

# BIG HOLIDAY DEALS!

SAVE UP TO 64%

**1.88** LB

**AMBROSIA APPLES**

product of Ontario,  
Canada fancy grade  
pommes  
1.94/lb  
3027454901, 80



**Foodland**  
ONTARIO

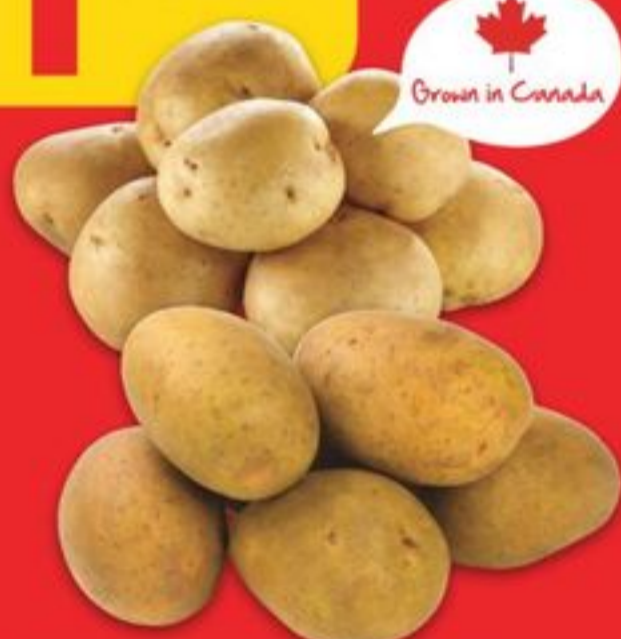


SAVE UP TO 64%

**1.77**

**10 LB BAG**

**RUSSET or YELLOW POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre Russet ou jaunes  
3060117001, 5A/3060102001, 5A



SAVE 33%

**1.99**

**60Z CLAMSHELL**

**BLACKBERRIES**  
product of Mexico or U.S.A.,  
mûres  
30051013001, 5A



SAVE 33%

**3.99**

**312 G**

**PC® BABY SPINACH or SPRING MIX**  
product of U.S.A.,  
petites épinards ou  
mélange printanier  
21204301, 5A/21204304, 5A



# BIG HOLIDAY DEALS!

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 28 TO WEDNESDAY, DECEMBER 4, 2024.



**ONLY 1.97 LB**

**WHOLE CHICKEN**  
poulet entier  
6.34/kg  
20499970\_60

WHILE QUANTITIES LAST



**SAVE 37%**

**3.77**

**SCHNEIDERS BACON**  
selected varieties, 375 g  
bocon  
20773671\_6A



**SAVE 28%**

**\$5**

**PC PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS**  
selected varieties, frozen, 700 g  
pépites ou lamelles ou burgers de poulet  
21301321\_6A



**SAVE 54%**

**2.87 LB**

**PORK TENDERLOIN**  
fresh, cryovac package  
filet de porc  
6.33/kg  
20320970\_60

**SAVE 26%**

**1.25**

**UNICO BEANS or TOMATOES**  
selected varieties  
540/796 mL  
légumineuses ou tomates  
20112467001\_6A/20314629001\_6A



**SAVE 22%**

**3.47**

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
pizza  
20294100001\_6A/20294404001\_6A



**SAVE UP TO 40%**

**\$3**

**PC® VEGETABLES**  
400-750 g or  
**PREMIUM VEGETABLES**  
350-500 g  
selected varieties, frozen  
légumes  
202189113\_6A/21184674\_6A



**SAVE 20%**

**\$4**

**FARMER'S MARKET BUTTER CROISSANT or LOAF CAKES**  
selected varieties  
200-400 g  
gâteaux quatre-quarts  
20973943\_6A/21489754\_6A



APP EXCLUSIVE OFFER  
1,000

\$1 Value

**ONLY 6.99**

APP EXCLUSIVE OFFER  
1,000

\$1 Value

**NO NAME® CANOLA or VEGETABLE OIL**  
3 L  
huile de canola ou végétale  
20208666\_6A/201023290\_6A



**SAVE 25%**

**2.99**

**DORITOS TORTILLA CHIPS**  
selected varieties  
210-280 g  
croustilles de tortilla  
21267118\_6A



**SAVE UP TO 50%**

**\$4**

**PC® CHOCOLATE COVERED FRUIT AND NUT** 340/400 g,  
**MERCI CHOCOLATE KISSES** 200 g or  
**HERSHEY'S KISSES** 180 g  
selected varieties  
Fruits ou noix enrobés de chocolat ou chocolat  
20000354\_6A/21054210\_6A  
WHILE QUANTITIES LAST



**SAVE 31%**

**12.99**

**TILDA BASMATI RICE**  
4.54 KG  
riz basmati  
20112478\_6A



**PRICE DROP 4.77**

**ARMSTRONG or PC® SHREDDED CHEESE**  
250-320 g or **ARMSTRONG CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21286240\_6A/21286749\_6A



**PRICE DROP 4.99**

**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20639926\_6A



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: LUCIANO & SARRA'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGLIS, ANGLIS MARK'S - ARNOLD, RYAN'S - ATHERTON, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, RYAN'S - BEAMSVILLE, JOE'S - BELLEVILLE, REALTY'S - BRADFORD, RUTH'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRANTFORD, BRANTLEY'S - BRANTFORD, MICHAEL'S - BURLINGTON, DAVID & DEBRA'S - CAMBRIDGE, EDDIE & LINDA'S - CAMBRIDGE, FISHER'S - CAMPELLFORD, DANIEL'S - CASSIDIAN, FOR & KEITH'S - CHESTER, DAVID'S - COLLING, JAMES & JUNE'S - CONNELL, DUFFY - CO. BUNNA, TONY'S - ELSBETH LAKE, ROBERT'S - ESTATE, JESSIE & KERRY'S - FORT PETER, BALDWIN'S - GANANOCQUA, MIKE & GRACE'S - GLENDON, DAVID & NATALIE'S - GRAND BOND, DODDINGTON'S - GUYTON, SHANNON & RICHARD'S - GUELPH, BOB'S - HARRISVILLE, CHRIS & JANE'S - HAMILTON, FRANK'S - HAMILTON, DORIS'S - HAMILTON, KERRY & CINDY'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INVERESS, DITERMAN'S - KINGSTON, ANDREW & EMILY'S - KINGSTON, SANITA - KINGSTON, DEBRA & LAURA'S - KITCHENER, BRIAN & JENNIFER'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASH'S - LONDON, PHIL'S - LONDON, BOB & BRACHA'S - LONDON, BOBBIE & TRACY'S - LONDON, BRIAN & BECKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOORE FOREST, JAMES & JACQUELYNNE'S - NAPANEE, CHRIS & SARAH'S - NIPISSAN, WACELAY'S - NEW HAMBURG, PHILIPPE'S - NIPECAVILLE, BOB'S - NIMBERG, JILL & ALAN'S - NIPECAVILLE, NORTH BAY, JEFF & TANYA'S - NORTH BAY, JIM & LES ANNIE'S - ORANGEVILLE, JASON'S - ORSUA, CONNOR & KENNEDY'S - OTTAWA, DAVID'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACEY & TROY'S - PERRY SOUND, STEVEN & JULIE'S - PIMBERN, CHRIS & NICKY'S - PITHERSBOROUGH, DAVID'S - PETERSBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT COLBORNE, MIKE'S - PORT DUFFER, CHRIS & TANYA'S - RAINBOW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEPH'S - SHELBOURNE, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, BRANDON & WENDY'S - STITTVILLE, CRAIG & KEE - STIRLING, BRANDON & ADRIAN'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CAYLE'S - THURBY, RYAN & CATHY'S - THURONK, MARK & SARAH'S - WALLACEBURG, ERIC'S - WATERDOWN, PHIL & MALLORY'S - WATERLOO, GILBERT'S - WELLS, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

# MULTI BUY? TRY SINGLE BUY.



ONE FOR

**179**

**KNORR  
SIDEKICKS**  
selected varieties  
120-162 g  
plats d'accompagnement  
20221430011\_EA



ONE FOR

**\$3**

**MIO, CRYSTAL  
LIGHT or  
KOOL-AID  
DRINK MIXES**  
selected varieties  
48 mL/24-56 g  
mélanges à boisson  
20663423\_EA/2074949001\_EA

**LAY'S POTATO  
CHIPS 177-235 g or  
POPPABLES 130 g**  
selected varieties  
croustilles ou grignotines  
21241032\_EA



ONE FOR

**379**

**GENERAL  
MILLS CEREAL**  
selected varieties  
297-430 g  
céréales  
21104047\_EA/21104055\_EA



ONE FOR

**399**

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

**249**

**CHRISTIE**  
**COOKIES**

selected varieties  
223-303 g  
biscuits

21358407\_EA/21361508\_EA



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

# BIG HOLIDAY DEALS!

**PINEAPPLE**  
product of Costa Rica  
onions  
30160992001 SA

**1.99**



**325 G**

**3.99**

**ASPARAGUS**  
product of Peru or Mexico, no. 1 grade or  
**CAULIFLOWER**  
product of U.S.A. or Mexico,  
no. 1 grade  
asperges ou chou-fleur  
3018179001 SA/30133377001 SA



**2.99**

**PINT**

**BLUEBERRIES**  
product of Peru, no. 1 grade  
Mozelle  
30088137001 SA



**1.69**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
cucumbers anglais  
30090132001 SA

**1.99**

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
nach  
coppinos de brocol  
3113180001 SA



**2.99**  
LB

**TOMATOES ON THE VINE**  
product of U.S.A.,  
Mexico or Canada  
tomates sur vigne  
6.39/kg  
30076102001 SA



**2.99**

**3 LB BAG**

**FARMER'S MARKET CARROTS or YELLOW ONIONS**  
product of Ontario,  
Canada no. 1 grade or  
carottes ou oignons jaunes  
3000017001 SA/3011194001 SA



**2.99**

**CANTALOUPE**  
product of U.S.A. or Guatemala,  
no. 1 grade  
mandarins  
3000017001 SA



**3.99**  
LB

**RED - GREEN SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins rouges et verts sans  
graines  
3000017001 SA



**3.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocat  
3000017001 SA



**3.99**

**PKG OF 4**

**RED - GREEN PEPPERS**  
product of U.S.A. or Mexico  
piments rouges et verts  
3000017001 SA



**2.49**

**ICEBERG LETTUCE**  
product of U.S.A. or Mexico,  
no. 1 grade  
chou iceberg  
3013320001 SA



**2.99**

**CELERY**  
product of Mexico or U.S.A., no. 1 grade  
nach  
celéri  
3000017001 SA



**8.99**

**RED MANGOES**  
product of Brazil  
cassis de mangue rouges  
3000017001 SA  
WHILE SUPPLIES LAST



**\$7**

**6" POINSETTIAS**  
produit d'importation  
3000017001 SA



**3.99**

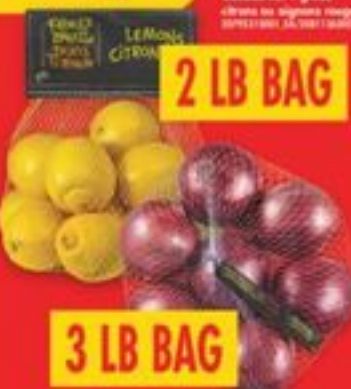
**454 G**

**PC® WHOLE WHITE - CREAMI MUSHROOMS**  
product of Ontario  
champignons blancs  
3000017001 SA



**\$4**

**FARMER'S MARKET LEMONS**  
product of Spain or Turkey or U.S.A., no. 1 grade  
Canada no. 1 grade  
citrons ou citronniers  
3000017001 SA



**4.99**

**3 LB BAG**

**FARMER'S MARKET NAVEL ORANGES**  
product of South Africa  
oranges navel  
3000017001 SA



**4.99**

**2 LB BAG**

**FARMER'S MARKET MANDARINS**  
product of Spain or Morocco  
mandarines  
3000017001 SA



# BIG HOLIDAY DEALS!



**\$12**

**PC<sup>®</sup> CHICKEN BREAST, SPLIT CHICKEN WINGS or BREAST CUTLETS**  
fresh, up to 720 g  
portions de poulet ou ailes de poulet séparées ou escalopes de poulet  
21494306 EA

**BONELESS BEEF STEW**  
cubes de bœuf déossé  
22,02/kg  
30257940, RD

**9.99**  
LB



**9.99**

**MAPLE LEAF or SCHNEIDERS HAM**  
selected varieties  
400/700 g  
jambon  
21094578 EA/21094483 EA



**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES** 1.2/1.4 kg or **PC<sup>®</sup> FREE FROM<sup>®</sup> LEAN GROUND LAMB** 454 g  
selected varieties  
saucisses ou galettes ou agneau haché maigre  
20799638 EA/21232008 EA

**10.99**

**2.99**

**SMOKED STEELHEAD SALMON**, pre-diced, 50 g  
**GO SHRIMP RAW, COOKED**, \$1.70 per lb or 160 g  
**YELLOWFIN TUNA STEAKS**, 92 g, or **SEAQUEST FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g, selected varieties  
saumon fumé, filets de crevettes crues ou cuites ou dorées de thon allégées ou saumon d'Alaska  
20722642 EA/21208011 EA

WHILE QUANTITIES LAST



**5.99**

**SEAQUEST<sup>®</sup> RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP**  
frozen, 34-43 per lb  
300 g  
selected varieties  
21043882 EA



**12.49**

**MARCANGELO ROAST or BACON WRAPPED CHICKEN**  
selected varieties  
370-800 g  
poulet rôti ou poulet emballé de bacon  
21148333 EA



**4.49**

**PILLER'S SLICED DELI MEAT** 150/200 g or **PC<sup>®</sup> TOPPED HUMMUS** 280 g  
selected varieties  
charcuteries tranchées ou hummus garni  
21094382 EA/20812322 EA



**4.99**

**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromages  
20272713 EA/21291214 EA



**\$10**

**NO NAME<sup>®</sup> APPETIZERS**  
selected varieties, frozen  
154-800 g  
hors-d'œuvre  
21424323 EA



**2.99**

**D'ITALIANO BREAD BUNS** 600-675 g or **BUNS** 6/8's  
selected varieties  
pain ou petits pains  
20032323 EA/20639949 EA



**\$3**

**COUNTRY HARVEST BREAD BAGELS** 600/650 g or **BAGELS** 6's  
selected varieties  
pain ou bagels  
21172897 EA/21176442 EA



**4.50**

**PC<sup>®</sup> MINI MUFFINS**  
selected varieties  
12's  
mini-muffins  
21488229 EA



**MARCANGELO SLICED DELI MEAT** 100 g or **PEPPERONI** 175 g  
selected varieties  
charcuteries tranchées ou pepperoni  
21042322 EA



**3.99**

**MARCANGELO MORTADELLA**  
selected varieties  
125 g  
mortadelle  
21042322 EA

**5.99**

**MARCANGELO ANTIPASTO or EUROPEAN DISCOVERY SLICED DELI MEAT**  
selected varieties, 175/200 g  
antipasto ou charcuteries tranchées  
21043438 EA/21213142 EA

WHILE QUANTITIES LAST

**\$11**

# BIG HOLIDAY DEALS!



SAVE 40%

2.49

ONLY 3.33



DANONE ACTIVIA TUBS 450 g, OIKOS 4%, TWO GOOD 4% or DANINO KIDS DRINKABLE YOGURT 4% selected varieties yogurt

30225133063 SA/21330790 SA

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT selected varieties 410 g produit de fromage fondu 3125244 SA

ONLY \$4



PC® THIN CRUST PIZZA selected varieties, frozen 330-397 g pizza 3071479 SA



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

3014877 SA/21048962 SA

ONLY 5.99

\$3

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS selected varieties 120-230 g

bonnes grande ou collection aux fruits 3021332602 SA/3018474007 SA



5.99

NESCAFÉ GOLD SWEET & CREAMY INSTANT COFFEE selected varieties 90-251 g

café instantané 21074465 SA/21062071 SA



6.99

BECEL MARGARINE selected varieties 437/850 g

margarine 3027514002 SA



.35

MR. NOODLES INSTANT NOODLES selected varieties 85 g

3021332602 SA



\$1

NO NAME® TUNA selected varieties 175 g

3021332602 SA



4.50

CLOVER LEAF SOCKEYE SALMON 375 g

3021332602 SA



.79

PC® SOFT DRINKS selected varieties 2 L

bonnes grande 3021332602 SA



2.99

RUFFLES POTATO CHIPS selected varieties 150-200 g

3021332602 SA



1.25

ALLEN'S or MINUTE MAID FRUIT COCKTAILS selected varieties, 1 L

3021332602 SA



2.49

DARE COOKIES selected varieties 100-240 g

3021332602 SA



4.99

JAMIESON VITAMINS C + D selected varieties 75-240 g

3021332602 SA



2.99

CARNARY SWEET CANDY CANE CHOCOLATE BALLS IN NET 200 g

selected varieties, please see notes on back of chocolate 3021332602 SA



3.99

LINDY MINI CHOCOLATE BALL 100 g, LINDY BEAR MULTI DARE REALFRUIT CANDY 220 g

selected varieties, chocolate or Vanilla 3021332602 SA



4.99

CADBURY MINI EGGS 200 g or OLD EXCELLENT BEANitos BEANS 200 g

selected varieties, 200-240 g chocolate or Vanilla 3021332602 SA



12.99

NESTLE KITKAT CABIN 200 g, FAVOURITE BAG 275 g or ELMER'S BOXED CHOCOLATE 140 g

selected varieties, chocolate 3021332602 SA



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.

**DECEMBER**

**HIT  
OF THE  
MONTH**

**STARTS SUNDAY DECEMBER 1<sup>ST</sup>**



**\$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<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.



# BIG HOLIDAY DEALS!



SAVE UP TO 27%

ONLY 5.99



HEALTHY CHOICE SIMPLY 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-306 g selected varieties, frozen plats cuisinés surgelés 20/74238 EA/2140439 EA

\$4

PC WOOD FIRED PIZZA selected varieties, frozen 351-413 g pizza 2140332 EA



ONLY 3.33



SAVE 20%

2.69

PILLSBURY PIZZA POPS selected varieties, frozen 4's pizza 2143296 EA

YOPLAIT SOURCE PROTEIN 4% MINIGO 4% or TUBES 4% selected varieties yogurt 2129131801 EA/21347393 EA

3.50

NO NAME CANNED FRUIT selected varieties 796 mL 28 fl oz 2041823 EA



\$6

PC ORANGE JUICE selected varieties, refrigerated 2.5 L 21/10424 EA/21/10424 EA



3.99

OCEAN SPRAY CRANBERRY COCKTAIL 1.89 L or 100% CRANBERRY JUICE 1.77 L selected varieties 2140332 EA/2140332 EA



2.99

PRINGLES PARTY STACK POTATO CHIPS 194/203 g or MINGLES 153 g selected varieties 2121081 EA/2121081 EA



3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS 190/200 g or CHEETOS SNACKS 170/285 g selected varieties 2134893 EA/2134893 EA



\$2

NO NAME OLIVES selected varieties 273 mL 2041823 EA



2.99

FERRERO ROCHER CHOCOLATE BAR selected varieties 90 g 2134234 EA/2134234 EA



20.99

GATORADE SPORT DRINK selected varieties 24x591 mL 2134893 EA/2134893 EA



249 CHRISTIE CRISPERS or BITS & BITES CRACKERS selected varieties 145 g 21348327 EA/21348333 EA



MAYNARD'S CANDY selected varieties 150/154 g 2134234 EA/21343405 EA

\$2



5.49 CHRISTIE COOKIES selected varieties 285-530 g biscuits 2134893 EA/21341903 EA

# BIG HOLIDAY DEALS!



**HÄAGEN-DAZS ICE CREAM** 400-450 mL or **NOVELTIES** 3/4 L  
selected varieties, frozen crème glacée ou friandises glacées  
3030279901, EA/3133347, EA

**ONLY 5.49**



**ONLY \$3**



**PC® HERBAL TEA**  
selected varieties  
20's  
fruits  
30627612001, EA/3110379, EA

**BLACK DIAMOND CHEESTRINGS STICKS** 16 1/2 oz  
selected varieties  
fromage  
30743641, EA/2096474, EA



**SAVE UP TO 27% 5.79**



**MUTTI PASSATA** 480 mL  
**CATELLI GLUTEN-FREE PASTA** 340 g, or **CATELLI LASAGNA** 250/375 g  
selected varieties  
sauce pour pâtes ou pâtes ou pâtes à lasagne  
302849001, EA/20754233, EA



**ONLY 2.99**

**\$1**

**COLGATE TOOTHPASTE** 32-91 mL or **MANUAL TOOTHBRUSH** 1 ea.  
selected varieties  
dentifrice ou brosse à dents manuelle  
3030279901, EA/3110379, EA



**3.99**

**GLADE SMALL JAR CANDLE**  
selected varieties  
petites bougies en pot  
3030279901, EA/3110379, EA



**4.49**

**ZIPLOC STORAGE BAGS**  
selected varieties  
15-20 L  
sacs de rangement  
30671011, EA/3071041, EA



**11.49**

**GLAD GARBAGE BAGS**  
selected varieties  
30-40 L  
sacs à ordures  
31104477, EA



**13.88**

**ARM & HAMMER LAUNDRY DETERGENT**  
4.02 L  
détergent à lessive  
31107347, EA



**15.99**

**TIDE PODS 37/43/52'S LAUNDRY DETERGENT, DOWNY or GAIN FABRIC SOFTENER 4.14 L or SCENT BOOSTERS 400 g**  
selected varieties  
détergent à lessive ou assouplissant textile ou renforceur de parfum  
31104477, EA/31104477, EA



**1.99**

**PEDIGREE WET DOG FOOD**  
selected varieties  
375 g  
nourriture humide pour chiens  
31104477, EA



**9.99**

**PEDIGREE DENTASTIX MARROBONE** 300-400 g  
selected varieties  
gâteries pour chiens  
31107347, EA/31107347, EA



**24.99**

**PEDIGREE DOG FOOD**  
selected varieties  
6.41/8 kg  
nourriture pour chiens  
3030279901, EA



## 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\* **1,200 pts**

**\$1.20**  
value

for every \$5\* spent on Humpty Dumpty snacks 250-290 g or Old Dutch Restaurant tortilla 275/290 g or potato chips 235 g  
selected varieties  
collations ou croustilles  
21367510\_EA/21445100\_EA



# BIG HOLIDAY DEALS!

NEILSON 5/10% 1L or 18/35% 473 mL CREAM  
selected varieties  
CRME  
30122608\_EA/20274831\_EA

**3.19**



**4.99**

ROBIN HOOD or FIVE ROSES FLOUR  
selected varieties  
2.5 kg  
3002447901\_EA/20029447001\_EA

LANTIC SUGAR  
selected varieties  
1 kg  
3002442205\_EA/20164924\_EA

**2.79**



PHILADELPHIA CREAM CHEESE PRODUCT  
227/250 g  
selected varieties  
produit de fromagerie à la crème  
20441247\_EA/2004472410\_EA

**3.99**

**3.49**

CRISCO SHORTENING or TENDERFLAKE LARD  
selected varieties  
454 g  
shortening ou saindoux  
20027493\_EA/21473300\_EA



**3.99**

TENDERFLAKE PIE SHELL  
selected varieties, frozen  
255-397 g  
croûtes à torte  
2002040001\_EA



**4.49**

E. D. SMITH PIE FILLING  
selected varieties  
540/796 mL  
garniture pour tarte  
20297733001\_EA/20297733004\_EA



**1.89**

BETTY CROCKER SUPERMOIST CAKE MIX FROSTINGS  
375/404 g or 340/450 g  
selected varieties  
mélange à gâteau ou glacages  
20043641002\_EA/21347937\_EA



**2.50**

NO NAME MARSHMALLOWS  
selected varieties  
400 g  
guimauves  
20304472001\_EA/20304472002\_EA



**3.99**

NO NAME HONEY GRAHAM WAFERS  
400 g  
biscuits graham  
20060315\_EA



**3.49**

EAGLE BRAND SWEETENED CONDENSED MILK  
selected varieties  
300 mL  
lait condensé sucré  
20020114\_EA



**4.99**

PAM COOKING SPRAY  
selected varieties  
341/170 g  
pulvérisateur à cuisson  
2017040001\_EA



**\$5**

NO NAME BAKING POWDER  
400 g  
poudre à pâte  
20020114\_EA



**7.99**

FRY'S COCOA POWDER  
454 g  
poudre de cacao  
20020114\_EA



## 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 Fleischmann's yeast 34-450 g, Canada cornstarch 454 g/1 kg, baking powder 340 g or bread booster 100 g, levure ou fécule de maïs ou poudre à pâte ou bonifiant de pain  
20006692\_EA/21351074\_EA



**\$3** value

Earn\* **3,000 pts**

for every \$10\* spent on Hershey's Chipits 200-270 g, brisures de chocolat  
21452844\_EA/21452924\_EA



**1000s OF LOWERED PRICES EVERY DAY!**

**PRICE DROP**

**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires



**PRICE DROP**

**2.99**

**TRESEMME HAIR CARE**  
selected varieties  
198-311 g/168-828 mL  
soins capillaires



**PRICE DROP**

**5.99**

**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 \$15\* spent on Aveeno or Johnson & Johnson baby needs  
Aveeno 166-532 mL, 105/311 g or Johnson & Johnson 50-800 mL, 623 g baby needs

selected varieties  
produits pour bébé

30137402002 EA/30325043001 EA



**PRICE DROP**

**3.49**

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
dentifrice

31041420 EA/3104014 EA



**PRICE DROP**

**4.79**

**SENSODYNE or PRONAMEL TOOTHPASTE**  
75/100 mL or POLIGRIP 40 g  
selected varieties  
dentifrice

30301170601 EA/303154075 EA

**DOVE MEN+ CARE DEODORANT**  
selected varieties  
76/83 g  
déodorant

**PRICE DROP**

**6.49**



**PRICE DROP**

**3.99**

**Q-TIPS**  
500's  
coton-tige

30323077001 EA

**NIVEA BODY WASH 300 mL, DEODORANT ROLL-ON 50 mL, or ANTIPERSPIRANT 51/52 g**  
selected varieties  
nettoyant pour le corps ou déodorant à bille ou antiperspirant

**PRICE DROP**

**3.99**



**IVORY BAR SOAP 10x90 g or BODY WASH 631 mL**  
selected varieties  
pain de savon ou nettoyant pour le corps

**PRICE DROP**

**4.49**



**BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES**  
selected varieties, 128 mL  
sachets de fruits ou légumes biologiques pour bébé

**PRICE DROP**

**1.79**



**GERBER SNACKS or ENTREES**  
selected varieties  
43-187 g  
collations ou plats cuisinés

**PRICE DROP**

**1.99**



**HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS**  
selected varieties  
28-74's  
collèges d'entraînement

**PRICE DROP**

**26.99**



**ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS**  
selected varieties  
serviettes ou protège-cônes ou tampons

**PRICE DROP**

**4.79**



**VASELINE LOTION**  
selected varieties  
400 mL  
lotion

**PRICE DROP**

**6.99**



**BOOST HIGH PROTEIN HYPERPROTEINE**  
15 g  
16 g  
0.5 g  
1 g

**PRICE DROP**

**12.99**



**BOOST HIGH PROTEIN or CARB SMART MEAL REPLACEMENT SHAKES**  
selected varieties  
6x237 mL  
boissons de substitut de repas

**ALWAYS \$**

**PC® distilled water**  
4 L  
eau distillée

**1.25**



**Life Brand® mouthwash**  
selected varieties  
1 L  
rinçage-bouche

**\$4**



# BIG HOLIDAY DEALS!

**PC® CHOCOLATE GIFT BOX**  
207 g  
boîte-cadeau de chocolat  
21119030, EA

**WHILE QUANTITIES LAST**

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



**PC® CHOCOLATE TABLET**  
selected varieties  
90/100 g  
barre de chocolat  
21439634, EA/21429884, EA

**\$3**



**PC® HOT CHOCOLATE BOMBS**  
90 g  
bombes pour chocolat chaud  
21287279, EA

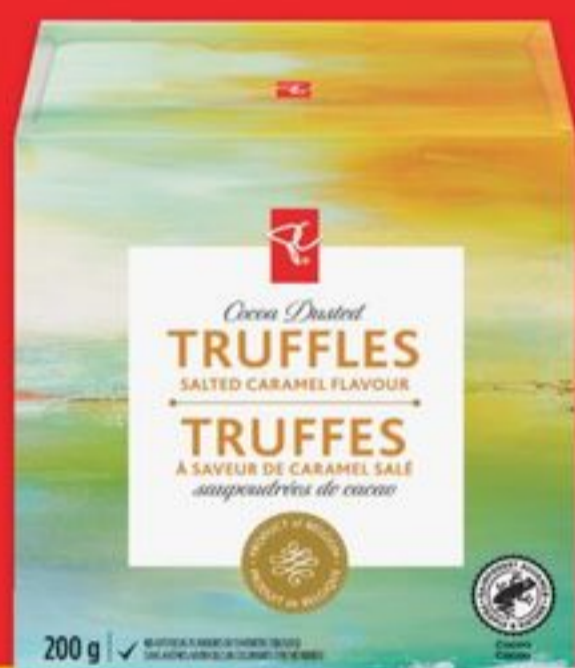
**WHILE QUANTITIES LAST**

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



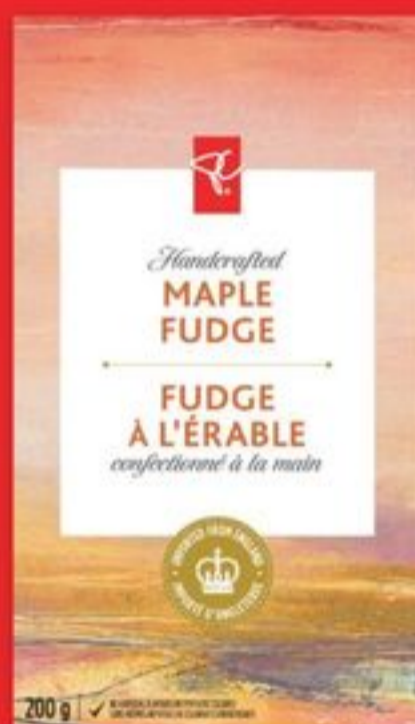
**PC® SWISSE BAR**  
selected varieties  
100 g  
barres  
21409237, EA

**\$2**



**PC® DUSTED TRUFFLES**  
selected varieties  
200 g  
truffes  
21287180, EA

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



**PC® GOURMET FUDGE**  
selected varieties  
200 g  
fudge gourmet  
212871518, EA

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



**PC® GOLD BAR**  
selected varieties  
300 g  
barres  
20287295, EA/20287217, EA

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



**PC® SWISSE BAR**  
selected varieties  
barres  
2007983, EA

**400 G**

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

# WORLD FLAVOURS AT LOW PRICES



**1.99**  
LB

**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON or BABY NAPA CABBAGE**

product of Canada, U.S.A. or Mexico  
4.39/kg  
pak-choi ou chou catonnais ou brocoli chinois ou chou napa  
30082279001 KG/21024088001 KG/300020404001 KG



**3.49**  
LB

**OKRA**  
product of U.S.A.  
7.69/kg  
gombo  
30091243001 KG



**.99**  
LB

**DAIKON** product of China,  
**NAPA or TAIWANESE CABBAGE**

product of Canada, U.S.A. or Mexico  
2.18/kg  
daikon ou chou napa ou chou taiwanais  
30082109001 KG/30013020001 KG

**2.49**  
LB

**GINGER ROOT**  
product of China  
5.49/kg  
racine de gingembre  
30179038001 KG



**1.29**

**FRONTIER LEBANESE PITA**

white or whole wheat  
5 1/2"  
pita  
31215679 EA



**2.50**

**SURAJ NAAN**

selected varieties  
5 1/2"  
naan  
21051252 EA



**\$13**

**SUFRA HALAL CHICKEN BREAST**

boneless, skinless  
3 1/2"  
poitrine de poulet halal  
21430478 EA



**2.49**

**SURAJ GROUND TURMERIC**

400 g  
curcuma moulu  
20617737 EA

**MIZKAN RICE VINEGAR**

355 mL  
vinaigre de riz  
21330712 EA

**3.29**



**.39**

**MAGGI MASALA NOODLES**

selected varieties  
70 g  
nouilles masala  
20803444 EA



**GLICO POCKY BISCUIT STICKS**

selected varieties  
33/40 g  
biscuits  
30073423001 EA

**1.49**



**2.29**

**SHANA PARATHA**

selected varieties, frozen  
400 g  
paratha  
30990320001 EA



**2.49**

**T&T ALOE VERA DRINK**

selected varieties  
1.5 L  
boisson à l'aloë  
30592585 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

# 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.

\$17



PC® ROAST AND GROUND COFFEE  
selected varieties  
800-930 g  
21692427\_EA



\$5

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



\$5

PC® SOFT DRINKS  
selected varieties  
12x355 mL  
boissons gazeuses  
2021887001\_C12



3<sup>99</sup>

PC® 100% CRANBERRY  
JUICE BLEND  
1.89 L  
mélange de jus de canneberge  
20320042002\_EA



\$6

PC® ORANGE JUICE  
selected varieties  
refrigerated  
2.5 L  
jus d'orange  
21631644\_EA



\$4

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



\$8

PC® DE-ALCOHOLIZED  
BEER  
selected varieties  
12x355 mL  
bière sans alcool  
20121729\_C12

# 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.



**5.99**

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



**\$8**

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



**\$8**

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



**3.49**

**PC® THE DECADENT® CHOCOLATE CHIP COOKIE**  
selected varieties  
280/300 g  
biscuits  
20612261\_EA/20612267\_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  
croustilles à tarte  
21610882\_EA



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



**GET A QUOTE**

\*Conditions apply. Subject to change. For full details see [www.pcinsurance.ca](http://www.pcinsurance.ca).

# 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**

## Save 50%\* on a SIM card

Limited time Black Friday savings for PC Optimum™ members.



exclusively at  **NOFRILLS**

\*Offer valid Nov. 28 - Dec. 4. Subject to change. Conditions apply. Visit [nonamemobile.ca](http://nonamemobile.ca) for full details.  
\*\*Must be a registered PC Optimum™ member to get this offer.

†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).