

**DECEMBER**

**HIT  
OF THE  
MONTH**



**Planters salted mixed nuts,**  
225 g



**Wonderful Pistachios,**  
salted or unsalted, 225 g, product of U.S.A.



**San Pellegrino Italian  
sparkling drinks,**  
Selected varieties, 6x330 mL



**PC® English Muffins,**  
6's, selected varieties



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



**CELEBRATE OUR  
100<sup>TH</sup>  
WEST STORE OPENING**

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

**Text 300NoFrills  
to 374557 to enter.**

**AMBROSIA APPLES**  
product of Western Provinces,  
Canada fancy grade  
2.20/lb  
20274434001\_K0



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



**\$1.00  
LB**



**\$1.00**

**NO NAME<sup>®</sup> TUNA**  
selected varieties  
170 g  
20231447\_EA

**ALLEN'S  
FRUIT COCKTAIL 1 L or  
DEL MONTE  
NECTAR**  
960 mL  
selected varieties  
20307434001\_EA



**\$1.00**

**YOPLAIT YOP  
DRINKABLE YOGURT**  
selected varieties  
200 mL  
21478178\_EA/21478300\_EA



**\$1.00**



**\$1.00**

**TITAN ALUMINUM FOIL  
or WAX PAPER 25 ft or  
GLAD CLING WRAP 30 m**  
20002818\_EA/21408422\_EA

See back for contest details.





CELEBRATE OUR  
**100<sup>TH</sup>**  
WEST STORE OPENING

**NOFRILLS**

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



**SAVE 26%**  
**888**

**LEAN GROUND BEEF**  
2x450 g  
21618300 EA



**SAVE 50%**  
**199**  
LB

**COOK'S PORTION HAM**  
4.39/kg  
20539641 KO  
**WHILE QUANTITIES LAST**

**SAVE 22%**  
**699**



**ST-HUBERT or SWISS CHALET PIES**  
selected varieties, frozen  
650-800 g  
21507194 EA  
**WHILE QUANTITIES LAST**



**20 LB BAG**  
**NO NAME® NATURALLY IMPERFECT® RUSSET POTATOES or RED POTATOES**  
product of Western Provinces,  
Canada no. 2 grade  
2010157001 EA/20044437001 EA

**SAVE 34%**  
**594**

**SAVE 26%**  
**499**

**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-170 g  
20461811001 EA/20873034 EA



**SAVE UP TO 40%**  
**599**

**BALDERSON CHEESE 250/280 g or ZIGGY'S FETA CHEESE 400 g**  
selected varieties  
20297952 EA/21475435 EA



**1,000**  
\$1 Value

**Optimum**  
**Members-Only Price™**  
**\$7**  
**Non-members**  
**\$8**

**PC® ENTRÉES 600 g/1.13 kg or SWANSON OVEN EASY MEALS 879/992 g**  
selected varieties, frozen  
20328234 EA/21539264 EA



**ONLY**  
**999**

**NO NAME® FLOUR**  
selected varieties  
30022248 EA/20304845 EA



**SAVE 28%**  
**199**

**CHRISTIE CRACKERS**  
selected varieties  
175-286 g  
21030647 EA/21547034 EA



**SAVE UP TO 36%**  
**\$7**

**FERRERO BOXED CHOCOLATE**  
selected varieties  
156/200 g  
20098034 EA  
**WHILE QUANTITIES LAST**



**SAVE UP TO 50%**  
**899**

**SUNLIGHT 4L or PUREX 4.08-4.43 L LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's**  
selected varieties  
2008323001 EA/214217642 EA



**ONLY**  
**1127**

**COCA-COLA or CANADA DRY SOFT DRINKS**  
selected varieties  
24x355 mL  
2030632002 C24/20308197001 C24



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

**nofrills.ca**

01 NFW





Optimum  
**1,000**

**\$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  
30026424001 EA/20029581001 EA/  
2002958 EA/21285418 EA



Optimum  
**1,000**

**\$1**  
Value

**9.99**

**MAXWELL HOUSE ROAST AND GROUND COFFEE**  
selected varieties  
631-900 g  
21606882/21606882 EA



**SAVE 37%**  
**\$3**

**CRAVE or KRAFT DINNER ENTREES**  
selected varieties, frozen  
200-340 g  
21083513 EA

Optimum  
**500**

**50¢**  
Value

**2.97**

**CLASSICO SAUCE**  
selected varieties  
410/600 mL  
21618217 EA



Optimum  
**500**

**50¢**  
Value

**3.99**

**PHILADELPHIA CREAM CHEESE PRODUCT** 227/250 g or  
**KRAFT CHEEZ WHIZ** 450 g  
selected varieties  
20641267 EA/2065960001 EA





Set low prices on select items.



APP EXCLUSIVE OFFER  
Optimum  
1,000

\$1 Value

3<sup>50</sup>

**ZIGGY'S® SLICED MEAT**  
selected varieties  
175/300 g  
21390180 EA/21392841 EA



\$4

**PC® SINGLE SERVE ENTRÉES**  
selected varieties, frozen  
212/345 g  
2021738 EA  
20212253001 EA



\$10

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



.99

**BAGUETTE**  
white or whole wheat  
255 g  
21329211 EA



5<sup>50</sup>

**DANONE ACTIVIA YOGURT**  
selected varieties  
12's  
20203412001 EA/20608924 EA



**BIG**  
**HOLIDAY**  
**DEALS!**

**SAVE 40%**

**11.99**

**ROYALE  
TIGER  
TOWELS**

21484704\_EA

**6=12 ROLLS**



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



# FRESH AT LOW PRICES



**2<sup>99</sup>**  
LB

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
6.59/kg  
2002614/001 EA



PKG OF 5 OR 6

PINT

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

**AVOCADOS**  
product of Mexico or  
**BLUEBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
20142223001 EA/20080137001 EA



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

6 OZ  
CLAMSHELL

**BLACKBERRIES**  
product of U.S.A. or Mexico or  
**RASPBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
20031013001 EA/20128923001 EA



**1<sup>99</sup>**

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

**.99**  
LB

**GREEN CABBAGE**  
product of Western Provinces,  
Canada no. 1 grade  
2.18/kg  
20797024001 KG



**2<sup>99</sup>**

3 LB BAG

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS**  
product of Western Provinces,  
Canada no. 1 grade  
20600927001 EA/20811994001 EA



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

**PINEAPPLE**  
product of Costa Rica  
20180972001 EA



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

**ASPARAGUS**  
product of Mexico, no. 1 grade  
11.00/kg  
20174381001 KG



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

**HONEYDEW or MINI SEEDLESS WATERMELON**  
product of Guatemala or Mexico  
20045276001 EA/20145277001 EA



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

CASE

**PC™ KAKI PERSIMMONS**  
product of Spain  
21201623001 EA



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

PKG OF 4

**GREEN or RED PEPPERS**  
product of U.S.A.  
20113223001 EA/20813208001 EA



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

**EAT SMART™ SWEET KALE or TAYLOR FARMS CHOP SALAD KITS**  
product of U.S.A.  
315-383 g  
21281384 EA/20874111 EA



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

3 LB BAG

**FARMER'S MARKET™ LEMONS or NAVEL ORANGES**  
product of U.S.A.  
20798811001 EA/201622943001 EA



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

454 G

**PC™ WHOLE CREMINI or WHITE MUSHROOMS**  
product of Western Provinces  
20761272 EA/20738571 EA



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

PKG OF 3

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20828461001 EA



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

**BARTLETT PEARS**  
product of U.S.A.,  
extra fancy grade or  
**FARMER'S MARKET™ MANDARINS**  
product of U.S.A. or  
**SPARTAN or ROYAL GALA APPLES**  
product of Western Provinces,  
Canada fancy grade  
20798811001 EA/21785287901 EA





# FRESH AT LOW PRICES



**EYE OF ROUND ROAST or STEAK**  
cut from Canada AA grade beef  
19.38/kg  
2066323 EA

**8.79**  
LB

**\$15**

**MAPLE LEAF PRIME CHICKEN BREAST or SPLIT WINGS**  
boneless, skinless  
20549087 EA



**MARINATED CHICKEN THIGHS or LEGS**  
selected varieties  
500-900 g  
2160900 EA



**MARCANGELO SAUSAGE BREAKFAST SAUSAGE or PATTIES** 1.2/1.4 kg or PC®  
**FREE FROM® LEAN GROUND LAMB** 454 g  
selected varieties  
2079928 EA/21332008 EA



**10.99**

**\$6**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
2050614 EA/21214740 EA



**\$10**

**SEAQUEST® WILD PINK SALMON FILLETS**  
Frozen  
700 g  
2137094 EA



**10.99**

**SWISS CHALET PORK BACK RIBS**  
selected varieties, fully cooked  
600 g  
2102221 EA



**5.99**

**ZIGGY'S® CHICKEN or TURKEY STRIPS** 150/200 g  
or **KOLBASSA** 375 g  
selected varieties  
2129688 EA/21012178 EA



**6.99**

**BARI RICOTTA CHEESE**  
selected varieties  
500 g  
2037391 EA



**\$9**

**NO NAME® GARLIC COIL SAUSAGE**  
750 g  
2006792 EA



**2.79**

**SUNRISE EXTRA FIRM TOFU**  
300 g  
2075927 EA



**2.99**

**D'ITALIANO BREAD BUNS** 475 g or 475 g  
selected varieties  
2002322 EA/2063099 EA



**3.29**

**VACHON SNACK CAKES**  
selected varieties  
252-336 g  
2000728 EA



**4.50**

**PC® MINI MUFFINS**  
selected varieties  
12x  
2148829 EA



**1.99**

**MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
2064271 EA



**MAPLE LODGE ULTIMATE or ZABIHA HALAL SUPREME CHICKEN WIENERS**  
selected varieties  
900 g  
20671791 EA



**4.99**



# BRANDS YOU LOVE AT LOW PRICES



SAVE UP TO 40%

4<sup>77</sup>



**ARMSTRONG or PC<sup>®</sup> SHREDDED CHEESE** 250-320 g  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
2128430 EA/21340749 EA

**HIGH LINER PAN-SEAR SIGNATURE CUTS or BITES**  
selected varieties, frozen  
425-600 g  
20296596003 EA/21186234 EA

SAVE UP TO 47%

\$9

ONLY

2<sup>99</sup>



**LIBERTÉ MÉDITERRANÉE** 4%, 500 g  
or **GREEK** 4% **YOGURT**  
selected varieties  
2128933 EA/21340754 EA



**LACTANTIA LACTOSE FREE or PURIFILTRE MILK** 2 L or **ULTRA PUR MILK** 1.5 L  
selected varieties  
21424991 EA/21486739 EA

ONLY

5<sup>49</sup>

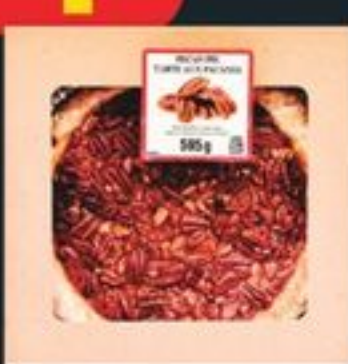
1<sup>66</sup>

**CARNATION EVAPORATED MILK**  
selected varieties  
354 mL  
20996113 EA/20968687 EA



\$4

**8 INCH PECAN PIE**  
393 g  
21413110 EA



6<sup>99</sup>

**TWININGS TEA or STARBUCKS NESPRESSO CAPSULES** 10's  
selected varieties  
2008148001 EA/21111078 EA



2<sup>50</sup>

500<sup>ml</sup>  
50%  
value

**FRUIT DRINKS**  
selected varieties,  
refrigerated  
1.34 L  
21195841 EA



\$5

**PC<sup>®</sup> SIDE DISHES**  
selected varieties, frozen  
350/400 g  
21346621 EA



7<sup>99</sup>

**PC<sup>®</sup> VEGETABLES**  
Club Store, selected  
varieties, frozen  
1.75 kg  
21092017 EA



.88

**CAMPBELL'S CREAM OF MUSHROOM, TOMATO, CHICKEN NOODLE or VEGETABLE SOUP**  
selected varieties  
284 mL  
2014214004 EA



\$2

**DARE CRACKERS**  
selected varieties  
190-225 g  
210088 EA



2<sup>49</sup>

**DARE COOKIES**  
selected varieties  
168-215 g  
2108747 EA



\$11

**PC<sup>®</sup> 100% PURE MAPLE SYRUP**  
500 mL  
2048221 EA



2<sup>99</sup>

**VH COOKING or DIPPING SAUCE**  
selected varieties  
241/253 mL  
20288813 EA/20288813 EA



3<sup>99</sup>

**QUE PASA TORTILLA CHIPS 130-200 g or SALSA** 420 mL  
selected varieties  
21021276 EA/21020964 EA



6<sup>99</sup>

**HEINZ KETCHUP**  
1.5 L  
20118554 EA



11<sup>49</sup>

**PEPSI SOFT DRINKS**  
selected varieties  
24x333 mL  
20288813 EA/21088813 EA



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. \*\*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 (excluding QC, Yukon, NV and NWI). Contest runs from December 5-15, 2024 with 2 different regional events as follows: West (AB, SK, AL, 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 (NL, PEI, 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/anscontest.





# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**DEL MONTE JUICE BLENDS**  
selected varieties  
2.5 L  
21427174 SA

**PRICE DROP**

**\$6**



**PRICE DROP**

**\$2**



**BARILLA PASTA**  
selected varieties  
340/410 g  
21409112 SA

**BREYERS CREAMERY STYLE 1.66 L or FUDGSICLE NOVELTIES 12's**  
selected varieties, frozen  
20344923006 SA/20763171 SA

**PRICE DROP**

**4.99**

**MANDARIN FRESH NOODLES**  
selected varieties  
454 g  
20147847 SA



**PRICE DROP**

**2.50**

**NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB**  
500 g  
20013418 SA



**PRICE DROP**

**\$5**

**BEYOND BURGER**  
PLANT-BASED BURGERS  
BURGERS & BASES DE PLANTES  
frozen  
678 g  
21279994 SA



**PRICE DROP**

**15.99**



**PRICE DROP**

**1.99**

**BAGEL BITES**  
selected varieties, frozen  
198 g  
20213483001 SA



**PRICE DROP**

**4.99**

**QUAKER BAKING MIXES** 900 g or OAT FLOUR 700 g  
selected varieties  
20301064001 SA/21371928 SA



**PRICE DROP**

**\$12**

**SEAQUEST® SHRIMP RING WITH SAUCE**  
frozen  
454 g  
20291471 SA

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
385-492 g or KERNEL JAR  
850 g  
selected varieties  
20629322002 SA



**PRICE DROP**

**3.99**



**PRICE DROP**

**4.49**

**M&M'S or MARS MULTIPACK 4's or POUCHES** 155-185 g  
selected varieties  
202012925 SA/21371748 SA



**PRICE DROP**

**6.99**

**LITTLE NORTHERN BAKEHOUSE BREAD**  
selected varieties, frozen  
320-567 g  
20923004 SA/21100057 SA

**SPARKLING ICE or MONTELLIER SPARKLING WATER**  
selected varieties  
503 mL/1 L  
2086420011 SA/20910244 SA



**PRICE DROP**

**\$1**



**PRICE DROP**

**4.99**

**CARNATION HOT CHOCOLATE**  
selected varieties  
400/430 g  
21207495 SA/21278802 SA



**PRICE DROP**

**\$5**

**PC® SPARKLING WATER or SOFT DRINKS**  
selected varieties  
12x355 mL  
20214867901 C11  
20448244002 C01



**PRICE DROP**

**7.99**

**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
2027334811 SA/21410961 SA



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**CRACKER BARREL CHEESE SHREDS** 320 g or **BLACK DIAMOND CHEESTRINGS** or **SNACKS** 252/336 g selected varieties 20763461 EA/21299614 EA

**PRICE DROP**

**579**



**PRICE DROP**

**399**

**BECEL** 427/454 g or **PLANT BASED BRICKS** 454 g or **IMPERIAL** 437 g **MARGARINE** selected varieties 2022270701 EA/21535351 EA

**PILLSBURY TOASTER STRUDEL** selected varieties, frozen 326 g 2017364401 EA

**PRICE DROP**

**349**



**PRICE DROP**

**249**

**CLOVER LEAF WHITE TUNA** or **PINK SALMON** selected varieties 150-213 g 20167271 EA



**PRICE DROP**

**399**

**RIO MARE TUNA SALAD BOWLS** selected varieties 160 g 21494948 EA

**STARBUCKS ROAST AND GROUND COFFEE** 340 g **PODS** 10's or **HOT CHOCOLATE** 340/300 g selected varieties 20548482002 EA/20548482004 EA

**PRICE DROP**

**999**



**PRICE DROP**

**299**

**LECLERC CELEBRATION COOKIES** selected varieties 240 g 2085279701 EA

**DIANA** or **BULL'S-EYE BBQ SAUCE** selected varieties 425/500 ml 20547634005 EA 21184657 EA

**PRICE DROP**

**\$3**



**BASA STEAKS** uncooked, frozen 1 kg 20710449 EA

**PRICE DROP**

**899**



**PC** or **BLUE MENU** **CRANBERRY** or **VEGETABLE COCKTAIL** selected varieties 1.89 L 20307023001 EA/20306849903 EA

**PRICE DROP**

**299**



**PRICE DROP**

**399**



**TOSTITOS TORTILLA CHIPS** selected varieties 205-300 g 21202071 EA

**PRICE DROP**

**449**



**AMY'S PLANT BASED ORGANIC SOUP** selected varieties 398 ml 20305532002 EA



**PRICE DROP**

**399**

**ALCAN FOIL** 30 ft or **NON-STICK FOIL** 25 ft, **GLAD CLING WRAP** 60' or **REYNOLDS PARCHMENT PAPER** 25 ft 20443471 EA/20011842 EA



**PRICE DROP**

**399**

**COCA-COLA** or **CANADA DRY SOFT DRINKS** selected varieties 6x222 ml 2024228007 EA 2010428802 EA



**PRICE DROP**

**1197**

**FOLGERS ROAST AND GROUND COFFEE** selected varieties 544-616 g 21479192 EA



**PRICE DROP**

**1249**

**TIDYCATS LIGHTWEIGHT CAT LITTER** selected varieties 2.72 kg 21204474 EA



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**PRICE DROP**

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

**BREYERS CLASSIC FROZEN DESSERT** 1.66 L, **CHAPMAN'S COLLECTION NOVELTIES** 8's or **LOLLY NOVELTIES** 28's selected varieties, frozen  
30301300002 SA/20323737004 SA

**PRICE DROP**

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

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

**PRICE DROP**

**\$3**

**KELLOGG'S RICE KRISPIES BARS** 176/199 g, **POP TARTS SPECIAL K BARS** 125 g or **NUTRI-GRAIN BARS** 295 g selected varieties  
30126547001 SA/20312984001 SA

**PRICE DROP**

**2<sup>69</sup>**

**STAGG CHILI** selected varieties 425 g  
2007706 SA

**PRICE DROP**

**4<sup>49</sup>**

**PC GOAT CHEESE LOGS** selected varieties 140 g  
2000584 SA

**PRICE DROP**

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

**TASTIEZ** 400 g or **MCCAIN PIZZA POCKETS** 400 g selected varieties, frozen  
21047833 SA

**PRICE DROP**

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

**PC SPLENDIDO PARMIGIANO REGGIANO GRANA PADANO** or **PECORINO ROMANO** 250 g  
21015021 SA/21053434 SA

**PRICE DROP**

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

**SEAQUEST COLOSSAL RAW WHITE SHRIMP** 16-20 per lb., 300 g, **SHRIMP RING** 227 g or **BAY SCALLOPS** 400 g frozen  
21048307 SA/21158227 SA

**PRICE DROP**

**10<sup>99</sup>**

**GRIMM'S PEPPERONI STICKS** selected varieties 400 g  
2118130 SA

**PRICE DROP**

**\$5**

**PC DRY ROASTED PEANUTS** 700 g, **CASHEWS** or **DELUXE MIXED NUTS** 200 g selected varieties  
2002796003 SA/21104980 SA

**PRICE DROP**

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

**PC CHOCOLATE GOLD BAR** 300 g or **LINDOR CHOCOLATE BAG** 130 g selected varieties  
20302293 SA/21290291 SA

**PRICE DROP**

**8<sup>49</sup>**

**PC ORGANICS DARK CHOCOLATE** 70% or 85% 200 g  
21306791 SA/21304800 SA

**PRICE DROP**

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

**J.L. KRAFT PURE DRESSINGS** selected varieties 355 mL  
21031633 SA

**PRICE DROP**

**14<sup>99</sup>**

**BUDWEISER ZERO NON-ALCOHOLIC BEER** selected varieties 12x355 mL  
21292079 C13

**PRICE DROP**

**15<sup>99</sup>**

**GAIN LIQUID 4.55 L or FLINGS 42's LAUNDRY DETERGENT** selected varieties  
20919427 SA/21481214 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\* 3,000 pts**

**\$3 value**

for every \$10\* spent on Kellogg's family size cereal selected varieties 480-650 g  
21430742 SA/21430753 SA

**APP EXCLUSIVE OFFER\***

**5,000 pts**

**\$5 Value**

when you spend \$15\* or more on Pringles, Cheez-it, Nutri Grain Bars, Pop Tarts, Townhouse or Rice Krispies Bars selected varieties  
2124480 SA/202100001 SA





**YOPLAIT YOP DRINKABLE YOGURT**  
selected varieties  
200 mL  
21478178 EA/21478300 EA

**\$1**



**YOPLAIT CREAMY or SOURCE 16's or YOP NO ADDED SUGAR 8's YOGURT**  
selected varieties  
2017317001 EA/21390111 EA

**5.99**



**5.49**



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



**3.99**

**OLD EL PASO DINNER KITS**  
250-510 g or **SALSA** 650 mL  
selected varieties  
2030518200 EA/20795334 EA



**FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS** 125-210 g  
selected varieties  
21213309 EA/21213384 EA

**3.50**



**STARBUCKS BEVERAGES**  
selected varieties,  
refrigerated  
1.42 L  
21213327 EA

**7.50**



**STARBUCKS BEVERAGES**  
selected varieties, refrigerated  
1.18 L  
212354973 EA

**7.50**

**SOFINA**

**MASTRO CAPOCOLLO MILD** 125 g or **SAN DANIELE MORTADELLA** 175 g  
selected varieties  
20576743 EA/20577341 EA

**3.49**



**MASTRO SALAMI SAN DANIELE PROSCIUTTO** 150 g or 100 g  
selected varieties  
20581840 EA/21061099 EA

**4.49**



**MASTRO SALAMETTI CHUB** 300 g or **CHARCUTERIE TRIO** 150/200 g  
selected varieties  
20302790 EA

**5.99**

**BEYOND MEAT**

**BEYOND MEAT PLANT BASED STEAK**  
226 g  
21390909 EA

**5.99**



**BEYOND MEAT CHICKEN TENDERS**  
226 g  
21327730 EA

**5.99**



**7.99**

**BEYOND MEAT PLANT BASED BREAKFAST SAUSAGES**  
235 g  
21299630 EA



**7.99**

**BEYOND MEAT PLANT BASED BEEF GROUND**  
340 g  
21220674 EA



**7.99**

**BEYOND MEAT ITALIAN SAUSAGE**  
selected varieties  
400 g  
21300113 EA

**PEPSICO**

**4.29**

**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
20310346002 C06  
20324095 C06



**5.99**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/12x355 mL  
21066704 C10/21097177 C12



**GATORADE FIT 820 mL or SPORLYTE 591 mL SPORT DRINKS**  
selected varieties  
21449905 EA/21318011 EA

**1.99**



# MULTI BUY? TRY SINGLE BUY.



ONE FOR  
**\$3**

**KRAFT SALAD DRESSING**  
selected varieties  
425 mL  
21584740 EA/21584830 EA



ONE FOR  
**333**

**DANONE OIKOS GREEK YOGURT**  
selected varieties  
4's  
20419713001 EA/20419713004 EA



ONE FOR  
**399**

**GENERAL MILLS CEREAL**  
selected varieties  
297-430 g  
21104047 EA/21104055 EA



# CELEBRATE OUR 100<sup>TH</sup> STORE OPENING



**Lou's**  
KITCHEN



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

**LOU'S KITCHEN ENTRÉES or LITTLE JUAN'S MEXICAN ENTRÉES**  
selected varieties, fully cooked  
300-400 g  
20078077 EA/21423544 EA



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

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
21330777 EA

**Nestlé**  
Good Food, Good Life



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

**NESTLÉ DRUMSTICKS or NOVELTIES**  
selected varieties, frozen  
4-10's  
2022238001 EA/21162960 EA



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

**HAÄGEN-DAZS ICE CREAM** 400-450 ml or **NOVELTIES** 3/4's  
selected varieties, frozen  
20302298001 EA/215113347 EA



**Mondelēz**  
International

**CADBURY CHOCOLATE BAR**  
selected varieties  
80-100 g  
20034341001 EA/20322193001 EA

**\$2**



**\$2**

**MAYNARDS CANDY**  
selected varieties  
150/154 g  
21345334 EA/21543603 EA



**Mondelēz**  
International

**2<sup>49</sup>**

**CHRISTIE COOKIES**  
selected varieties  
251-303 g  
21258487 EA/21361308 EA

**2<sup>49</sup>**

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
21258327 EA/21358333 EA

**3<sup>88</sup>**

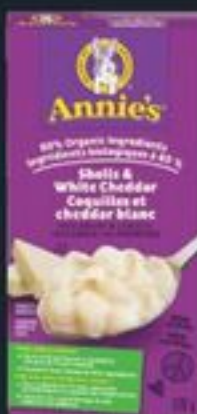
**CHRISTIE PREMIUM PLUS CRACKERS**  
selected varieties  
430-500 g  
21109004 EA



**General Mills**

**ANNIE'S MAC AND CHEESE**  
selected varieties  
149-170 g  
20216187001 EA

**2<sup>49</sup>**



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

**GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL**  
selected varieties  
310-437 g  
21213444 EA/21353325 EA

**3<sup>69</sup>**

**BETTY CROCKER PREMIUM CAKE, BROWNIE or COOKIE MIXES**  
selected varieties  
263-550 g  
20754542 EA





# CELEBRATE OUR 100<sup>TH</sup> STORE OPENING



Campbell's

PEPPERIDGE FARM  
GOLDFISH CRACKERS  
selected varieties  
156-227 g  
20300230 EA

2<sup>29</sup>



SNYDER'S  
PRETZELS  
selected varieties  
240 g  
20314032004 EA

2<sup>49</sup>



Campbell's



1<sup>88</sup>

V8 VEGETABLE  
COCKTAIL  
selected varieties  
6x156 mL  
20297364002 EA

CAMPBELL'S  
CONDENSED SOUP  
selected varieties  
284 mL  
20297364002 EA

1<sup>69</sup>



Kraft

KRAFT DINNER  
ORIGINAL  
200 g  
21349326 EA

1<sup>25</sup>



MAXWELL HOUSE  
or NABOB PODS  
selected varieties  
30's  
21308076 EA

13<sup>99</sup>



Kellanova

PRINGLES  
PARTY STACK  
POTATO CHIPS  
194 g or  
MINGLES 155 g  
selected varieties  
21074284 EA/21436362 EA

2<sup>99</sup>



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

2<sup>99</sup>



Coca-Cola

COCA-COLA or  
CANADA DRY  
SOFT DRINKS  
selected varieties  
2 L  
20311362001 EA/20314026002 EA

1<sup>99</sup>



7<sup>49</sup>

FUZE ICED TEA  
selected varieties  
12x341 mL  
21043563 C12



1,000<sup>00</sup>

\$1 Value

5<sup>99</sup>

AHA  
SPARKLING  
WATER  
selected varieties  
12x355 mL  
21340793 C12





4<sup>99</sup>

NESTLÉ TURTLES 150/160 g, QUALITY STREET 160 g or AFTER EIGHT CHOCOLATE 200 g  
selected varieties  
21293238 EA/21342944 EA  
WHILE QUANTITIES LAST



5<sup>99</sup>

MERCI CHOCOLATE 200 g or MILANO PANETTONE 800 g  
selected varieties  
20943256 EA/21324310 EA  
WHILE QUANTITIES LAST



4<sup>49</sup>

HERSHEY'S KISSES 180 g or REESE'S NUTCRACKER 161 g  
selected varieties  
21292231 EA/21460491 EA  
WHILE QUANTITIES LAST



5<sup>99</sup>

REESE'S STOCKING STUFFERS 141/226 g, KINDER UOVO 100 g, CHRISTMAS MULTI 80 g or BAGGED CHOCOLATE 184 g  
selected varieties  
20432817 EA/21392283 EA  
WHILE QUANTITIES LAST



9<sup>99</sup>

LINDT or BACI BOXED CHOCOLATE  
selected varieties  
150/150 g  
20821334 EA/21197849 EA  
WHILE QUANTITIES LAST



8<sup>99</sup>

TOFFIFEE 400 g  
21407851 EA  
WHILE QUANTITIES LAST



\$2

HERSHEY'S STOCKING STUFFERS  
selected varieties  
50-78 g  
21311035 EA/21440105 EA  
WHILE QUANTITIES LAST



1<sup>49</sup>

MAYNARD THEATRE BOX 100 g, HERSHEY'S KISSES MINI 41 g or REESE'S CANDY CANE 39 g  
selected varieties  
20433313 EA/21304003 EA  
WHILE QUANTITIES LAST



4<sup>99</sup>

CADBURY MINI EGGS 200 g or OLD EXCELLENT BRANDY BEANS 250 g  
selected varieties  
20123329 EA  
WHILE QUANTITIES LAST



3<sup>99</sup>

LINDT MINI CHOCOLATE BALL 100 g, LINDT BEAR MULTI 37 g or DARE SANTA GUMMY 225 g  
selected varieties  
21541858 EA  
WHILE QUANTITIES LAST



9<sup>99</sup>

PC® BELGIAN CHOCOLATE BISCUIT COLLECTION 500 g  
20947791 EA  
WHILE QUANTITIES LAST



3<sup>99</sup>

WALKERS SHORTBREAD COOKIES 150 g or PC® FINE CRACKERS 250 g  
selected varieties  
20112388 EA/207622130 EA  
WHILE QUANTITIES LAST



5<sup>99</sup>

WONDERFUL COPENHAGEN BUTTER COOKIES 454 g  
WHILE QUANTITIES LAST  
20497883 EA



# 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  
21613959\_EA



**\$5**

**PC® CHICKEN  
WONTON SOUP**  
frozen  
300 g  
21565996\_EA



**7.99**

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



**\$11**

**PC® BREADED SHRIMP**  
selected varieties, frozen  
400/454 g  
20080117\_EA/20135874\_EA



**\$14**

**PC® HOLIDAY FEAST  
TURKEY STUFFING  
BURGERS**  
frozen, 568 g  
21547041\_EA



**14.99**

**PC® MEATBALLS**  
selected varieties, frozen  
907 g  
20503356\_EA/20603111\_EA



**14.99**

**PC® CHICKEN WINGS**  
selected varieties, frozen  
907 g  
20708931\_EA/20708932\_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® HUMMUS**  
selected varieties  
227 g  
20584097\_EA/20584212\_EA



**\$6**

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



**\$5**

**PC® PARADISE CRUNCH CRUNCH PEPPERS**  
454 g  
21534092\_EA



**\$5**

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



**\$6**

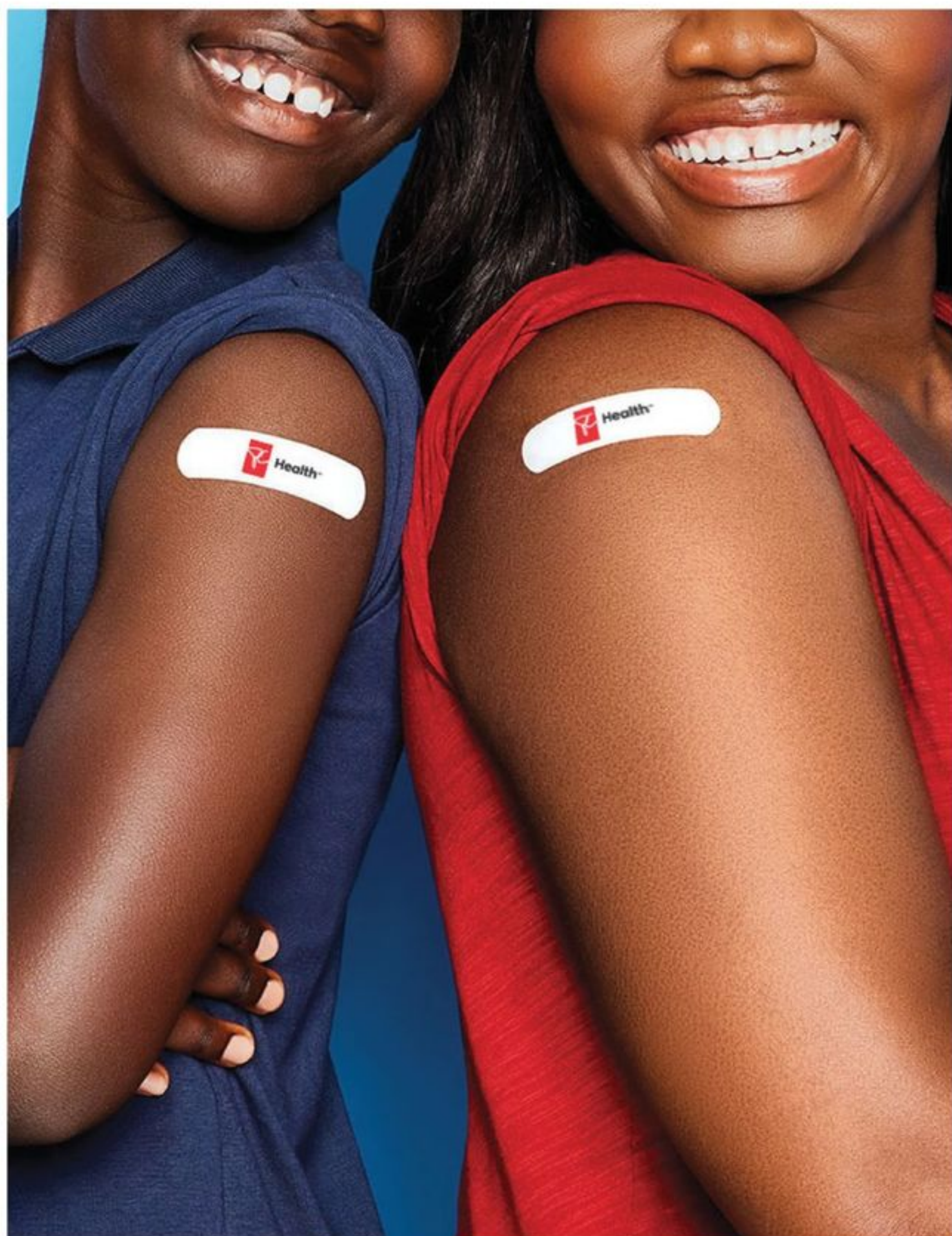
**PC® DOUBLE CREAM BRIE**  
200 g  
20787327\_EA



**\$15**

**PC® THE ULTIMATE PORK RIB ROAST**  
1.1 kg  
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.



**BETTER AS A MEMBER**

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

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.

## 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

introducing  
no name® mobile

great quality plans  
with loads of data.

starting at only  
\$19 per month

no contracts, just value.

exclusively at

 **NOFRILLS**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

†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).

NEW MKT