

MUNCH MORE SAVINGS



ONLY
\$10

NO NAME® APPETIZERS

selected varieties, frozen
454-900 g
21608391, EA



SAVE 29%
175

NO NAME® SNACKS or CORN CHIPS

selected varieties
200 g
20048210, EA/20322677, EA



ONLY
\$3

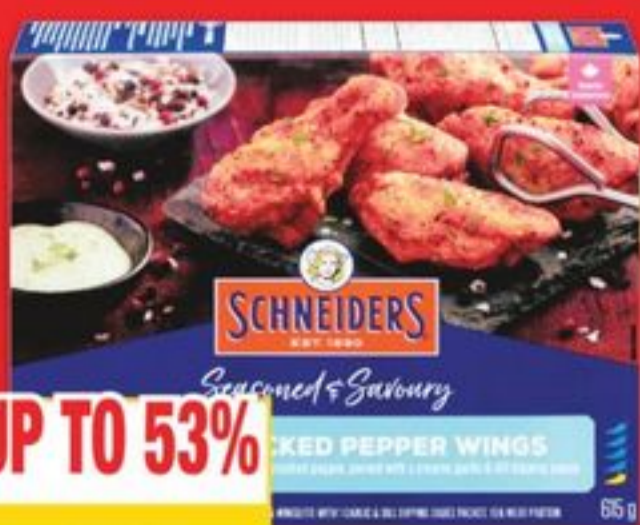
NO NAME® CHEESE SPREAD

selected varieties
227/250 g
20308105001, EA

HAPPY NEW YEAR!

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 26, 2024 TO WEDNESDAY, JANUARY 1, 2025.



SAVE UP TO 53%

6.99

SCHNEIDERS CHICKEN WINGS or SCHNITZELS
selected varieties, frozen
450/615 g
21461404 SA



WOW!

2.99
LB

PORK BACK RIBS
frozen
6.59/kg
21102294 SA

WHILE QUANTITIES LAST



SAVE 28%

\$5

SEAQUEST® SHRIMP RING
frozen
227 g
20080299 SA

WHILE QUANTITIES LAST



SAVE 40%

2.97

PKG OF 5 OR 6

AVOCADOS
product of Mexico
30142232001 SA

SAVE 22%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
220-410 g
20294100001 SA/20294434004 SA



SAVE 20%

3.99

FARMER'S MARKET BUTTER CROISSANTS or LOAF CAKES
selected varieties
200-400 g
20075942 SA/21468854 SA



SAVE UP TO 27%

2.75

LAY'S POTATO CHIPS or POPPABLES 177-235 g or 130 g
selected varieties
21341020 SA



NO HST/GST

Optimum

Members-Only Price™

3.99

Non-members

4.99

CHAPMAN'S PREMIUM ICE CREAM 2 L or YUKON NOVELTIES 5-8's
selected varieties, frozen
21012283 SA/20333572001 SA



SAVE 46%

2.56

LACTANTIA CREAM 10% 1 L, 35% 473 mL, DAIRYLAND CREAM 0-18% 946 mL or 33% 473 mL
selected varieties
20073927 SA/200942847 SA



SAVE 28%

2.50

PC® DIPS 227 g or PC® NAAN DIPPERS 200 g
selected varieties
20584312 SA/21092022 SA



Deals from the past on select items. †



SENSIBLE PORTIONS GARDEN VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
20377204001 SA/21338091 SA

NO HST/GST

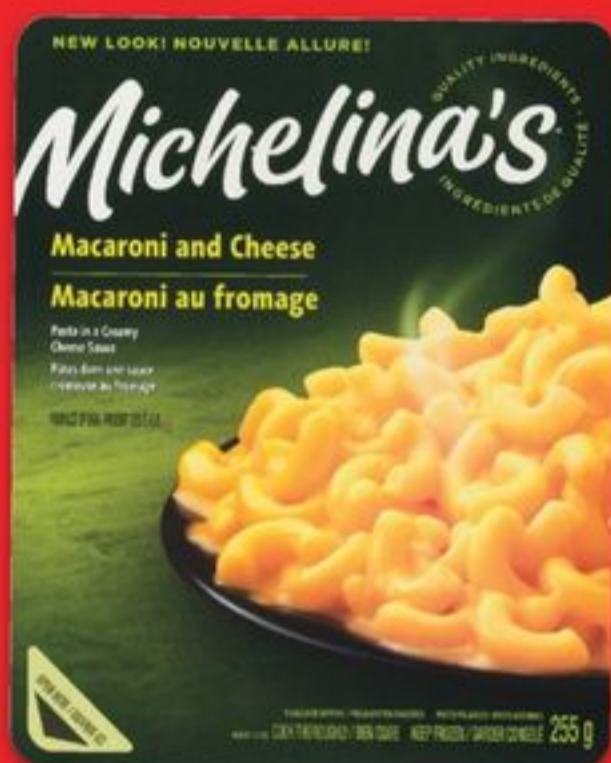
ONLY 2.99

**HAPPY
NEW YEAR!**

\$1

**MICHELINA'S
DINNER ENTRÉES**

selected varieties, frozen
156-284 g
21208614_EA



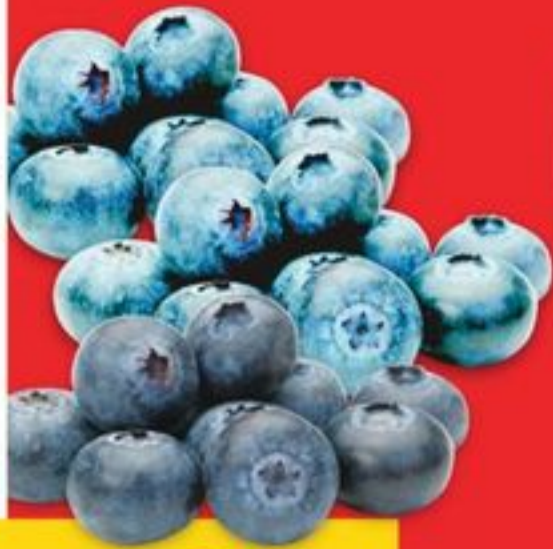
\$1

**YOPLAIT YOP
DRINKABLE
YOGURT**

selected varieties
200 mL
21478178_EA



FRESH AT LOW PRICES



4.99

PINT

BLUEBERRIES
product of U.S.A., Mexico,
Peru, Morocco or Chile,
no. 1 grade
20080137001 SA



454 G



3.99

CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade or
**PC® WHOLE
CREMINI or WHITE
MUSHROOMS**
product of Canada
20133377001 SA/201813172 SA



5.99

3 LB BAG

**FARMER'S
MARKET
NAVEL ORANGES**
product of U.S.A.
20142943001 SA



5.99
LB

CHERRIES
product of Chile, no. 1 grade
13.21/kg
20131949001 KG

2.99
LB

**BROCCOLI
CROWNS**
product of Mexico or U.S.A.
0.59/kg
20026101001 KG



3.99

PINEAPPLE
product of Costa Rica
2014097001 SA



\$4

5 LB BAG

**NO NAME®
NATURALLY
IMPERFECT®
CARROTS**



product of Western Provinces,
Canada no. 2 grade
2094332001 SA



3.99

PKG OF 4

**GREEN or RED
PEPPERS**
product of Mexico
20113232001 SA/20012304001 SA



3.99

CANTALOUPE
product of Guatemala,
no. 1 grade
20141017001 SA



5.99

**MINI SEEDLESS
WATERMELON**
product of Mexico or Guatemala
20143379001 SA



1.29

GREEN ONIONS
product of Mexico
bunch
20107300001 JA



3.99

340 G

MARZETTI DIP
selected varieties,
product of U.S.A.
20222970 SA/21401822 SA



5.99

425 G

**MANN'S
SNAP PEAS**
product of U.S.A.
2044333 SA



3.99

680 G

**PC® LITTLE
GEMS® RED,
YELLOW or
MIXED MINI
POTATOES**
product of Western Provinces,
Canada no. 1 grade



4.99

PKG OF 3

**FARMER'S
MARKET
ENGLISH
CUCUMBERS**
product of Western Provinces,
Canada no. 1 grade or
200240001 JA



5.99

**FARMER'S
MARKET
GRAPE
TOMATOES or
PC® VARIETY
TOMATOES**
product of Canada,
U.S.A. or Mexico
200240001 SA/20180001 SA



907 G

681 G

6.99

**FARMER'S
MARKET
AMBROSIA
APPLES**
product of Western Provinces,
Canada heavy grade or
PC® MANDARIN
product of U.S.A.
200240001 SA/20040001 SA



5 LB BAG

3 LB BAG

FRESH AT LOW PRICES

CLUB SIZE



\$10

EXTRA LEAN GROUND BEEF
fresh
16.51/kg
20981822 EA

749
LB

MAPLE LEAF PRIME CHICKEN DRUMSTICKS or THIGHS
fresh
up to 925 g
2042306 EA/20423115 EA

CLUB SIZE



399
LB

PORK COMBO CHOP
fresh, bone-in
8.80/kg
2007992 EA

PC[®] FREE FROM[®] SAUSAGE or MAPLE LODGE FARMS ULTIMATE CHICKEN SAUSAGES
375/500 g
21276310 EA/20119762 EA

599

599

SCHNEIDERS BOLOGNA, JUICY JUMBOS or SMOKED SAUSAGES
selected varieties
375/500 g
20105411 EA

\$6

SEAQUEST[®] FROZEN FISH FILLETS
selected varieties
400 g
21314740 EA

699

SEAQUEST[®] RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 36-45 per lb, 300 g or **SMALL SCALLOPS** 400 g
frozen
21043485 EA



350

ZIGGY'S[®] SLICED MEAT
selected varieties
175/300 g
2139285 EA/2139286 EA

\$7

BALDERSON CHEESE 250/280 g or ZIGGY'S[®] FETA 400 g
selected varieties
20992952 EA/21495455 EA

1099

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
600 g
21027221 EA



249

NO NAME[®] BAGELS or ENGLISH MUFFINS
selected varieties
4 1/2
21217967 EA/21218119 EA

299

D'ITALIANO BREAD 620/675 g or BUNS 4 1/2"
selected varieties
20236325 EA/20423949 EA

\$3

FARMER'S MARKET[™] GLAZED DOUGHNUTS
552 g
21237394 EA



HAPPY NEW YEAR!



ONLY
279



879

NO NAME® CHEESE
selected varieties
20973773_EA

MINUTE MAID PUNCH, LEMONADE or NESTLE
selected varieties, frozen
295 mL
20418237002_EA/204183338_EA



SAVE 38%

122

SAVE 52%

\$2

HELUYA GOOD! DIPS
selected varieties
250 g
20179979002_EA

199

BARILLA PASTA 340/410 g or PRIMO SAUCE 480 mL
selected varieties
20143366_EA/21449022_EA



\$2

MARIO'S LUNCHEON MEAT 340 g or FLAKES OF HAM 136 g
selected varieties
20143366_EA/21449022_EA



\$5

QUINN'S SWISS ROLLS
selected varieties
400 g
20143366_EA/21449022_EA



999

FREYBE FRESH PEPPERONI STICKS
selected varieties
300/1500 g
20143366_EA/21449022_EA



\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties
30-47 g
20143366_EA/21449022_EA



399

CHRISTIE OREO CAKESTERS COOKIES
385 g or 274.48g
selected varieties
21030071_EA/21030071_EA



499

NESCAFÉ RICH TASTER'S CHOICE INSTANT COFFEE 100/170 g or NESCAFÉ SWEET & CREAMY 331 g
selected varieties
20418237002_EA/204183338_EA



1399

ROGERS GRANULATED SUGAR
10 kg
20143366_EA



379

MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties
1.89 L
20143366_EA/21449022_EA



399

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
20143366_EA/21449022_EA



429

TROPICANA BEVERAGES or PURE LEAF ICED TEA
selected varieties
1.26/1.75 L
20143366_EA/21449022_EA



399

TOSTITOS TORTILLA CHIPS
selected varieties
203/295 g
20143366_EA



BETTER AS A MEMBER

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

Earn*
1,000 pts

for every \$5* spent on Pringles party stack potato chips 194/203 g or mingles 155 g
selected varieties
21074284_EA/21626258_EA

\$1
value



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.

NOFRILLS

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

nofrills.ca



no paper waste
no plastic waste
no glass waste



DECEMBER

**HIT
OF THE
MONTH**



**NO
HST/GST***

Planters salted mixed nuts,
225 g



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



**NO
HST/GST***

**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.

BRANDS YOU LOVE AT LOW PRICES

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
30327349 SA

SAVE UP TO 34%

2.50



SAVE UP TO 41%

1.99

BEATRICE 946 mL / 1 L or
DAIRYLAND 946 mL
CHOCOLATE MILK
selected varieties
30397732 SA/30963108 SA

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
21231413 SA

ONLY
7.99



SAVE 20%

7.99

POGO
selected varieties, frozen
8/10's
3003320281 SA

1.79

DARE DRY BREADS
selected varieties
190-300 g
pouch 2PK
3102182 SA



1.89

BETTY CROCKER SUPERMOIST CAKE MIXES or SNACK SIZE MIXES 184-424 g or FROSTING
selected varieties
240/420 g
30324104 SA/21214738 SA



\$3

NO NAME® FRUIT
selected varieties, frozen
300-400 g
21260797 SA/21264236 SA



5.49

NESQUIK SYRUP or POWDER 340 g
selected varieties
30000000 SA



1.69

KNOBB LIPTON SOUP MIX
selected varieties
40-144 g
30327349 SA/30327349 SA



1.79

KNOBB SIDEKICKS
selected varieties
120-142 g
30327349 SA



\$5

PC® DRY ROASTED PEANUTS or CASHEWS or DELUXE MIXED NUTS
500 g
selected varieties
30327349 SA/31024943 SA



2.29

PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
130-227 g
30327349 SA/30327349 SA



1.50

OCEAN'S TUNA 85/170 g or
GOLD SEAL SARDINES 125 g
selected varieties
11000000 SA/21264236 SA



1.69

CHEF BOYARDEE PASTA
selected varieties
425/425 g
30327349 SA



4.29

FRENCH'S KETCHUP
730 mL / 1 L
30327349 SA



10.99

PC® 100% PURE MAPLE SYRUP
500 mL
30327349 SA



\$2

NO NAME® OLIVES
selected varieties
375 mL
30327349 SA



2.99

LA COSTERA SAUCE
selected varieties
435 mL
30327349 SA



\$5

NO NAME® FOIL 100 ft or
HEAVY DUTY 25 ft
31110000 SA



8.49

NO NAME® CANOLA OIL
2 L
30327349 SA



7.49

PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
21260797 SA/21264236 SA



NO HST/GST

7.49

PARTAKE NON-ALCOHOLIC BEER
selected varieties
473/500 mL
21260797 SA



NO HST/GST

9.99

GUINNESS NON-ALCOHOLIC BEER
selected varieties
473/500 mL
21260797 SA



NO HST/GST

13.99

CASCADE AUTO DISH TABS
selected varieties
30-40's
30327349 SA/30327349 SA



DAIRY DEALS

NO NAME® CHEESE SLICES
selected varieties
210/230 g
2164277 SA

4.50



BECEL MARGARINE
selected varieties
637/850 g
20297619002 SA

6.99



3.99

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g
selected varieties
20641367 SA/2064938010 SA



NO NAME® ICE MILK
selected varieties, frozen
1.65 L
21610174 SA

\$4



1.29

NEILSON MILKSHAKES
selected varieties
310 mL
21649932 SA



3.49

IÖGO NANO DRINKABLE 4% or SIGGI'S SKYR 4% YOGURT
selected varieties
200946761 SA/21289925 SA



3.99

KRAFT CHEESE WHIZ
450 g
2047968001 SA



2.99

LIBERTÉ MÉDITERRANÉE 4% or GREEK 4% YOGURT
selected varieties
2106662 SA/21267344 SA



3.99

GAY LEA REAL WHIPPED CREAM
selected varieties
225 g
204622801 SA



5.79

BLACK DIAMOND CHEESTRINGS or SNACKS
selected varieties
199-226 g
20266447 SA



7.29

KRAFT SINGLES
selected varieties
825 g
21146112 SA



\$6

DEL MONTE JUGS
selected varieties, refrigerated
2.5 L
2106796 SA



2.99

PILLSBURY REFRIGERATED DOUGH
selected varieties
318-468 g
2042845 SA/202094002 SA



3.79

DAIRYLAND COTTAGE CHEESE
selected varieties
500 g
20746622 SA



5.49

VEGAN DAIYA VEGAN CHEESE
selected varieties
170/200 g
2106796 SA

NATURAL FOODS AT LOW PRICES

ORGANIC

4.99

PKG OF 3

PC[®] ORGANICS
ROMAINE HEARTS
product of U.S.A. or Mexico
3039776001 EA



ORGANIC

3.99

PKG OF 2

ORGANIC CELERY HEARTS
product of U.S.A.
20600792001 EA



7.99

BEYOND MEAT ITALIAN SAUSAGES
selected varieties
400 g
21300113 EA



7.99

IMPOSSIBLE PLANT BASED BURGER PATTIES
227 g
21402322 EA



CLIF ENERGY, BUILDERS or
NUT BUTTER BAR
selected varieties
50/68 g
20202133002 EA/20212621 EA

2.50



NO HST/GST*

RX BARS
selected varieties
52 g
21189850 EA

\$3



SILK CREAMERS
selected varieties
890 mL
21345360 EA

4.49



NATURE'S PATH
ORGANIC BAGGED
CEREAL
selected varieties
650-907 g
20212067001 EA

8.99



KICKING HORSE
ORGANIC GROUND
COFFEE
selected varieties
284 g
20805126001 EA

8.99



\$4

SILK BEVERAGES
selected varieties
1.74-1.89 L
20218221002 EA



3.79

HARDBITE CHIPS
selected varieties
128/150 g
20210855001 EA/21152814 EA



7.99

CARBONAUT
LOW CARB
BREAD
selected varieties
544 g
21446964 EA



4.49

PC[®] ORGANICS
QUICK ROLLED or
STEEL CUT OATS
selected varieties
1 kg
20705773 EA



3.99

SUNRYPE
ORGANIC
FRUIT BITES
selected varieties
108 g
21326182 EA



NO HST/GST*

26.99

VEGA PROTEIN
AND GREENS
PROTEIN POWDER
selected varieties
510-526 g
20830346001 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFW

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.

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.

NEW MKT