

# HAPPY NEW YEAR!

\$1

**MICHELINA'S  
DINNER ENTRÉES**  
selected varieties, frozen  
154-284 g  
plats cuisinés  
21209414 EA



\$1

**NEILSON  
CHOCOLATE MILK**  
1% 750 mL  
lait au chocolat  
20784779 EA



\$1

**YOPLAIT YOP  
DRINKABLE  
YOGURT**  
selected varieties, 200 mL  
yogourt à boire  
51478179 EA

NO  
HST/GST\*





# HAPPY NEW YEAR!



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



SAVE UP TO 57%

**5.99**

**SCHNEIDERS GARLIC FLAVOUR WINGS**  
selected varieties, frozen  
430/615 g  
ailes de poulet au ailage  
31373435 SA



WOW!

**2.49**  
LB

FROZEN

**PORK BACK RIBS**  
cryovac package  
côtes de dos de porc  
5.49/lb  
31105294 SA

WHILE QUANTITIES LAST



SAVE 37%

**1.88**

**CANTALOUPE**  
product of Guatemala, no. 1 grade  
cantaloup  
30147017001 SA



ONLY

**2.88**

2 LB BAG

**FARMER'S MARKET MANDARINS**  
product of Morocco or Spain  
mandarines  
30099819001 SA

SAVE 20%

**3.99**

**FARMER'S MARKET BUTTER CROISSANTS or LOAF CAKES**  
selected varieties  
260-400 g  
croissants au beurre ou gâteaux quatre-quarts  
30073942 SA/31388954 SA



SAVE 28%

**\$5**

**SEAQUEST SHRIMP RING**  
frozen  
227 g  
couronne de crevettes  
3008289 SA

NO HST/GST



SAVE 35%

**2.46**

**NEILON CREAM**  
5/10% 1 L or  
18/35% 473 mL  
selected varieties  
crème  
30132609 SA/30974325 SA



SAVE UP TO 28%

**2.50**

**PC DIPS or PC NAAN DIPPERS**  
227 g or  
300 g  
selected varieties  
naan ou hummus  
30084332 SA/31092033 SA



SAVE UP TO 42%

**3.99**

**CHAPMAN'S PREMIUM ICE CREAM** 2 L or  
**YUKON NOVELTIES** 5.8's  
selected varieties, frozen  
crème glacée ou  
friandises glacées  
3003357001 SA/21012384 SA



SAVE UP TO 34%

**2.50**

**LAY'S POTATO CHIPS or POPPABLES**  
130 g  
selected varieties  
croustilles ou grignolines  
31341832 SA

NO HST/GST



SAVE 22%

**3.47**

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
330-410 g  
pizza  
3029610001 SA  
30296434001 SA



SAVE 25%

**11.88**

**DAN-D PAK CASHEWS**  
selected varieties  
noix de cajou  
30314962001 SA  
30314962002 SA



## Deals from the past on select items. †



**SENSIBLE PORTIONS GARDEN VEGGIE STRAWS or CHIPS**  
selected varieties  
120-142 g  
grignolines ou croustilles  
30377204001 SA/31330091 SA

NO HST/GST

SAVE 39%  
**1.99**

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



# MUNCH MORE SAVINGS



**ONLY  
\$10**

**NO NAME® APPETIZERS**  
selected varieties, frozen  
454-900 g  
hors-d'œuvre  
21408591 EA



**SAVE 33%  
3.99**

**NO NAME® REGULAR or SALT REDUCED BACON** 500 g  
selected varieties, frozen  
bacon  
20156771 EA



**SAVE 29%  
1.75**

**NO HST/GST\***

**NO NAME® SNACKS or CORN CHIPS**  
selected varieties, 200 g  
collections ou  
croustilles de maïs  
20048210 EA/20222677 EA



**ONLY  
\$3**

**NO NAME® CHEESE SPREAD**  
selected varieties  
227/250 g  
fromage à la crème  
20308105001 EA



# FRESH AT LOW PRICES



**4.49**



**PKG OF 4**  
**GREEN or RED PEPPERS**  
 product of Mexico  
 poivrons verts ou rouges  
 2011232001 SA/201232001 SA



**PKG OF 5 OR 6**

**AVOCADOS**  
 product of Mexico or  
**ROMAINE HEARTS**  
 product of U.S.A.  
 avocats ou cœurs de romaine  
 2014223001 SA/2006275001 SA



**3.99**



**3 LB BAG**

**2.99**  
 LB/EA

**TOMATOES ON THE VINE** 6.59/kg  
 product of Canada or Mexico or  
**FARMER'S MARKET™**  
**CARROTS** or  
**YELLOW ONIONS** each  
 product of Ontario, Canada no. 1 grade  
 tomates sur vigne ou carottes ou oignons jaunes  
 2003670001 KG/20060927001 SA  
 2081194001 SA



**4 LB BAG**

**3 LB BAG**

**FARMER'S MARKET™**  
**AMBROSIA** or  
**ROYAL GALA APPLES**  
 product of Ontario, Canada fancy grade or  
**NAVEL ORANGES**  
 product of Spain, Morocco or Egypt  
 pommes ou oranges navel  
 2130731001 SA/20162543001 SA

**4.99**

**4.99**  
 LB

**CHERRIES**  
 product of Chile, no. 1 grade  
 11.00/kg  
 cerises  
 2012040001 KG



**2.99**  
 LB/EA

**RED GLOBE GRAPES** 6.59/kg  
 product of Peru, no. 1 grade or  
**BLACKBERRIES** each  
 product of U.S.A. or Mexico  
 raisins rouges globe ou noirs  
 2031923001 KG/20051013001 SA



**6 OZ CLAMSHELL**

**4.99**

**PINT**  
**BLUEBERRIES**  
 product of Mexico or Chile,  
 no. 1 grade  
 bleuets  
 2006013001 SA



**1.99**

**BROCCOLI CROWNS**  
 product of U.S.A. or Mexico  
 each  
 couronnes de brocoli  
 2112150001 EA



**1.99**  
 LB

**BARTLETT PEARS**  
 product of U.S.A.,  
 extra fancy grade,  
 4.29/kg  
 2017220001 KG



**1.29**

**RED MANGO**  
 product of Peru  
 each  
 mangue rouge  
 2003642001 EA



**5.99**

**425 G**  
**MANN'S SNAP PEAS**  
 product of U.S.A.,  
 pods  
 204455E SA



**3.99**

**340 G**  
**MARZETTI DIP**  
 selected varieties,  
 product of U.S.A.,  
 fromage  
 20222970 EA/20080394 EA



**\$18**

**FRUIT 1.4 kg or VEGETABLE 1 kg TRAY**  
 plateau de fruits ou légumes  
 21435074E SA/21435074E SA



**2.99**

**PKG OF 6**  
**FARMER'S MARKET™**  
**MINI CUCUMBERS**  
 product of Ontario,  
 Canada no. 1 grade  
 mini-concombres  
 2072570001 EA



**GROWN IN CANADA**  
**3.99**

**680 G**  
**PC™ LITTLE GEMS™**  
**RED, YELLOW or MIXED MINI POTATOES**  
 product of Canada,  
 Canada no. 1 grade  
 mini-pommes de terre variées  
 2134730001 EA/2134730001 SA



**5.99**

**PC™ AXIANY or VARIETY TOMATOES**  
 product of Canada or Mexico  
 tomates  
 2143614001 EA/204964001 SA

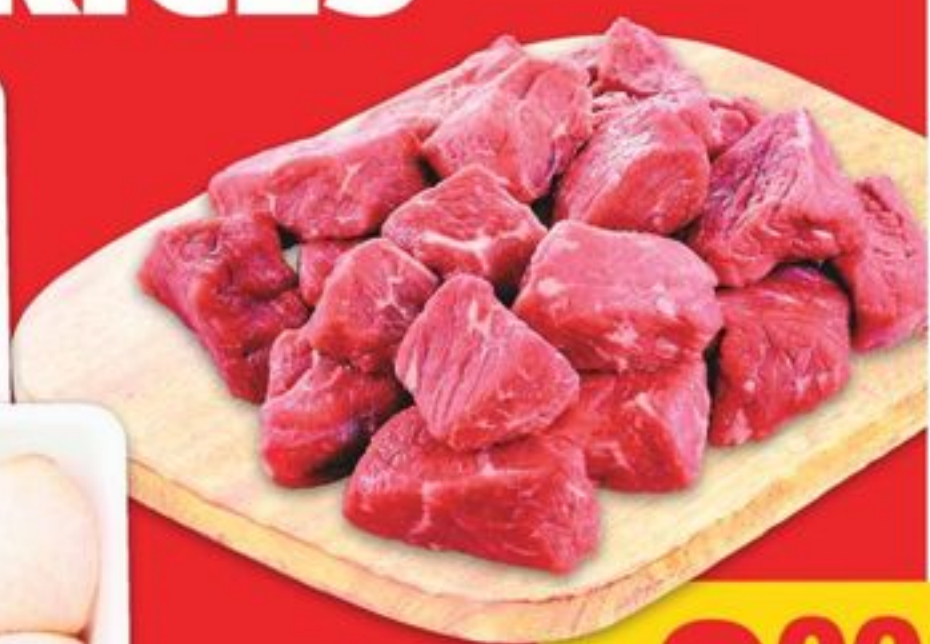


**567 G**

**681 G**



# FRESH AT LOW PRICES



**9.99**  
LB

**BONELESS BEEF STEW**  
cubes de bœuf  
22.02/kg  
30337443 42

**\$9**

**MAPLE LEAF PRIME CHICKEN DRUMSTICKS or THIGHS or SUFRA® HALAL CHICKEN DRUMSTICKS**  
fresh  
piles ou hauts de cuisse de poulet  
30433036 3A/30433113 3A



**CLUB SIZE**



**2.99**  
LB

**PORK HALF LOIN**  
fresh, boneless, cryovac package  
demi-longe de porc  
6.59/kg  
30354797 40

**WHILE QUANTITIES LAST**

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
saucisses  
21563790 3A

**ALWAYS**  
**\$10**

**5.99**

**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES 375/430 g or SCHNEIDERS BOLOGNA 375/500 g**  
selected varieties  
saucisses ou bologna  
20106411 3A



**5.99**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 30-45 per lb., 300 g or SMALL SCALLOPS 400 g**  
frozen  
crevettes ou pétoncles  
21043683 3A



**5.99**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
filets de poisson surgelés  
21134740 3A



**3.50**

**ZIGGY'S® SLICED MEAT**  
selected varieties  
175/300 g  
viandes tranchées  
21190229 3A/21192461 3A



**\$7**

**ZIGGY'S® FETA CHEESE 400 g or BALDERSON CHEESE**  
selected varieties, 250/280 g  
fromage  
30592952 3A/21495453 3A



**\$10**

**SWISS CHALET PORK BACK RIBS**  
fully cooked, selected varieties  
400 g  
côtes de dos de porc  
21022221 3A



**1.97**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
bagels ou muffins anglais  
21247476 3A/21247483 3A



**2.50**

**CHARLOTTE'S PARFAITS**  
selected varieties  
133/141 g  
parfaits  
21247476 3A/21247483 3A



**\$3**

**COUNTRY HARVEST BREAD 400/430 g or BAGELS 6's**  
selected varieties  
pain ou bagels  
21247476 3A/21247483 3A



**\$5**

**QUINN'S SWISS ROLLS**  
selected varieties  
400 g  
rolls suisses  
21247476 3A/21247483 3A





# HAPPY NEW YEAR!

SAVE 20%

449

**NEILSON TRUTASTE MILK**  
selected varieties  
2 L  
lait  
20130270\_EA



700 G

SAVE 20%

799

**NO NAME® CHEESE**  
selected varieties  
fromage  
20073773\_EA



**CAVENDISH FRIES**  
selected varieties, frozen  
800 g  
frites  
2119937\_EA

SAVE UP TO 35%

129

**MINUTE MAID PUNCH, LEMONADE - NESTEA**  
selected varieties, frozen  
295 mL  
punch ou lemonade ou thé glacé  
20418237001\_EA/204181318\_EA



ONLY

279

\$1

**CLUB HOUSE DRY SAUCE MIX**  
selected varieties  
30-47 g  
mélange de sauces  
20418237001\_EA/204181318\_EA



\$2

**BARILLA PASTA or PRIMO SAUCE**  
selected varieties  
400-410 g  
pâtes ou sauces  
20418237001\_EA/204181318\_EA



\$2

**MARIO'S LUNCHEON MEAT or FLAKES OF HAM**  
selected varieties  
154 g  
saucisson de jambon  
20418237001\_EA



10<sup>99</sup>

**ZIGGY'S® CHICKEN STRIPS**  
300 g or PC® SPLENDIDO® ANTIPASTO or PROSCIUTTO  
300 g or ROMA PEPPERONI  
selected varieties  
sélection de poulet ou antipasto ou prosciutto ou pepperoni  
20418237001\_EA/204181318\_EA



249

**LANTIC FINE GRANULATED SUGAR**  
2 kg  
sucre  
20140222\_EA



399

**CHRISTIE OREO CAKESTERS or COOKIES**  
383 g or PRIMO SAUCE  
selected varieties  
374-488 g  
pâtisseries ou biscuits  
20418237001\_EA



399

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
300-390 g  
croustilles de tortille  
20418237001\_EA



499

**NESCAFÉ® TASTER'S CHOICE INSTANT COFFEE or NESCAFÉ SWEET & CREAMY**  
selected varieties  
100-170 g  
café instantané  
20418237001\_EA/204181318\_EA



379

**OCEAN SPRAY CRANBERRY COCKTAIL or MOTT'S CLAMATO**  
selected varieties  
1.89 L  
cocktail de cranberries ou clamato  
20418237001\_EA/204181318\_EA



399

**COCA-COLA® or PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses  
20418237001\_EA/204181318\_EA



429

**TROPICANA BEVERAGES - PURE LEAF TEA**  
selected varieties  
1.26/1.25 L  
boissons au thé glacé  
20418237001\_EA/204181318\_EA



\$5

**PC® DRY ROASTED PEANUTS CASHEWS or DELUXE MIXED NUTS**  
selected varieties  
200 g  
noix de pécanes ou mélange de noix  
20418237001\_EA/204181318\_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  
croustilles  
21074284\_EA/210626258\_EA

\$1 value

NO HST/GST\*



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, no plastic, no wax





**DECEMBER**

**HIT  
OF THE  
MONTH**



**\$3**

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

**NO  
HST/GST\***



**\$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

**NO  
HST/GST\***



**\$1<sup>50</sup>**

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



**Optimum**  
Members-Only Price  
**\$2**  
Non-Members  
**\$2<sup>50</sup>**

**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.



# BRANDS YOU LOVE AT LOW PRICES

**HELUYA GOOD! DIPS**  
selected varieties  
250 g  
fromage  
3017997902 SA

**SAVE 49%**

**\$2**



**SAVE UP TO 41%**

**2.50**



**CHEEMO PEROGIES** 745-907 g or **VILLA PASTAS** 400 g  
selected varieties, frozen  
perogies ou pâtes  
30527119 SA/21025641 SA

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-420 g  
pizza  
31321413 SA

**ONLY 7.99**



**SAVE 20%**

**7.99**

**POGO**  
selected varieties, frozen  
8/10's  
sauces sur blisternet  
3051330301 SA

**1.79**

**DARE DRY BREADS**  
selected varieties  
100-200 g  
pâtes secs  
31032188 SA



**\$3**

**NO NAME® FRUIT**  
selected varieties, frozen  
300/400 g  
fruits surgelés  
31543097 SA/21543106 SA



**5.49**

**NESQUIK SYRUP POWDER** 510/700 ml or 540 g  
selected varieties  
sirop ou poudre  
3032616-7002 SA



**1.69**

**KNORR - LIPTON SOUP MIX**  
selected varieties  
40-146 g  
souffles & soup  
3032616-7002 SA



**1.79**

**KNORR SIDEKICKS**  
selected varieties  
120-142 g  
pâtes d'accompagnement  
3032616-7002 SA



**1.89**

**BETTY CROCKER SUPERMOIST™ SNACK SIZE CAKE MIXES** 184-404 g or **FROSTING** 240/420 g  
selected varieties  
mélange à gâteau ou glaçage  
3032616-7002 SA



**2.29**

**PEPPERIDGE FARM GOLDFISH CRACKERS**  
selected varieties  
124-227 g  
craquelins  
3032616-7002 SA



**1.50**

**OCEAN'S LIGHT TUNA** 81/170 g or **GOLD SEAL SARDINES** 123 g  
selected varieties  
thon ou sardines  
3104270 SA/21042846 SA



**1.69**

**CHEF BOYARDEE PASTA**  
selected varieties  
425/425 g  
pâtes au saucisson  
3032616-7002 SA



**4.29**

**FRENCH'S KETCHUP** 730 ml/2.1 L  
ketchup  
3032616-7002 SA



**10.99**

**PC® 100% PURE MAPLE SYRUP** 300 ml  
sirop deérable  
3032616-7002 SA



**\$2**

**NO NAME® OLIVES**  
selected varieties  
273 ml  
olives  
3032616-7002 SA



**2.99**

**LA COSTEÑA SAUCE**  
selected varieties  
433 ml  
sauce  
3032616-7002 SA



**\$5**

**NO NAME® FOIL** 100 ft or **HEAVY DUTY FOIL** 23 ft  
feuille d'aluminium  
311796 SA



**8.49**

**NO NAME® CANOLA VEGETABLE OIL** 2 L  
huile de canola ou végétale  
3032616-7002 SA



**7.49**

**PC® DE-ALCOHOLIZED WINE**  
selected varieties  
750 ml  
vin déalcoolisé  
3104270 SA/21042846 SA



NO HST/GST

**7.49**

**PARTAKE NON-ALCOHOLIC BEER**  
selected varieties  
473 ml  
bière sans alcool  
3104270 SA



NO HST/GST

**9.99**

**GUINNESS NON-ALCOHOLIC BEER** 24x420 ml  
bière sans alcool  
3104270 SA



**13.99**

**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
30-48 L  
produit de nettoyage pour lave-vaisselle  
3032616-7002 SA/31070736 SA





# DAIRY DEALS



**NO NAME®  
NATURAL CHEESE SLICES**  
selected varieties  
210/230 g  
tranches de fromage  
214/227 EA

**4<sup>50</sup>**



**PHILADELPHIA  
CREAM CHEESE  
PRODUCT** 227/250 g  
selected varieties  
produit de fromage à la crème  
204/197 EA/206/209 EA

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



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

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
202/781/8002 EA



**NO NAME®  
ICE MILK**  
selected varieties, frozen  
1.65 L  
crème glacée  
214/174 EA

**\$4**



NO  
HST/GST\*

**1<sup>29</sup>**

**NEILSON  
MILKSHAKE or  
MILK2GO**  
selected varieties  
310 mL  
lait fouetté ou lait  
210/49/42 EA



**3<sup>49</sup>**

**IÖGO NANO  
DRINKABLE** 6's or  
**SIGGI'S SKYR** 4's  
**YOGURT**  
selected varieties  
yogourt à boire ou skyr  
206/948/7001 EA/213/90027 EA



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

**KRAFT  
CHEESE WHIZ**  
selected varieties  
450 g  
fromage  
204/946/001 EA



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

**LIBERTÉ  
MÉDITERRANÉE** 4's  
**500 g** or **GREEK** 4's  
**YOGURT**  
selected varieties  
yogourt grec  
213/946/35 EA/215/47564 EA



**5<sup>79</sup>**

**BLACK DIAMOND  
CHEESTRINGS or  
SNACKS**  
selected varieties  
189-236 g  
fromage effilochable  
ou collations  
207/0461 EA



**7<sup>29</sup>**

**KRAFT  
SINGLES**  
selected varieties  
825 g  
tranches de fromage  
211/83712 EA



**\$6**

**DEL MONTE  
JUGS**  
selected varieties,  
refrigerated  
2.5 L  
jus d'orange  
212/9736 EA



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

**PILLSBURY REFRIGERATED  
DOUGH**  
selected varieties  
318-446 g  
pâte réfrigérée  
201/8040/41 EA/202/00000 EA



**3<sup>49</sup>**

**NORDICA  
COTTAGE  
CHEESE**  
selected varieties  
430/500 g, 4x113 g  
fromage cottage  
207/0461 EA



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

**VEGAN  
DAIYA  
VEGAN CHEESE**  
selected varieties  
170-200 g  
fromage végétal  
212/0746 EA



# NATURAL FOODS AT LOW PRICES



**ORGANIC**  
**249**

**227 G**

**PC® ORGANICS WHOLE CREMINI or WHITE MUSHROOMS**  
product of Ontario  
champignons cremini ou blancs entiers biologiques  
21021565, EA/21021499, EA

**ORGANIC**  
**599**

**312 G**

**PC® ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
jeunes épinards ou légumes-feuilles des champs biologiques  
20127207, EA/2012731, EA



**799**

**BEYOND MEAT ITALIAN SAUSAGES**  
selected varieties  
400 g  
saucisses italiennes végétariennes  
21300113, EA



**799**

**IMPOSSIBLE PLANT BASED BURGER PATTIES**  
227 g  
galettes à base de plantes  
21403322, EA



**CLIF ENERGY, BUILDERS or NUT BUTTER BAR**  
selected varieties  
50/68 g  
barres  
20120914003, EA/20203123000, EA

**250**



**NO HST/GST\***

**RX BARS**  
selected varieties  
52 g  
barres  
21184633, EA

**250**



**SILK CREAMERS**  
selected varieties  
890 mL  
crèmes à café  
21545340, EA

**479**



**NATURE'S PATH ORGANIC BAGGED CEREAL**  
selected varieties  
650-907 g  
céréales biologiques  
20212067001, EA

**899**



**KICKING HORSE ORGANIC GROUND COFFEE**  
selected varieties, 284 g  
café moulu biologique  
20805124001, EA

**1099**



**SILK BEVERAGES**  
selected varieties, refrigerated  
1.74-1.89 L  
boissons  
20228221002, EA

**\$4**



**379**



**HARDBITE CHIPS**  
selected varieties  
128/150 g  
croustilles  
20270835001, EA/211537614, EA

**NO HST/GST\***

**799**



**CARBONAUT LOW CARB BREAD**  
selected varieties  
544 g  
pain faible en glucides  
21446964, EA

**449**

**PC® ORGANICS QUICK ROLLED or STEEL CUT OATS**  
selected varieties  
1 kg  
grau rapide ou avoine découpée biologique  
20705773, EA



**399**



**SUNRYPE ORGANIC FRUIT BITES**  
selected varieties  
108 g  
bouchés de fruits biologiques  
21538182, EA

**NO HST/GST\***

**2299**



**VEGA PROTEIN AND GREENS PROTEIN POWDER**  
selected varieties  
510-526 g  
poudre de protéines et légumes verts  
20830384001, EA/20830384003, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFO



# 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](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).

ONLINE INFO MKT