

# 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

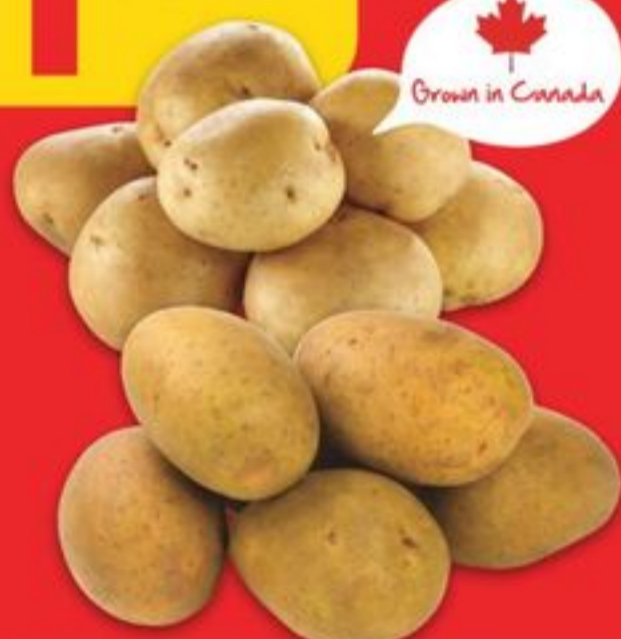


SAVE UP TO 64%

**1.77**

**10 LB BAG**

**RUSSET or YELLOW POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre Russet ou jaunes  
3060117001, 84/3060102001, 84



SAVE 33%

**1.99**

**60Z CLAMSHELL**

**BLACKBERRIES**  
product of Mexico or U.S.A.,  
mûres  
30051013001, 84



SAVE 33%

**3.99**

**312 G**

**PC® BABY SPINACH or SPRING MIX**  
product of U.S.A.,  
petites épinards ou  
mélange printanier  
21204301, 84/21204304, 84



# BIG HOLIDAY DEALS!

**NOFRILLS**

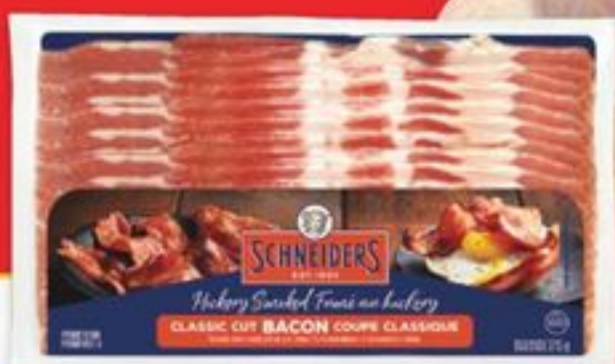
FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 28 TO WEDNESDAY, DECEMBER 4, 2024.



**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  
boîte  
30773671 6A



**SAVE 28%**

**\$5**

**PC® PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS**  
selected varieties, frozen, 700 g  
pépites ou lamelles ou burgers de poulet  
31301321 6A



**PORK TENDERLOIN**  
fresh, cryovac package  
filet de porc  
6.33/kg  
30320970 60

**SAVE 54%**

**2.87 LB**

**SAVE 26%**

**1.25**

**UNICO BEANS or TOMATOES**  
selected varieties  
540/796 mL  
légumineuses ou tomates  
30313467001 6A/303314629001 6A



**SAVE 22%**

**3.47**

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
pizza  
30794100001 6A/30794404001 6A



**SAVE UP TO 40%**

**\$3**

**PC® VEGETABLES**  
400-750 g or  
**PREMIUM VEGETABLES**  
350-500 g  
selected varieties, frozen  
légumes  
30318913 6A/2118494 6A



**SAVE 20%**

**\$4**

**FARMER'S MARKET BUTTER**  
**COUSSANT or LOAF CAKES**  
selected varieties  
200-400 g  
gâteaux quatre-quarts  
30973943 6A/21488954 6A



**ONLY 6.99**

**APP EXCLUSIVE OFFER 1,000**

**\$1 Value**

**NO NAME® CANOLA or VEGETABLE OIL**  
3 L  
huile de canola ou végétale  
30208660 6A/20182290 6A



**SAVE 25%**

**2.99**

**DORITOS TORTILLA CHIPS**  
selected varieties  
210-280 g  
croustilles de tortilla  
31249118 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  
30000354 6A/21058210 6A



**SAVE 31%**

**12.99**

**TILDA BASMATI RICE**  
riz basmati  
30313478 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  
30639926 6A



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: LUCIANO & SARAINI'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & TRACEY'S - ANGLIS, ANGLIS MARK'S - ARNHEIM, ERYN'S - AYLMER, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, ERYN'S - BARRIE, ERYN'S - BEAUMVILLE, 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 & LINDSEY'S - CAMBRIDGE, FISHER'S - CAMPELLOUR, DANIEL'S - CASSIDIAN, FOR & KEITH'S - CHESTER, DAVID'S - COLONGUE, JAMES & JUNE'S - CONNELL, DUFFY - CO-OPUNNA, TONY'S - ELSBETH LAKE, ROBERT'S - ESTATE, JESSE & KESSY'S - FORTYFIVE, BALDWIN'S - GANANAGUICH, MIKE & GRACE'S - GILNORTH, DAVID & MATT'S - GRAND BOND, DODDING'S - GUYTON, SEASIDE & RICHARD'S - GUYTON, BOB'S - HARRISVILLE, CHRIS & JANE'S - HAMILTON, FRANK'S - HAMILTON, CHRISTOPHER'S - HAMILTON, KEVIN & CINDY'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INVERESS, DITERMAN'S - KINGSTON, ANDREW & EMILY'S - KINGSTON, SANTA'S - KINGSTON, DEBRA & LAURA'S - KITCHENER, BRIAN & RENEE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASH'S - LONDON, PHIL'S - LONDON, BOB & BRADLEY'S - LONDON, BOBBIE & TRACY'S - LONDON, BRIAN & ECKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOORE FOREST, JAMES & JACQUELYNNE'S - MARIANVILLE, CHRIS & SARAH'S - NIPISSING, MACKAY'S - NEW HAMBURG, PHILIPPE'S - NIPISSING, JEFF'S - NIMBERG, ERIC - ALAN & MICHELLE'S - NORTH BAY, JEFF & TAMI'S - NORTH BAY, JIM & LES ANNIE'S - ORANGEVILLE, JASON'S - ORGASIA, CONNOR & KENNEDY'S - OTTAWA, DAVID'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACEY & TROY'S - PERRY SOUND, STEVEN & JOLIE'S - PIMBERN, CHRIS & NICKY'S - PITHERSBOROUGH, DAVID'S - PETERSBOROUGH, DAVID'S - PICKTON, BRANDON'S - PORT COLBORNE, MIKE'S - PORT DOVER, 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 - STRATFORD, BRANDON & ADRIAN'S - STURGEON FALLS, STEVE'S - SUITON WEST, CAYLE'S - THURVY, ERYN & CATHY'S - THURVY, ERYN & SARAH'S - WALLACEBURG, ERIC'S - WATERLOO, PHIL & MALLOTT'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  
20321430011\_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  
espigeros ou chou-fleur  
3018179001 SA/30133377001 SA



**2.99**

**PINT**

**BLUEBERRIES**  
product of Peru, no. 1 grade  
Moulin  
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.  
no. 1 grade  
courgettes de brocoli  
31131340001 SA



**2.99**  
LB

**TOMATOES ON THE VINE**  
product of U.S.A.,  
Mexico or Canada  
tomates sur vigne  
6.39/kg  
30076103001 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  
30000173001 SA/3011194001 SA



**2.99**

**CANTALOUPE**  
product of U.S.A. or Guatemala,  
no. 1 grade  
melon  
30000173001 SA



**3.99**  
LB

**RED & GREEN SEEDLESS GRAPES**  
product of U.S.A., no. 1 grade  
raisins rouges et verts sans  
graines  
30000173001 SA



**3.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocat  
30000173001 SA



**3.99**

**PKG OF 4**

**RED & GREEN PEPPERS**  
product of U.S.A. or Mexico  
no. 1 grade  
poivrons rouges et verts  
30000173001 SA



**2.49**

**ICEBERG LETTUCE**  
product of U.S.A. or Mexico,  
no. 1 grade  
chou frisé  
30133340001 SA



**2.99**

**CELERY**  
product of Mexico or U.S.A., no. 1 grade  
no. 1 grade  
celéri  
30000173001 SA



**8.99**

**RED MANGOES**  
product of Brazil  
no. 1 grade  
mangues rouges  
30000173001 SA  
WHILE SUPPLIES LAST



**\$7**

**6" POINSETTIAS**  
product of U.S.A. or Mexico  
no. 1 grade  
poinsettias  
30000173001 SA



**3.99**

**454 G**

**PC® WHOLE WHITE & CREAMI MUSHROOMS**  
product of Ontario  
champignons blancs  
no. 1 grade  
30000173001 SA



**\$4**

**FARMER'S MARKET LEMONS**  
product of Spain or Turkey or U.S.A., no. 1 grade  
product of Ontario,  
Canada no. 1 grade  
citrons ou citronniers  
30000173001 SA



**4.99**

**3 LB BAG**

**FARMER'S MARKET NAVEL ORANGES**  
product of South Africa  
oranges navel  
30000173001 SA



**4.99**

**2 LB BAG**

**FARMER'S MARKET MANDARINS**  
product of Spain or Mexico  
mandarines  
30000173001 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  
21046306 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 thon en croûtes cuites ou crevettes ou dorades 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  
crevettes  
21045482 EA



**12.49**

**MARCANGELO ROAST or BACON WRAPPED CHICKEN**  
selected varieties  
370-800 g  
cuisse ou poulet brossé de bacon  
21048333 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  
21096382 EA/20812322 EA



**4.99**

**SAPUTO CHEESE**  
selected varieties  
125-200 g  
fromages  
20272713 EA/21218214 EA



**\$10**

**NO NAME<sup>®</sup> APPETIZERS**  
selected varieties, frozen  
154-800 g  
hors-d'œuvre  
21024323 EA



**2.99**

**D'ITALIANO BREAD BUNS** 600-675 g or **BUNS** 6/8's  
selected varieties  
pain ou petits pains  
20038223 EA/20638949 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  
21488239 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  
21082322 EA

**5.99**

**MARCANGELO ANTIPASTO or EUROPEAN DISCOVERY SLICED DELI MEAT**  
selected varieties, 175/200 g  
antipasto ou charcuteries tranchées  
21204338 EA/21212142 EA

**\$11**

WHILE QUANTITIES LAST

# 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

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT selected varieties 410 g produit de fromage fondu 3125584 SA

ONLY \$4



PC® THIN CRUST PIZZA selected varieties, frozen 330-397 g pizza 5071479 SA



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

ONLY 5.99

\$3

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



5.99

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



6.99

BECEL MARGARINE selected varieties 437/850 g



.35

MR. NOODLES INSTANT NOODLES selected varieties 85 g



\$1

NO NAME® TUNA selected varieties 175 g



4.50

CLOVER LEAF SOCKEYE SALMON 375 g



.79

PC® SOFT DRINKS selected varieties 2 L



2.99

RUFFLES POTATO CHIPS selected varieties 150-200 g



1.25

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



2.49

DARE COOKIES selected varieties 100-240 g



4.99

JAMIESON VITAMINS C + D selected varieties 75-240 g



2.99

CARNARY SWEET CANDY CANE CHOCOLATE BALLS IN NET 200 g



3.99

LINDY MINI CHOCOLATE BALL MULTI or DARE REALFRUIT CANDY 220 g



4.99

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



12.99

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



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.



# STOCK UP DEALS



# 4.99

## WINDSOR CLEAN & PROTECT WATER SOFTENER

18.1 kg  
adouccisseur d'eau  
21104810\_EA

# 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 2017438 EA/2140439 EA

\$4

PC<sup>®</sup> 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 2143396 EA

YOPLAIT SOURCE PROTEIN 4% MINIGO 6% or TUBES 8's selected varieties yogurt 2129131801 EA/21347393 EA

3.50

NO NAME<sup>®</sup> CANNED FRUIT selected varieties 796 mL fruits en conserve 2041823 EA



\$6

PC<sup>®</sup> ORANGE JUICE selected varieties, refrigerated 2.5 L jus d'orange 2110448 EA



3.99

OCEAN SPRAY CRANBERRY COCKTAIL 1.89 L or 100% CRANBERRY JUICE 1.27 L selected varieties 796 mL fruits en conserve 2041823 EA



2.99

PRINGLES PARTY STACK POTATO CHIPS 194/203 g or MINGLES 153 g selected varieties 2121081 EA/2121082 EA



3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS 190/200 g or CHEETOS SNACKS 170-285 g selected varieties 2133895 EA/2133896 EA



\$2

NO NAME<sup>®</sup> OLIVES selected varieties 273 mL olives 2032047 EA



2.99

FERRERO ROCHER CHOCOLATE BAR selected varieties 90 g barres de chocolat 2121081 EA/2121082 EA



20.99

GATORADE SPORT DRINK selected varieties 24x391 mL boissons déshydratées 2121081 EA



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



2.49

CHRISTIE CRISPERS<sup>®</sup> or BITS & BITES CRACKERS selected varieties 143 g croquantes 2133837 EA/2133833 EA

\$2

CHRISTIE COOKIES selected varieties 285-530 g biscuits 2133893 EA/21341903 EA

5.49

# BIG HOLIDAY DEALS!

ONLY \$3



**PC® HERBAL TEA**  
selected varieties  
20's  
flavore  
20627612001\_EA/21103279\_EA

**BLACK DIAMOND CHEESTRINGS STICKS** 16 1/2 oz  
selected varieties  
flavore  
30743641\_EA/20966474\_EA



SAVE UP TO 27%  
5.79



**HÄAGEN-DAZS ICE CREAM** 400-450 mL or  
**NOVELTIES** 3/4 L  
selected varieties, flavore  
crème glacée ou friandises glacées  
2030229801\_EA/21131347\_EA



ONLY 5.49



**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  
202849001\_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  
202849001\_EA/20754233\_EA



3.99

**GLADE SMALL JAR CANDLE**  
selected varieties  
petites bougies en jar  
202849001\_EA/20754233\_EA



4.49

**ZIPLOC STORAGE BAGS**  
selected varieties  
15-200's  
sacs de rangement  
20271011\_EA/20271011\_EA



11.49

**GLAD GARBAGE BAGS**  
selected varieties  
30-40's  
sacs à ordures  
21164477\_EA



13.88

**ARM & HAMMER LAUNDRY DETERGENT**  
4.02 L  
détergent à lessive  
21107347\_EA



15.99

**TIDE PODS 3.1 IN 1 LAUNDRY DETERGENT, SOFTENER or GAIN FABRIC SCENT BOOSTERS** 4.80 g  
selected varieties  
détergent à lessive ou assouplissant textile ou renforceur de parfum  
21106611\_EA/21106611\_EA



1.99

**PEDIGREE WET DOG FOOD**  
selected varieties  
373 g  
nourriture humide pour chiens  
21106442\_EA



9.99

**PEDIGREE DENTASTIX MARROBONE** 300-400 g  
**MARROBONE** 1.7 kg  
selected varieties  
gâteries pour chiens  
21071301\_EA/21071301\_EA



24.99

**PEDIGREE DOG FOOD**  
selected varieties  
6.41/8 kg  
nourriture pour chiens  
202849001\_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

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

**\$1.20**  
value



# 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/20164994\_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 selected varieties 375/404 g or 340/450 g 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

selected varieties  
produits pour bébé



**PRICE DROP**

**3.49**

**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**

selected varieties  
100-130 mL  
dentifrice

31041420 EA/310420 EA



**PRICE DROP**

**4.79**

**SENSODYNE or PRONAMEL TOOTHPASTE**

75/100 mL or **POLIGRIP** 40 g

selected varieties  
dentifrice

3090117060 EA/30714075 EA

**DOVE MEN+ CARE DEODORANT**

selected varieties  
76/83 g  
déodorant

**PRICE DROP**

**6.49**



**PRICE DROP**

**3.99**

**Q-TIPS**

500's  
coton-tiges

3032307961 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

3032421804 EA/31114999 EA

**PRICE DROP**

**3.99**



**IVORY BAR SOAP 10x90 g or BODY WASH 631 mL**

selected varieties  
pain de savon ou nettoyant pour le corps

3034168700 EA/3060340001 EA

**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

3034074001 EA/31340792 EA

**PRICE DROP**

**1.79**



**GERBER SNACKS or ENTREES**

selected varieties  
43-187 g  
collations ou plats cuisinés

3034418002 EA/3034418007 EA

**PRICE DROP**

**1.99**



**HUGGIES PULL UPS or GOODNITES CLUB PACK TRAINING PANTS**

selected varieties  
28-74's  
collèges d'entraînement

3093337 EA/31376006 EA

**PRICE DROP**

**26.99**



**ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS**

selected varieties  
10-72's  
serviettes ou protège-coton ou tampons

314496 EA/31432007 EA

**PRICE DROP**

**4.79**



**VASELINE LOTION**

selected varieties  
400 mL  
lotion

3108311 EA/3108310 EA

**PRICE DROP**

**6.99**



**BOOST HIGH PROTEIN HYPERPROTEINE**

15 g  
16 g  
0.5 g  
1 g

selected varieties  
4x237 mL  
boissons de substitut de repas

3093337 EA/3093337 EA

**PRICE DROP**

**12.99**



**ALWAYS \$**

**PC® distilled water**

4 L  
eau distillée

30797191 EA

**1.25**



**Life Brand® mouthwash**

selected varieties  
1 L  
rinçage-bouche

21201386 EA/21201404 EA

**\$4**

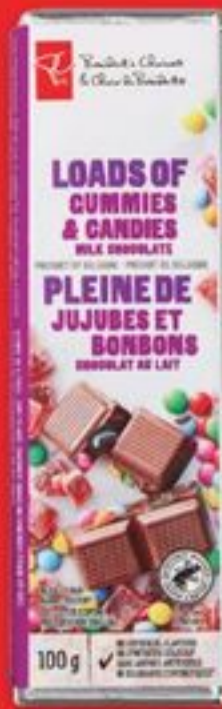


# BIG HOLIDAY DEALS!

**PC<sup>®</sup> CHOCOLATE GIFT BOX**  
207 g  
boîte-cadeau de chocolat  
21115030, EA

**WHILE QUANTITIES LAST**

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



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

**\$3**



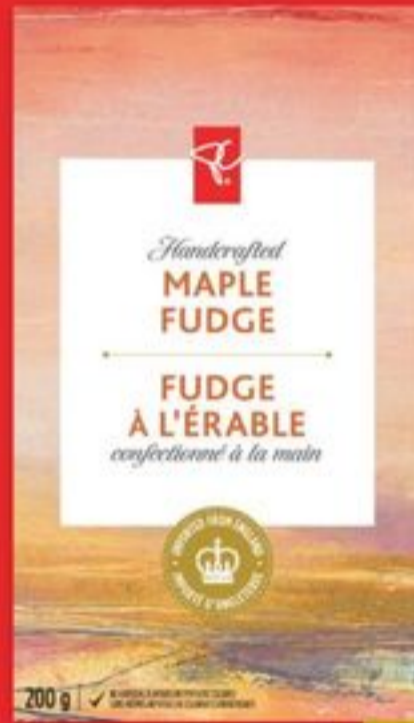
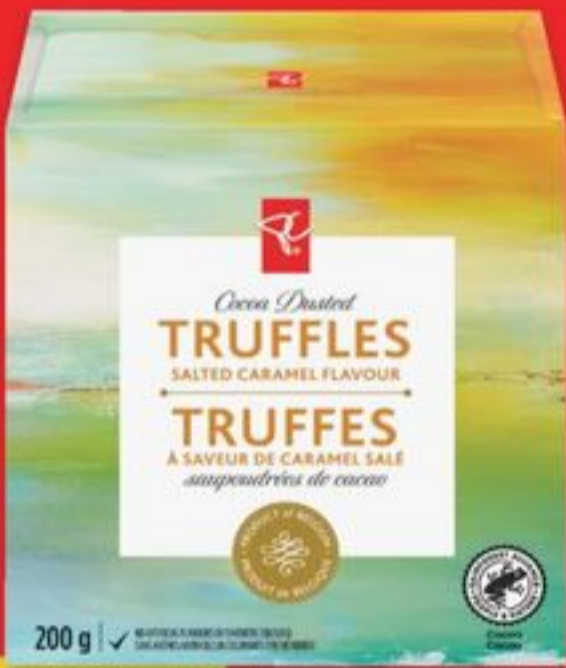
**3<sup>99</sup>**

**PC<sup>®</sup> HOT CHOCOLATE BOMBS**  
90 g  
bombes pour chocolat chaud  
21287274, EA

**WHILE QUANTITIES LAST**

**PC<sup>®</sup> SUISSE BAR**  
selected varieties  
100 g  
barres  
21409237, EA

**\$2**



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

**PC<sup>®</sup> DUSTED TRUFFLES**  
selected varieties  
200 g  
truffes  
21284180, EA

**PC<sup>®</sup> GOURMET FUDGE**  
selected varieties  
200 g  
fudge gourmet  
21281518, EA

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



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

**PC<sup>®</sup> GOLD BAR**  
selected varieties  
300 g  
barres  
20287295, EA/20298217, EA

**400 G**

**PC<sup>®</sup> SUISSE BAR**  
selected varieties  
barres  
20079833, EA

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

# 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  
crouêtes 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).