

BIG HOLIDAY DEALS!

SAVE 33%

1.99
LB

BRUSSELS SPROUTS
product of U.S.A.
choux de Bruxelles
4.37/kg
20234123001_40



ONLY 4.99

5 LB BOX

CLEMENTINES
product of Morocco or Spain
clementines
20182544001_4A



SAVE 35%

3.88

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
selected varieties, product of U.S.A.
315-383 g
salades de chou frisé ou
salades hachées
20274118_4A



PRODUCED HERE 🍁

4.99

3 L

PC® APPLE CIDER
produced in Canada
cider de pommes
20200003_4A



BIG HOLIDAY DEALS!



FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 19 TO WEDNESDAY, DECEMBER 25, 2024.

HAPPY HOLIDAYS!

SAVE 29%

9⁸⁸
LB



SALMON FILLET
fresh
filet de saumon
21.78/kg
20239147 AG

SAVE 47%

5⁹⁹
LB



SIRLOIN TIP ROAST
cryovac
cut from Canada AA grade beef or USDA select grade
rôti de pointe de surrôge
13.21/kg
20232290 AG

WHILE QUANTITIES LAST

SAVE 33%

3⁹⁹



WONG WING ENTRÉES
selected varieties, frozen
400/500 g
plats cuisinés
20207139 EA

PRICE DROP

3⁹⁹



ARMSTRONG or PC® SHREDDED CHEESE
250-320 g
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
3128430 EA/21344749 EA

SAVE UP TO 40%

.88

ALLEN'S FRUIT COCKTAIL 1 L or SPARKLING ICE BEVERAGES 503 mL
selected varieties
cocktail de fruit ou eau pétillante
2020742401 3A/2023438001 EA



SAVE 50%

3⁹⁹

HELIVA GOOD! FRENCH ONION DIP
680 g
fromages
2021278401 EA



SAVE UP TO 50%

1³³

COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 2 L
boissons gazeuses
2020492402 EA
2021402402 EA



SAVE UP TO 30%

2⁹⁹

SILK BEVERAGES
selected varieties
1.74-1.89 L
boissons
2021509001 EA



SAVE 22%

3³³

TROPICANA ORANGE JUICE or TROPICS or PURE LEAF TEA
selected varieties, refrigerated
1.36/1.75 L
jus d'orange
21422130 EA



SAVE UP TO 42%

2⁸⁶

BREYERS CLASSIC FROZEN DESSERT or CHAPMAN'S COLLECTION NOVELTIES
1.66 L or 8's
selected varieties, frozen
dessert glacé ou
friandises glacées
2023130506 EA
202323737001 EA



SAVE 59%

\$4

NESTLÉ TURTLES QUALITY STREET
150/140 g
160 g or
AFTER EIGHT 200 g
selected varieties
chocolat
21292328 EA/21342944 EA

WHILE QUANTITIES LAST

NO HST/GST



WOW!

8⁸⁸

PC® BELGIAN ASSORTED CHOCOLATE BISCUITS
500 g
biscuits au chocolat assortis
20967791 EA

WHILE QUANTITIES LAST



PRICE DROP

4⁹⁹

ATLANTIC BUTTER
selected varieties
454 g
beurre
20639926 EA



SAVE 20%

\$6

FARMER'S MARKET PIES
selected varieties
580 g 1 kg
tortes
21297365 EA/21297367 EA

APP EXCLUSIVE OFFER

2,000

\$2 Value



DELI DEALS



SAVE 20%

\$5

PC® DOUBLE CREAM BRIE 200 g or
CAMEMBERT CHEESE 170 g
selected varieties
brie double crème ou camembert
20794344 EA/20797327 EA



SAVE UP TO 33%

\$5

PILLER'S KOLBASSA 250/375 g.
MASTRO SALAMI 150 g or
SAN DANIELE PROSCIUTTO 100 g
selected varieties
kolbassa ou salami ou prosciutto
20384497 EA/20381460 EA



APP EXCLUSIVE OFFER
1,000[¢]

\$1 Value

2.99

PC® DIPS 227 g or
NAAN DIPPERS 200 g
selected varieties
trappettes ou pains Naan
20344017 EA/21092033 EA



SAVE UP TO 41%

2.50

ZIGGY'S® FRESH PASTA SALADS 454 g
350/360 g or
selected varieties
pâtes ou salades fraîches
20336015 EA/21521148 EA

FRESH AT LOW PRICES

ROMA TOMATOES
product of Canada, U.S.A. or Mexico, no. 1 grade
tomates roma
6.99/kg
30142361001, 80

2.99
LB



1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
31121340001, 8A

RED or GREEN SEEDLESS GRAPES
product of Peru, no. 1 grade
raisins rouges ou verts sans pépins
5.80/kg
30425773001, 80 / 30131919001, 80



3.99
LB

PKG OF 5

PINT



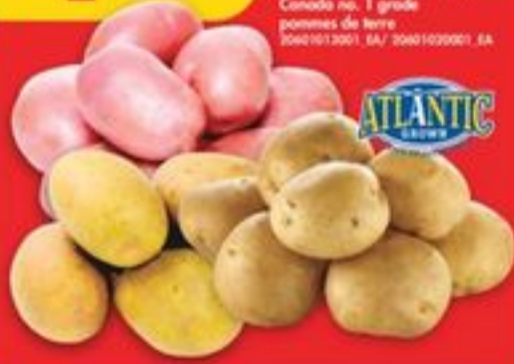
AVOCADOS
product of Mexico or U.S.A.
product of U.S.A. or Mexico, no. 1 grade or
CAULIFLOWER
product of U.S.A. or Mexico, no. 1 grade
BLUEBERRIES
product of U.S.A. or Mexico, no. 1 grade
avocats ou chou-fleur ou bleuets
30142323001, 8A / 30133377001, 8A / 30080137001, 8A

4.99

4.99

10 LB BAG

RED, YELLOW or RUSSET POTATOES
product of Atlantic Provinces,
Canada no. 1 grade
pommes de terre
30401013001, 8A / 30401020001, 8A



4.99
LB/EA

ASPARAGUS 11.00/kg
product of Peru or Mexico,
no. 1 grade or
ROMAINE HEARTS each
product of U.S.A.
asperges ou cœurs de romaine
30174381001, 80 / 30067389001, 8A

PKG OF 3



5.99
LB

CHERRIES
product of Chile,
no. 1 grade
cerises
13.21/kg
30131940001, 80



3.99

CANTALOUPE
product of Guatemala,
no. 1 grade
each
cantaloup
3040707001, 8A



4.99

4 LB BAG

FARMER'S MARKET ROYAL GALA or MCINTOSH APPLES
product of Atlantic Provinces,
Canada fancy grade
pommes
3013217001, 8A / 30132170001, 8A



4.99

FARMER'S MARKET ENGLISH CUCUMBERS
product of Canada,
Canada no. 1 grade or
SWEET PEPPERS
product of U.S.A.
cucumbers anglais
ou poivrons
3016440001, 8A / 3017120001, 8A



GROWN IN CANADA

PC® LITTLE GEMS® RED, YELLOW or MIXED MINI POTATOES
product of Canada,
Canada no. 1 grade or
PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Canada
mini-pommes de terre
rouges ou jaunes
entières ou champignons
entiers ou blancs entiers
30131940001, 8A / 30131940001, 8A



6.99
LB

SCHNEIDERS FESTIVE HAM
15.41/kg
jambon
31194200, 80
WHILE QUANTITIES LAST



3.99

LILYDALE TURKEY BREAKFAST SAUSAGES
375 g
saucisses de dinde à déjeuner
30179401, 8A



9.99
LB

TOP BLADE STEAK
bœuf
bœuf de haut de poitrine
3023644, 80



2.49

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
8 1/2
bagels ou muffins anglais
301341510001, 8A



\$6

FARMER'S MARKET MUFFINS
selected varieties
8 1/2
muffins
3108204, 8A / 3108204, 8A



5.99

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
filets de poissons surgelés
30130701, 8A / 30130701, 8A



\$10

ZIGGY'S® SLICED DELI MEAT or ROMA SLICED PEPPERONI
900 g
viandes tranchées
charcuteries tranchées ou
pepperoni tranché
30130701, 8A / 30130701, 8A



BRANDS YOU LOVE AT LOW PRICES



SAVE 35%
4.99

CHAPMAN'S YUKON 6-8's or
PREMIUM ICE CREAM 2L
selected varieties, frozen
crème glacée
30333573001 SA/21012383 SA

CAVENDISH QUICK CRISP
PREMIUM or **PATTIES**
selected varieties, frozen
400-750 g
frites ou galettes
de pommes de terre
21344077 SA

ONLY
2.99



ONLY
3.99

PHILADELPHIA
CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromagerie à la crème
20442367 SA/2086973410 SA

BURNBRAE NESTLAID
LARGE EGGS
12 x
œufs
2164284001 SA

SAVE UP TO 22%
4.99

\$2

UNICO PASTA SAUCE 480 mL or
NO NAME® PASTA 900 g
selected varieties
sauce pour pâtes ou pâtes
2023341000 SA/2023337501 SA



4.99

COOL WHIP
DESSERT TOPPING
selected varieties
1L
sauce à dessert
2023330001 SA



\$4

OASIS SMOOTHIES or
HEALTH BREAK
BEVERAGES
selected varieties
1.8L
boissons fruitées ou boissons
21029910 SA



.79

NO NAME® CREAM
OF MUSHROOM
TOMATO VEGETABLE
or CHICKEN NOODLE
SOUP
254 mL
soupe
2023334001 SA



3.49

CHRISTIE CRACKERS
selected varieties
330-500 g
croûtes
21239008 SA/21012401 SA



14.99

APP EXCLUSIVE OFFER
3,000

\$3
Value



2.99

FERRERO ROCHER
CHOCOLATE BAR
selected varieties
90 g
barres de chocolat
21438642 SA/21438671 SA



NO HST/GST

2.50

NO NAME®
MARSHMALLOWS
selected varieties
400 g
guimauves
20233473001 SA/20234472002 SA



NO HST/GST

4.99

BICK'S PICKLES
selected varieties
1L
cornichons
2013029901 SA/2014002001 SA



\$6

NO NAME®
NAPKINS
100%
serviettes
SA



5.99

BUBLY or
MONTELLIER
SPARKLING
WATER
selected varieties
12/12x333 mL
eau pétillante
2023337211



NO HST/GST

6.99

ZEVIA or
SUGAR
SOFT DRINK
selected varieties
6x333 mL
boissons gazeuses
à sucrose
SA



500

50¢
Value

NO HST/GST

10.99

TIDE LIQUID 1.66 L
or **PODS** 21023119
LAUNDRY
DETERGENT
DOWNY or **GAIN**
SCENT BOOSTERS
21023119 or **BOUNCE**
DRYER SHEETS
120/280's
selected varieties
détergent ou assouplissant
ou renforteur de parfum
ou feuilles pour sècheuse
à tambour SA



BIG HOLIDAY DEALS!



PC® FROZEN VEGETABLES
selected varieties
300-750 g
légumes surgelés
30229915 EA/21181245 EA

SAVE UP TO 37%

\$3

SAVE 46%

1.50



CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé
30294812 EA/2094887 EA



ONLY

3.99

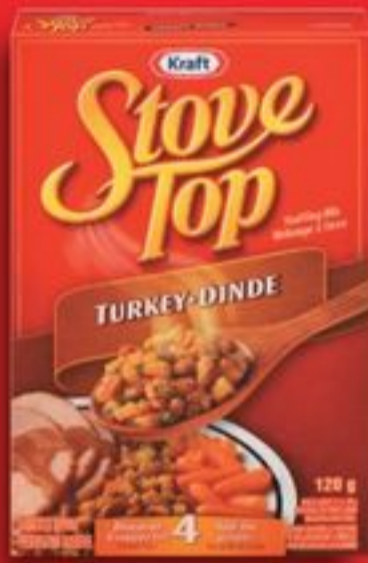


PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
30312227 EA/21127541 EA

SAVE 44%

1.27

STOVE TOP STUFFING
selected varieties
120 g
farce
30310507001 EA



5.99

KRAFT PEANUT BUTTER HAZELNUT SPREAD 750 g/1 kg or 725 g
selected varieties
beurre d'arachide
ou tortonado de noisettes
30029381001 EA/21285418 EA



6.99

IMPERIAL MARGARINE
1.28 kg
margarine
30064992 EA



\$5

PC® ASIAN SOUP - ENTRÉES
selected varieties, frozen
300 g
soups ou plats cuisinés asiatiques
21240796 EA



\$10

HIGH LINER PAN-SEAR SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
poisson
30446670 EA/21186739 EA



1.29

CAMPBELL'S CONDENSED SOUP
selected varieties
234 mL
soupe condensée
30229915 EA



1.59

OCEAN SPRAY CRANBERRY SAUCE
selected varieties
248 mL
sauce aux cranberries
30229915 EA



\$3

MONSTER 473 mL, RED BULL 250 mL or CELSIUS 250 mL ENERGY DRINKS
selected varieties
boissons énergisantes
30229915 EA/21181245 EA



1.49

OASIS JUICE DEL MONTE NECTAR - ARIZONA ICED TEA 500 mL or PC® 100% JUICE 1 L
selected varieties
jus de fruits ou thé glacé
30229915 EA/21181245 EA



1.99

500 Value

CLOVER LEAF SMOKED OYSTERS - MUSSELS
selected varieties
15 g
huîtres fumées ou moules
30229915 EA



17.99

TIM HORTONS ROAST AND GROUND COFFEE
875/1050 g or PODS 30 x
selected varieties
café torréfié et moulu ou capsules
30229915 EA/21181245 EA



NO HST

For a complete list of eligible items, [click here](#)

*HST Relief on eligible items effective December 14, 2024 to February 15, 2025. For details, 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 HST applies; however, no HST will be applied at point of sale during the relief period.

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 instore for details.

NOFRILLS

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

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



Be kinder, use less paper.



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**

NO
HST/GST*



\$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

NO
HST/GST*



\$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.

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.

\$7



PC® FINE GRIND ROAST COFFEE
selected varieties, 250 g
café torréfié à mouture fine
21471877_EA



**NO
HST/GST***

\$5

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
20668034002_C01



**NO
HST/GST***

\$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



\$4

PC® ORANGE JUICE
selected varieties
refrigerated, 1.54 L
jus d'orange
21430531_EA



\$4

PC® DECADENT HOT CHOCOLATE MIX
450 g
mélange à chocolat chaud
21549129_EA



**NO
HST/GST***

8⁵⁰

PC® BLONDE BREW DE-ALCOHOLIZED LAGER BEER
12x355 mL
bière sans alcool
20121729_EA

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.



4²⁹

PC® THE WORLD'S BEST ALL-BUTTER SCOTTISH SHORTBREADS
200 g
Sablé écossais pur beurre
20129504_EA



\$4

PC® CRUSTASTIC SUGAR CRAVE PIE BAR
430 g
tarte rectangulaire
21609501_EA



\$4

PC® CRUSTASTIC JOLLYBERRY GINGERBREAD PIE BAR
430 g
tarte rectangulaire
21609492_EA



3⁴⁹

PC® THE DECADENT COOKIE
selected varieties
280/300 g
biscuits
20612281_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
croustes à tarte
21610882_EA

BETTER AS A MEMBER

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

December 19-25, 2024

Earn*

15,000 pts

\$15 value

for every \$100* spent on Ultimate Dining Card 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 Ultimate Dining Card, Harvey's, and Swiss Chalet 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*



*Conditions apply. Subject to change. For full details see www.pcinurance.ca.



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. **TM Trademark of 911979 Alberta LM, 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 **NOFRILLS** thing to do.

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

NFA MKT