière sans alcool
21295370 C13

GAIN LIQUID 4.55 L or FLINGS LAUNDRY DETERGENT
selected varieties
détergent à lessive
20294267 EA/21485174 EA

PRICE DROP

15.99

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 \$10* spent on Kellogg's family size cereal
selected varieties
480-650 g
céréales
21480748 EA/21480753 EA

APP EXCLUSIVE OFFER*

5,000
Value

\$5 Value

when you spend \$15* or more on Pringles, Cheez-it, Nutri-Grain Bars, Pop Tarts, Townhouse or Rice Krispies Bars
all sizes and varieties
céréales, crêpes ou barres
2124486 EA/20270960 EA



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yaourt à boire
21478178 EA/21478306 EA

\$1



YOPLAIT CREAMY or SOURCE 1% YOP NO SUGAR ADDED 0% or YOP 0% YOGURT
selected varieties
yogourt
2031731701 EA/21478984 EA

5.99



5.49



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
céréales
21103492 EA/21103495 EA



3.99

OLD EL PASO DINNER KITS 250-510 g
or **SALSA** 650 mL
selected varieties
trousses-repas ou salsa
20305182005 EA/20795334 EA



FIBRE 1, NATURE VALLEY SWEET & SALTY BARS
selected varieties
125-210 g
barres granola
21213359 EA/21213364 EA

3.50



STARBUCKS BEVERAGES
selected varieties
1.18 L
boissons
21254975 EA

7.50



STARBUCKS ICED COFFEE
selected varieties
1.42 L
café glacé
21215530 EA

\$8



MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
saucisses fumées de poulet
20043715 EA

1.99



MAPLE LODGE ULTIMATE or ZABIHA HALAL SUPREME CHICKEN WIENERS
selected varieties
900 g
filets de poulet
20671791 EA

4.99



BEYOND MEAT CHICKEN TENDERS
226 g
filets de poulet
21327730 EA

5.99



BEYOND MEAT PLANT BASED STEAK
226 g
bifeck à base de plantes
21329009 EA

5.99



7.99

BEYOND MEAT ITALIAN SAUSAGE
selected varieties
400 g
saucisses italiennes à déjeuner
à base de plantes
21300113 EA



7.99

BEYOND MEAT PLANT BASED BEEF GROUND
340 g
simili-viande hachée
à base de plantes
21220674 EA



BEYOND MEAT PLANT BASED BREAKFAST SAUSAGES
235 g
saucisses à déjeuner
à base de plantes
21399630 EA

7.99



4.29

PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20310544002_C06/203344093_C06



5.99

BUBLY or MONTELLIER SPARKLING WATER
selected varieties
10/12x355 mL
eau pétillante
21096704_C10/21174519_C13



GATORADE FIT 828 mL or GATORLYTE 591 mL SPORT DRINKS
selected varieties
boissons hydratantes
21449905 EA/21318011 EA

1.99

MULTI BUY? TRY SINGLE BUY.



ONE FOR

\$3

**KRAFT
SALAD DRESSING**
selected varieties
475 mL
vinodigraffo
21104047 EA/21104050 EA



ONE FOR

333

**DANONE OIKOS
GREEK YOGURT**
selected varieties
4 x
yogourt grec
20419713001 EA/20419713004 EA



ONE FOR

399

**GENERAL
MILLS CEREAL**
selected varieties
297-430 g
céréales
21104047 EA/21104053 EA

CELEBRATE OUR 300TH STORE OPENING



7⁹⁹

LOU'S KITCHEN ENTRÉES or LITTLE JUAN'S MEXICAN ENTRÉES
selected varieties, fully cooked
300-400 g
plats cuisinés
20079077 EA/21423544 EA

9⁹⁹

LOU'S PORK BACK RIBS
selected varieties, frozen
480 g
côtes de dos de porc
21330777 EA



4⁹⁹

NESTLÉ DRUMSTICKS or NOVELTIES
selected varieties, frozen
4-10's
crème glacée ou bonbonnes glacées
2022280001 EA/21162960 EA

5⁴⁹

HAAGEN DAZS ICE CREAM 400-450 mL or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou bonbonnes glacées
2020294001 EA/21513347 EA



\$2

CADBURY CHOCOLATE TABLET
selected varieties
80-100 g
barre de chocolat
20024241001 EA/20222193001 EA

\$2

MAYNARDS CANDY
selected varieties
150/154 g
bonbonnes
21545534 EA/21545405 EA



2²⁹

CHRISTIE CRISPERS
selected varieties
145 g
croquillons
21338227 EA/21338223 EA

2⁴⁹

CHRISTIE COOKIES
selected varieties
224-303 g
biscuits
21234807 EA/21261308 EA

3⁸⁸

PREMIUM PLUS CRACKERS
selected varieties
450-500 g
craquelins
21109004 EA



3⁶⁹

BETTY CROCKER PREMIUM CAKE, BROWNIE or COOKIE MIXES
selected varieties
263-550 g
mélanges à gâteau ou brownies ou biscuits
20734543 EA

3⁹⁹

OLD EL PASO DINNER KITS 250-510 g or **SALSA** 450 mL
selected varieties
trouvées-repas ou salsa
20305182005 EA/20791534 EA

3⁹⁹

GENERAL MILLS CHEREIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL
selected varieties
310-437 g
céréales
21213668 EA/21533225 EA



1⁹⁹

COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20211343001 EA/20314004003 EA

5⁴⁹

AHA SPARKLING WATER
selected varieties
eau pétillante
12x355 mL/21240792 C12

7⁴⁹

FUZE or PEACE TEA ICED TEA
selected varieties
12x341 mL
thé glacé
21643563 C12

CELEBRATE OUR 300TH STORE OPENING



**PEPPERIDGE FARM
GOLDFISH CRACKERS**
selected varieties
156-227 g
croûtes
20297344002 EA

2²⁹



**SNYDER'S
PRETZELS**
selected varieties
240 g
bretzels
20214603004 EA

2⁴⁹



**V8 VEGETABLE
COCKTAIL**
selected varieties
6x156 mL
cocktail de légumes
20297344002 EA

1⁸⁸



**CAMPBELL'S
CONDENSED SOUP**
selected varieties
284 mL
soupe condensée
20297344002 EA

1²⁹



**KRAFT DINNER
ORIGINAL**
200 g
macaroni au fromage
21549236 EA

1²⁵



**MAXWELL HOUSE
or
NABOB PODS**
selected varieties
30's
capsules de café
21308076 EA

13⁹⁹



**PRINGLES
PARTY STACK
POTATO CHIPS**
194/203 g or
MINGLES 155 g
selected varieties
croûtes
21074284 EA/21432632 EA

2⁹⁹



**CHEEZ-IT
CRACKERS**
selected varieties
191/200 g
croûtes
21214560 EA

2⁹⁹



**Optimum
Members-Only Price™**

\$3

**Non-members
\$4**



**EXCEL or
JUICY FRUIT
GUM BOTTLES**
selected varieties
40/60's
gomme
20310919002 EA/20310919004 EA



DIPPS
CHOCOLATE CHIP

\$2



**QUAKER
DIPPS or CHEWY
GRANOLA BARS**
selected varieties
120-156 g
barres granola
20847382 EA/21393366 EA



YUKON

4⁹⁹



**CHAPMAN'S
YUKON 5-8's or
PREMIUM ICE
CREAM 2 L**
selected varieties, frozen
crème glacée
2022372001 EA/21012281 EA



3⁴⁹

**EGGO WAFFLES 8's or
THICK AND FLUFFY 6's**
selected varieties
pâtes
20302779 EA



**OASIS JUICE,
DEL MONTE
NECTAR or
ARIZONA ICED TEA**
selected varieties
960 mL
jus ou thé glacé
20326723001 EA/20894117004 EA

1⁴⁹



4⁴⁹



**SAN DANIELE
PROSCIUTTO 100 g or
MASTRO SALAMI**
125/150 g
selected varieties
prosciutto ou salami
2081640 EA/21041099 EA

GIFT MORE SPEND LESS



\$1

**NO NAME®
MEDIUM GIFT BAGS**
21427564 EA
while quantities last



\$2

**NO NAME®
LARGE GIFT BAGS**
21427522 EA
while quantities last



\$2

**NO NAME®
GIFT WRAP**
21449010 EA
while quantities last



\$5

**NO NAME®
FOLDING PAPER
GIFT BOXES**
set of 6
21427629 EA
while quantities last

AVAILABLE AT SELECT LOCATIONS ONLY

CLEAN UP ON LOW PRICES



\$9

DOVE HOLIDAY SCENTS BODY WASH
 selected varieties
 591 mL
 21412131 EA/21412134 EA
 while quantities last



\$8

KAMILL HAND CREAM GIFT SET
 3x75 mL
 21305771 EA
 while quantities last



\$10

VITA BATH MINI SHOWER AND BATH BLISS
 5x120 mL
 21405403 EA
 while quantities last



\$18

ORAL-B KIDS CHAMELEON HOLIDAY PACK
 21410440 EA
 while quantities last

AVAILABLE AT SELECT LOCATIONS ONLY

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.

**HOT
PRICE**

**NO PREP
ALL SAVINGS**

Easy holiday hosting for less? Just pop these frozen faves in the oven and you're good to go.

\$15



**PC® HOLIDAY FEAST
TURKEY PIE**
frozen, 800 g
pâte à la dinde
21613959_EA



\$5

**PC® CHICKEN
WONTON SOUP**
frozen
300 g
soupe won-ton au poulet
21565996_EA



7.99

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
pizza
21615467_EA



\$11

PC® BREADED SHRIMP
selected varieties, frozen
400/454 g
crevettes panées
20080117_EA/20135874_EA



\$14

**PC® HOLIDAY FEAST
TURKEY STUFFING
BURGERS**
frozen, 568 g
burgers à la farce de dinde
21547041_EA



14.99

PC® MEATBALLS
selected varieties, frozen
907 g
boulettes de viande
20503356_EA/20503111_EA



14.99

PC® CHICKEN WINGS
selected varieties, frozen
907 g
ailes de poulet
20708931_EA/20708932_EA



PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$6



PC® BRUSSELSLAW SALAD KIT
253 g
salade de choux de Bruxelles
21626132_EA

REFRESHING HOLIDAY PRICES

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



349



PC® HUMMUS
selected varieties
227 g
hummus
20584097_EA/20584212_EA



\$6

PC® NAAN DIPPERS
400 g
bouchées de pain Naan
20999700_EA



\$5

PC® PARADISE CRUNCH PEPPERS
454 g
poivrons Croc'paradis
21534092_EA



\$5

PC® CHOCOLATE CHIP BRIOCHE BREAD
400 g
pain Brioche aux brisures de chocolat
21607172_EA



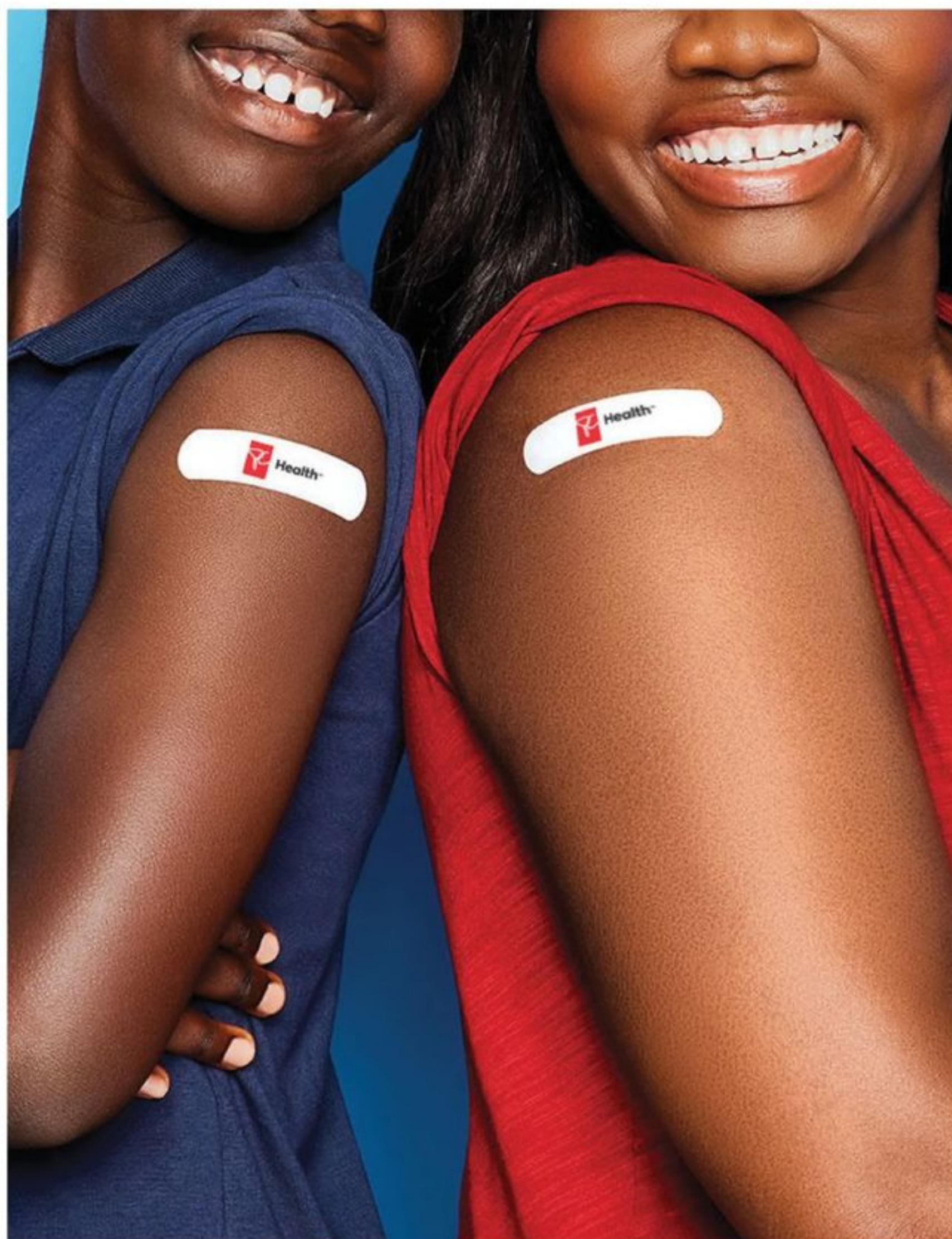
\$6

PC® DOUBLE CREAM BRIE
200 g
brie double crème
20787327_EA



\$15

PC® THE ULTIMATE PORK RIB ROAST
1.1 kg
rôti de côtes de porc
21616767_EA



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.

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December 5-11, 2024

Earn*

10,000 pts

\$10 value

for every \$100* spent on Gap Inc. Brands gift cards



* Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Gap Inc. Brands gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.



PC Optimum™ members can save up to 35% on home and auto insurance*



GET A QUOTE

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great quality plans
with loads of data.

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\$19 per month

no contracts, just value.

exclusively at

The NOFRILLS logo, featuring a red and blue square icon followed by the word 'NOFRILLS' in bold black letters.

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†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