

BIG HOLIDAY DEALS!

SAVE 37%

186

6 OZ CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico or
RASPBERRIES
product of U.S.A. or
Mexico, no. 1 grade
mûres ou framboises
3001513001 EA/30128938001 EA



SAVE 37%

188

PINEAPPLE
product of Costa Rica
ananas
3014999001 EA



SAVE UP TO 35%

377

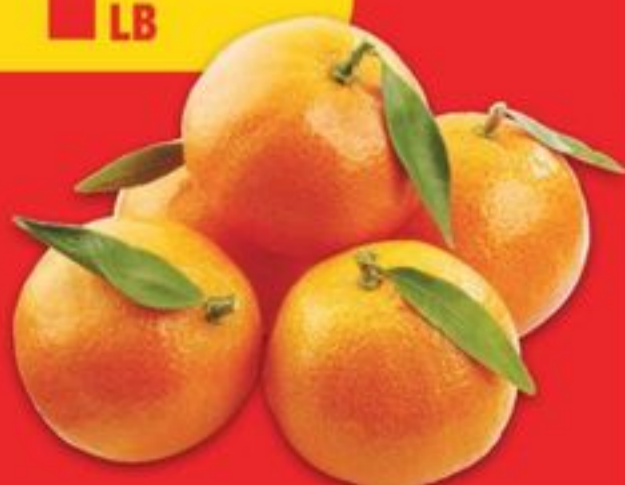
EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
selected varieties, product of U.S.A.
315-383 g
salades de chou frisé ou
salades hachées
30674118 EA/31333139 EA



SAVE 33%

199 LB

STEM & LEAF CLEMENTINES
product of Spain
clémentines
4.39/kg
30613463001 EG



BIG HOLIDAY DEALS!

NOFRILLS

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

HAPPY HOLIDAYS!

LIMIT 4

NEW ZEALAND SHORT CUT LAMB LEG
frozen
gigot d'agneau raccourci
8.55/kg
30142333 EA

WHILE QUANTITIES LAST

SAVE 46%

3.88
LB



SAVE 59%

4.88
LB

SIRLOIN TIP ROAST
cut from Canada AA grade beef or
USDA Select grade
rôti de pointe de surronge
10.76/kg
20147774 KJ

WHILE QUANTITIES LAST

WOW!

8.94
LB



SALMON FILLET
19.71/kg
filet de saumon
3032767 KJ

WHILE QUANTITIES LAST



PRICE DROP

3.99

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21284342 EA/213346749 EA

SAVE 25%

2.99

SILK BEVERAGES
selected varieties
1.74-1.89 L
boissons
2021309001 EA



SAVE 22%

3.33

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



SAVE 37%

3.77

SCHNEIDERS BACON
selected varieties, 375 g
bacon
20772671 EA

500th **50th**



SAVE UP TO 40%

.88

ALLEN'S FRUIT COCKTAIL SPARKLING ICE BEVERAGES
1 L or 500 mL
selected varieties
cocktail de fruit ou eau pétillante
2020742401 EA/2018343001 EA



SAVE 50%

3.99

HELUVA GOOD! FRENCH ONION DIP
480 g
fromage
2031278001 EA



SAVE UP TO 46%

3.99

ASIAN INSPIRATIONS or WONG WING ENTRÉES
selected varieties, frozen
400 g
plats cuisinés
21047378 EA



SAVE 50%

1.33

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
1 L
boissons gazeux
20120001 EA



SAVE UP TO 40%

2.86

BREYERS CLASSIC FROZEN DESSERT
1.6 L or CHAPMAN'S COLLECTION NOVELTIES 1 L
selected varieties, frozen
dessert glacé ou bonbon glacé
20120001 EA



SAVE UP TO 60%

\$4

NESTLE TURTLES QUALITY STREET AFTER EIGHT
100 g
selected varieties
bonbons
20120001 EA



ONLY

8.88

PC® BELGIAN ASSORTED CHOCOLATE BISCUITS
200 g
biscuits
20120001 EA



PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
2022994 EA



SAVE 20%

\$6

FARMER'S MARKET® PIES
selected varieties
580 g-1 kg
tartes
21297365 EA/21297367 EA



APP EXCLUSIVE OFFER
2,000th **\$2 Value**

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

DELI DEALS



SAVE UP TO 30%

\$5

AGROPUR BRIE or CAMEMBERT CHEESE 170 g or **CASTELLO CHEESE** 125-200 g
selected varieties
fromage
20428174 EA/20177193 EA



SAVE UP TO 33%

\$5

PILLER'S KOLBASSA 250-375 g or **SLICED PEPPERONI** 175/250 g
MASTRO SALAMI 125/150 g or **SAN DANIELE PROSCIUTTO** 100 g
selected varieties
kolbassa ou pepperoni tranché ou salami ou prosciutto
20381660 EA/20308469 EA



ONLY 2.99

APP EXCLUSIVE OFFER

1,000⁺

\$1 Value

PC® DIPS 227 g, selected varieties or **PC® NAAN DIPPERS** 200 g, selected varieties
trempettes ou pains Naan
20384212 EA/21092033 EA



SAVE UP TO 37%

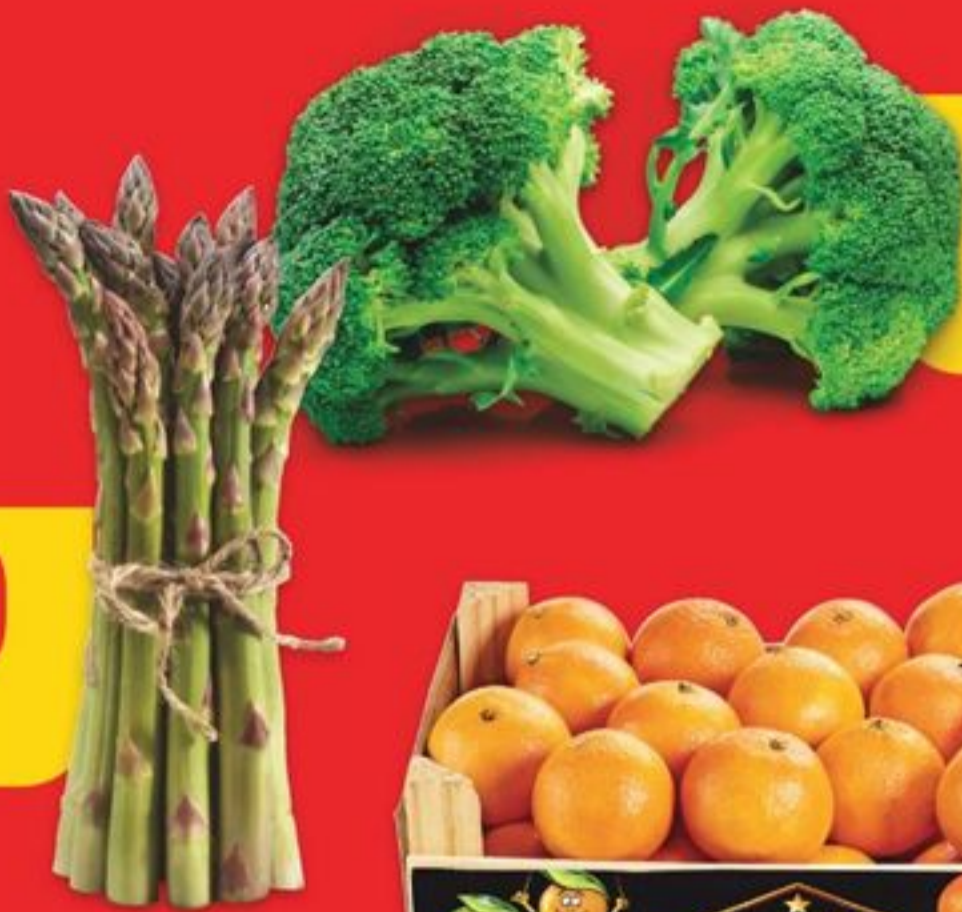
2.50

ZIGGY'S® FRESH PASTA SALADS 454 g or **FRESH PASTA** 350/360 g
selected varieties
pâtes ou salades fraîches
20309160 EA/21521148 EA

FRESH AT LOW PRICES

325 G

ASPARAGUS
product of Peru or Mexico,
no. 1 grade
asperges
2018170001, EA



1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.,
each
couronnes de brocoli
21121340001, EA

3.99



3.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocats
20142323001, EA



\$1 Value

APP EXCLUSIVE OFFER
Optimum
1,000

5 LB BOX

CLEMENTINES
product of Morocco or Spain
clementines
20182340001, EA

6.99

1.49
LB

SWEET POTATOES
product of Ontario,
potatoes douces
3.28/kg
2013770001, KG



1.99

POMEGRANATES
product of U.S.A.,
grenades
20134757001, EA



GROWN IN CANADA
4.99

APP EXCLUSIVE OFFER
Optimum
1,000

\$1 Value



10 LB BAG

BEETS or FARMER'S MARKET CARROTS or YELLOW ONIONS
product of Canada,
Canada no. 1 grade
betteraves ou carottes ou
oignons jaunes
21121229001, EA / 20000120001, EA

1.79

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
concombres anglais
20070123001, EA



4.99

PINT BLUEBERRIES
product of Peru, no. 1 grade
bleuets
20080127001, EA



5.99
LB

CHERRIES
product of Chile, no. 1 grade
cerises
13.21/kg
20139490001, KG



2.99
LB

BRUSSELS SPROUTS or ROMA TOMATOES
product of U.S.A. or
Canada, Mexico
or U.S.A.,
romanesco roma,
6.59/kg
20006135000, KG / 201433819001, KG



2.99

CANTALOUPE
product of Guatemala,
no. 1 grade
rock
cantaloup
20147017001, EA



4.49

PKG OF 4

GREEN or RED SWEET PEPPERS
product of U.S.A.,
pimientos
20113233001, EA / 20012208001, EA



4.49

454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Ontario,
champignons entiers ou
Marec entiers
2013173, EA / 20178001, EA



\$4

2 LB BAG

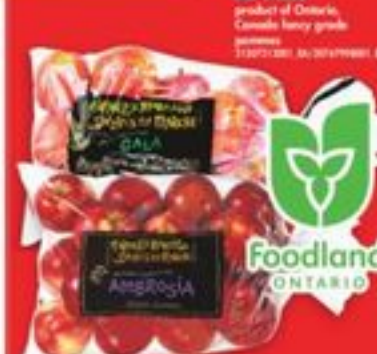
FARMER'S MARKET LEMONS
product of Spain or Turkey
citrons
20172123001, EA



4.99

4 LB BAG

FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada, honey gold,
green
210712301, EA / 20178001, EA



5.99

PC® AXIANY TOMATOES or VARIETY TOMATOES
product of Canada or Mexico
tomates
210423001, EA / 20012208001, EA



567 G

681 G

FRESH AT LOW PRICES



349
LB

GRADE A TURKEY
fresh, 5-11 kg
dinde
7.69/kg
20145891 SA

WHILE QUANTITIES LAST



SCHNEIDERS FESTIVE HAM
jambon
15.41/kg
21194338 SA

WHILE QUANTITIES LAST

699
LB



399
LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
8.80/kg
20683476 SA

WHILE QUANTITIES LAST

NEW ZEALAND STEAK
product of New Zealand
selected varieties
biftek
21673683 SA

\$12

599

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
20113370 SA/21131476 SA

599

SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP RING
36-43 per lb, 300 g
or SHRIMP RING 227 g
frozen
Crevettes
2164861 SA

1199

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties, 1 kg
saucisses italiennes ou boulettes de viande
2064748 SA

599

PC® FREE FROM® SLICED DELI MEAT
selected varieties
175 g
charcuterie tranchées
2068201 SA/20682796 SA

\$6

PC® DOUBLE CREAM BRIE or CAMEMBERT
selected varieties, 142-200 g
bâle au camembert
20194264 SA/20197217 SA

1399

PC® BUTTERMILK CHICKEN STRIPS, KIEV, DIVAN or FILLETS
selected varieties, frozen, 540-907 g
saucisses au fillets de poulet
21142494 SA

\$5

ZIGGY'S® OLIVES 500 mL or SNACK FACTORY PRETZEL CRISPS 300 g
selected varieties
olives ou croquantes de bretzel
20201384 SA/20148940 SA

549

RESER'S MAIN ST BISTRO MAC AND CHEESE or MASHED POTATOES
selected varieties, 567-680 g
macaroni au fromage ou purée de pommes de terre
20227947 SA/20228009 SA

500⁺ 50⁺

\$8

RANA PASTA KITS
selected varieties
434 g
assemblés de pâtes
21149130 SA

199

NO NAME® DINNER ROLLS
selected varieties
12's
petits pains
21421104 SA

299

D'ITALIANO BREAD 600-675 g or BUNS 4/8's
selected varieties
pain ou petits pains
20682211 SA/20682644 SA

\$6

FARMER'S MARKET® MUFFINS
selected varieties
6's
muffins
21182304 SA/21182307 SA

349

SOFINA

MASTRO CAPOCOLLO or PROSCIUTTO COTTO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou prosciutto cotto ou mortadelle
20276741 SA/20277341 SA

599

MASTRO CHARCUTERIE TRIO
selected varieties
150/200 g
trip de charcuteries
21148443 SA

699

MASTRO SALAMI CHUB
selected varieties
300 g
saucisson de salami
20649704 SA/20649706 SA

BIG HOLIDAY DEALS!



ONLY 5.99

NEILSON TRUTASTE 4L LACTOSE FREE 2% or PROTEIN 1.89 L MILK
selected varieties
lot
3013654 SA/2018403001 SA



FARMER'S MARKET SQUARES
selected varieties
400/450 g
carré au chocolat ou bonbons Nanaimo
2121499 SA/21214001 SA

ONLY \$5

SAVE UP TO 40%

2.99

MCCAIN SUPERFRIES or SPECIALTY FRIES
selected varieties, frozen
454-800 g
fries
3033420002 SA

\$3

PC® FROZEN VEGETABLES
selected varieties
300-750 g
 légumes surgelés
3011912 SA/2144731 SA



4.29

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
300-340 g
tranches de fromage
210909 SA



14.99

PC® ROAST AND GROUND COFFEE
selected varieties
400-750 g or PODS 30's
selected varieties
café torréfié et moulu
ou capsules
2106677 SA/2106704 SA

APP EXCLUSIVE OFFER
3,000

\$3 Value



\$1

FRANCO-AMERICAN GRAVY
selected varieties
354 mL
sauce à la française
3004014 SA



1.27

STOVE TOP STUFFING
selected varieties, 120 g
sauce
301930097 SA



1.59

OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
210229 2001 SA



1.66

CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé
3006013 SA/3006017 SA



\$3

PC® HERBAL TEA
selected varieties
20's
thé
3043710001 SA/21183270 SA



4.99

PREMIUM ICE CREAM 2 L or CHAPMAN'S YUKON NOVELTIES 5.4 L
selected varieties, frozen
crème glacée ou bonbons glacés
3002355001 SA/21012001 SA



1.49

OASIS JUICE DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or PC® 100% JUICE 1 L
selected varieties
jus de nectar ou thé glacé
3004117004 SA/31040704 SA



3.99

DORITOS TORTILLA 210-280 g or MISS VICKIE'S KETTLE COOKED POTATO 190/200 g CHIPS
selected varieties, oven-ready
21240701 SA/21240718 SA



NO HST/GST*

5.99

BUBLY or MONTELLIER SPARKLING WATER
selected varieties
10/12x355 mL
eau pétillante
21060704 SA/21074019 SA



NO HST/GST*

NO HST*

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

*HST Relief on eligible items effective December 14, 2024 to February 15, 2025. For details, visit <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break.html>. Shelf labels for HST Relief eligible items may indicate that HST applies; however, no HST will be applied at point of sale during the relief period.

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

NOFRILLS

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

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



no paper waste
no plastic waste



NO HST*

**For a complete list of
eligible items, scan here**



Select food and beverages including:

- Beer, wine that are 22.9% alcohol by volume (ABV) or less
- Spirit, coolers, premixed alcoholic beverages that are 7% ABV or less
- Candies and candy-coated items
- Chocolate and gum
- Salty snacks, nuts or seeds
- Granola products and snack mixtures
- Frozen treats
- Fruit bars and fruit-based snacks
- Baked goods and sweets such as cakes, pies, pastries and cookies
- Pudding and mousse
- Prepared arrangements of foods such as salads, sandwiches and platters
- Hot foods or beverages sold on site

Select children's items including:

- Clothing, shoes and accessories (Children's clothes up to girls' size 16 and boys' size 20 or in sizes XS, S, M, or L)
- Diapers
- Car seats
- Toys, plush and games (for kids under 14)

Select literature including:

- Printed newspapers and books

*HST Relief on eligible items effective December 14, 2024 to February 15, 2025. Exclusions may apply to eligible item categories listed to the right. For details, scan QR code or visit <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break.html>. Shelf labels for HST Relief eligible items may indicate that GST applies; however, no HST will be applied at point of sale during the relief period.

DECEMBER

**HIT
OF THE
MONTH**

NO
HST/GST*



\$3

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



\$3

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

NO
HST/GST*



\$5

San Pellegrino Italian sparkling drinks,
Selected varieties, 6x330 mL
Limit: 4, over limit retail \$6.00



\$1⁵⁰

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



Optimum
Members-Only Price*
\$2
Non-Members
\$2⁵⁰

Christie Mini Cookies, Snack Packs
Selected Varieties, 150-200 g

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from December 1st - 31st, 2024.

BRANDS YOU LOVE AT LOW PRICES

IMPERIAL MARGARINE
selected varieties
1.28/1.26 kg
margarine
2004493 SA

SAVE 22%

6⁹⁹



HIGH LINER PAN-SEAR, SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
poisson
20843016 SA/21186234 SA

SAVE 35%

\$10



GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
429-785 g
pizza
21104261 SA

ONLY 4⁹⁹



CAVENDISH QUICK CRISP, PREMIUM or PATTIES
selected varieties, frozen
400-750 g
frites ou galettes de pommes de terre
21344877 SA

2⁹⁹

\$4

OASIS SMOOTHIES or HEALTH-BREAK BEVERAGES
selected varieties
1.6 L
boissons fruitées ou boissons
21329918 SA/20315435002 SA



\$8

STARBUCKS or STOK COFFEE
selected varieties
1.18/1.42 L
café
21320737 SA/21311537 SA



17⁹⁹

TIM HORTONS ROAST AND GROUND COFFEE
875/930 g or PODS 30's
selected varieties
café torréfié et moulu
ou capsules
20875167 SA/21184462 SA



.79

NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20350431 SA



1²⁹

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
soupe condensée
20297346002 SA



1⁹⁹

CLOVER LEAF SMOKED OYSTERS or MUSSELS
selected varieties
85 g
huîtres fumées ou moules
20418779 SA



\$2

SANPELLEGRINO or PERRIER SPARKLING WATER
selected varieties, 750 mL/1 L
eau pétillante
21013449 SA/211577879 SA



NO HST/GST

2⁹⁹

OASIS JUICE, ARIZONA ICED TEA DRINK BOXES or ALLEN'S APPLE or CRANBERRY COCKTAIL 1.89 L
selected varieties
jus ou le glacé ou jus de pomme
ou cocktail de canneberge
20131744002 SA/20323744001 SA



4⁴⁹

CHRISTIE FAMILY SIZE COOKIES
selected varieties
274-530 g
biscuits
21330747 SA



3⁴⁹

CHRISTIE CRACKERS
selected varieties
250-500 g
croustilles
2110904 SA



3⁴⁹

KETTLE BRAND CHIPS
selected varieties
170 g
croustilles
21109042 SA/21109041 SA



NO HST/GST

3⁹⁹

ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or KERNEL JAR
150 g
selected varieties
maïs à griller ou en perle
2042220001 SA



5⁴⁹

GATORADE SPORT DRINKS
selected varieties
6x291/6x333 mL
boissons sportives
21104482 C06/21343091 C06



NO HST/GST

BRANDS YOU LOVE AT LOW PRICES



SAVE 29%
4.99

**PC® FREE RUN
LARGE EGGS**
12's
œufs de poules en liberté
2081360007 EA



**NEILSON 5/10% 1 L or
18/35% 473 mL CREAM**
selected varieties
crème
20123009 EA/20174431 EA

SAVE 21%
2.99



ONLY
3.99

**PHILADELPHIA
CREAM CHEESE PRODUCT**
selected varieties
227/230 g
produit de fromagerie à la crème
20441367 EA/2064910410 EA



**DANONE ACTIVIA 8's or
TWO GOOD
TUBS 425 g YOGURT**
selected varieties
yogourt
2022384002 EA/31477213 EA



ONLY
3.99

3.49

**KELLOGG'S
CEREAL 247-425 g or
QUAKER INSTANT
OATMEAL 232-344 g**
selected varieties
céréales, en grains
21199234 EA/21408014 EA



5.77

**PC® CHEESE BARS 300/400 g or
CRACKER BARREL
SHREDS 320 g**
selected varieties
barres de fromagerie ou fromage râpé
21284497 EA/21290414 EA



\$10

PC® CHEESECAKE
selected varieties, frozen
400 g
gâteaux au fromage
20142747 EA/2014193 EA
21189991 EA



3.99

**GENERAL MILLS
CHEERIOS VEGGIE
BLENDS, CHEX, LOADED
BITES, OATMEAL CRISP
or NATURE VALLEY
GRANOLA CEREAL**
selected varieties
300-437 g
céréales
21120225 EA/21091146 EA



4.99

**SIGGI'S
ICELANDIC SKYR
430/730 g or
ASTRO 12's YOGURT**
selected varieties
skyr ou yogourt
2021307061 EA/21032894 EA



5.99

**KRAFT
PEANUT BUTTER 750 g/1 kg or
HAZELNUT SPREAD 723 g**
selected varieties
beurre d'arachides ou beurre de noisettes
2009181005 EA/21084816 EA



\$2

**UNICO
PASTA SAUCE 480 mL or
NO NAME® PASTA 900 g**
selected varieties
sauce pour pâtes ou pâtes
20213013002 EA/2022437007 EA



4.99

**VLASIC
PICKLES**
selected varieties
1 L
conserves
20184002 EA/2017474901 EA



6.50

**NO NAME® RAISINS 750 g
or CRANBERRIES 750 g
or WHOLE PITTED
DATES 1 kg**
selected varieties
raisins secs ou canneberges ou
dattes dénoyautées
20447008 EA/20447213 EA



5.50

**NO NAME®
NAPKINS**
500's
serviettes
20447007 EA



4.49

PINE-SOL
selected varieties
1.41 L
nettoyant domestique
20184001 EA/20184002 EA



10.99

**TIDE LIQUID
1.89 L or PODS
31/22/18 L
LAUNDRY
DETERGENT,
DOWNY
FABRIC
SOFTENER
1.89 L or 2.43 L
DOWNY
GAIN SCENT
BOOSTERS 379 g
or BOUNCE
DRYER SHEETS
130/200's**
selected varieties
détergent liquide ou
adoucissant ou
feuilles de sèche-ri
20440113 EA/21190214 EA



19.99

**FINISH
DISHWASHER
TABS**
selected varieties
60 100's
pastilles pour lave-vaisselle
2009181005 EA



MULTI BUY? TRY SINGLE BUY.



ONE FOR

\$2

**CAMPBELL'S
BROTH**
selected varieties
250/900 mL
bouillon
7032348001 SA/71347345 EA



ONE FOR

2.29

HAMBURGER HELPER
selected varieties
158-220 g
plat cuisinés
21391084 EA



ONE FOR

2.50

**NO NAME®
SALAD DRESSING**
selected varieties
475 mL
 vinaigrette
2062849001 EA

NO
HST/GST*



ONE FOR

3.79

**LAY'S POTATO
CHIPS** 177-235 g or
POPPABLES 130 g
selected varieties
croustilles ou grignolines
21341032 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

COLGATE PREMIUM TOOTHPASTE 70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
30306410001_EA/2116483_EA

PRICE DROP
3.49



GARNIER WHOLE BLENDS
selected varieties
346-370 mL
soins capillaires
30941723_EA/20941827_EA

PRICE DROP
4.99



PRICE DROP
4.49

PANTENE HAIR CARE
selected varieties
308/355 mL
nettoyant pour le corps au pain de savon
21431190_EA/21431192_EA

IRISH SPRING BODY WASH 391 mL or **BAR SOAP** 84/104 g or **SOFTSOAP BODY WASH** 391 mL
selected varieties
pain de savon au nettoyant pour le corps ou déodorant au antiseptique
3129075_EA/21048677_EA

PRICE DROP
4.49



DOVE BAR SOAP 2x 104 g, **DOVE BODY WASH** 355/400 mL, or **ANTIPERSPIRANT** 45.7g
selected varieties
déodorant
201902303_EA/2101084_EA

PRICE DROP
4.99



OLD SPICE SECRET DEODORANT
selected varieties
45-107 g
déodorant
30306410001_EA/21048677_EA

PRICE DROP
3.99



PRICE DROP
\$1

BABY BELLIES LITTLE BELLIES BABY SNACKS
selected varieties
8/12 g
collations pour bébé
2123204_EA/2123204_EA



PRICE DROP
2.29

SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS
selected varieties
32 g
collations pour bébé
201902303_EA/2101084_EA



PRICE DROP
7.99

HUGGIES 3X BABY WIPES
selected varieties
112-192 g
lingettes pour bébé
201902303_EA/2101084_EA



PRICE DROP
24.99

NO HST/GST
HUGGIES SUPER BIG PACK DIAPERS
selected varieties
25-1000+ couches
2143201_EA



PRICE DROP
5.49

LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rinçage buccal
201902303_EA/2101084_EA



PRICE DROP
5.49

U BY KOTEX LINERS, PADS or TAMPONS 1 ea
selected varieties
protège-dames ou serviettes ou tampons
201902303_EA/2101084_EA



PRICE DROP
6.99

JAMIESON VITAMINS C + D
selected varieties
75-240 g
vitamines C ou D
201902303_EA/2101084_EA



PRICE DROP
9.99

AVEENO LOTION
selected varieties
332 mL
lotion
201902303_EA/2101084_EA

ALWAYS \$

PC® DISTILLED WATER
4 L
eau distillée
30797191_EA

1.25



LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties
2 L
recharge de savon liquide pour les mains
21337613003_EA/21337613004_EA

\$5



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

for every \$10* spent on Irish Spring bar soap and body wash, Softsoap liquid hand soap or body wash, Speed Stick or Lady Speedstick or Colgate oral care products

all sizes and varieties
pain de savon au nettoyant pour le corps ou savon liquide ou déodorant ou soins buccaux
21167194_EA/21166650_EA/20847071_EA

\$3
value





349

GENERAL MILLS CEREALS
selected varieties
297-430 g
céréales
21104047 SA/21104055 SA

599

PILLSBURY PIZZA POPS or BITES
selected varieties, frozen
693/760 g
pizza
21423910 SA

DUNKAROOS 168 g or NATURE VALLEY MUFFIN BARS
132/175 g
selected varieties
biscuits ou barres
21449853 SA

349



NO HST/GST

HERSHEY'S SNACK SIZE CHOCOLATE
selected varieties
102-124 g
chocolat
21333668 SA

229



NO HST/GST

599

REESE'S STOCKING STUFFERS
selected varieties
141/226 g
friandises pour bas de Noël
20425817 SA



NO HST/GST

HERSHEY'S CHOCOLATE POUCHES
selected varieties
160-290 g
chocolat
21392217 SA/21392221 SA

449



\$2

DARE CRACKERS
selected varieties
100-225 g
croûtes
21320446 SA

229

DARE REAL FRUIT CANDY
selected varieties
180 g
friandises aux fruits
21291410 SA

NO HST/GST

DARE COOKIES
selected varieties
148-360 g
biscuits
21080791 SA

249



DANONE ACTIVIA TUBS or DANINO KIDS DRINKABLES 6x YOGURT
selected varieties
contenants de yogourt ou
yogourt à boire
21320250 SA/2022122002 SA

333

150

DANONE ACTIVIA or OIKOS DRINKABLE YOGURT
selected varieties
190 mL
yogourt à boire
21348303 SA/21386702 SA

NO HST/GST

INTERNATIONAL DELIGHT COFFEE CREAMERS or COLD FOAM
selected varieties
946 mL or
396 g
colorants à café
ou mousse froide
2091480002 SA

449



1,000 Value

1399

MAXWELL HOUSE or NABOB PODS
selected varieties
30's
capsules de café
21308076 SA

1,000 Value

599

MAXWELL HOUSE or NABOB TASSIMO DISCS
selected varieties
8-16's
capsules de café
20232948 SA/20028154001 SA

500 Value

MAXWELL HOUSE INSTANT COFFEE
selected varieties
150 g
café instantané
21024608 SA

399

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing. See back page for details.



2,500^{PC}
for every \$10* spent on

\$2.50
value

Tostitos tortilla 205-295 g or
Ruffles potato 180-220 g chips
selected varieties
croustilles

21060575_EA/21341002_EA



5,000^{PC}
for every \$15* spent on

\$5
value

Lindt chocolate
all sizes and varieties
chocolat

21390291_EA/20312527005_EA



3,500^{PC}
for every \$15* spent on

\$3.50
value

Club House dry sauce mix, spices, seasonings, vanilla, extracts or food colouring
all sizes and varieties
mélange à sauce déshydraté ou épices ou assaisonnements ou vanille ou extraits ou colorants alimentaires

20302814001_EA/20061848_EA/20301395001_EA



4,500^{PC}
for every \$17* spent on

\$4.50
value

Ben's Original rice
selected varieties
riz

21397330_EA/21405476_EA

4,000^{PC}
for every \$15* spent on

\$4
value

Air Wick Essential oil, essential mist or auto spray
all sizes and varieties
huile essentielle ou vaporisateur

2149649_EA/21373306_EA



3,000^{PC}
for every \$10* spent on

\$3
value

Lysol cleaners
all sizes and varieties
nettoyants

2132061_EA/21449638_EA



3.29

KIJU ORGANIC JUICE
selected varieties
1 L/4x200 mL
jus

2031271001_EA/20333714001_EA

1,000^{PC}

\$1
Value



\$5

HEALTHY CHOICE VH STEAMERS or HEALTHY CHOICE SIMPLY SINGLE SERVE ENTRÉES
selected varieties, frozen
255-306 g
plats cuisinés

21406269_EA/20318614003_EA

1,500^{PC}

\$1.50
Value



6.99

STRONG ROOTS SOUP or ENTRÉES
selected varieties, frozen
350 g
soupe ou plats cuisinés

21425041_EA

500^{PC}

50¢
Value



3.99

MINUTE MAID, FIVE ALIVE or NESTEA ICED TEA
selected varieties
8/10x200 mL
jus ou thé glacé

20276002_EA/21092667_EA

1,000^{PC}

\$1
Value



\$4

UNICO PEPPER RINGS
750 mL
rouleaux de piment

21105533_EA

500^{PC}

50¢
Value



5.50

HELLMANN'S REAL MAYO
selected varieties
340/445 mL
mayonnaise

2000823001_EA

750^{PC}

75¢
Value



NATURAL FOODS AT LOW PRICES



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/20122751 EA



2,000⁰⁰

\$2 Value

4⁹⁹

1 LB

PC[®] ORGANICS GIGANTICO[™] KIWI
product of U.S.A.
kiwi
2112146001 EA



2⁵⁰

CLIF ENERGY BAR, BUILDERS or NUT BUTTER BAR
selected varieties, 50/68 g
barres
20303133002 EA/20307304002 EA



4⁹⁹

SILK NON-DAIRY CREAMER
selected varieties
890 mL
colorant à café sans produits laitiers
21245340 EA



3⁴⁹

MADEGOOD COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
selected varieties
110-150 g
barres ou biscuits ou carrés ou bouchées
21107402 EA/212321848 EA



3⁹⁹

THE GOOD CRISP CHIPS
selected varieties
160 g
croustilles
21325581 EA/21540084 EA

NO HST/GST*



3⁹⁹

CHA'S ORGANIC COCONUT MILK
400 mL
lait de coco biologique
21297363 EA



ORGANIC \$2

PC[®] ORGANICS BROTH
selected varieties
900 mL
bouillon biologique
21190798 EA



ORGANIC \$4

PC[®] ORGANICS DURUM WHEAT SEMOLINA PASTA
selected varieties
454 g
pâtes de semoule de blé biologique
2064902002 EA



ORGANIC \$5

PC[®] ORGANICS PEANUT BUTTER
selected varieties
500 g
beurre d'arachide biologique
20294178 EA



5⁹⁹

ZEVIA ZERO-SUGAR SOFT DRINK
selected varieties
6x355 mL
boissons gazeuses
21196332 006

50¢ Value - 355 mL

NO HST/GST*



ORGANIC 7⁹⁹

PC[®] ORGANICS FLOUR
2.5 kg
farine biologique
20069235 EA/20302111 EA



ORGANIC 8⁹⁹

PC[®] ORGANICS 100% CRANBERRY JUICE
946 mL
jus de canneberges biologique
2004911 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFO

BIG HOLIDAY DEALS!



NO HST/GST*

NO HST/GST*



MERCI BOXED CHOCOLATE
selected varieties
200 g
chocolat
21024010 EA

4.99

WHILE QUANTITIES LAST

4.49

HERSHEY KISSES 180 g or
REESE'S NUTCRACKER 161 g
selected varieties
chocolat
21292217 EA/21440591 EA

WHILE QUANTITIES LAST



NO HST/GST*



NO HST/GST*

5.99

REESE'S STOCKING STUFFERS
141/226 g, **KINDER UOVO** 100 g,
CHRISTMAS MULTI 80 g or
BAGGED CHOCOLATE 184 g
selected varieties
chocolat
20422817 EA/21292283 EA

WHILE QUANTITIES LAST

LINDT or BACI BOXED CHOCOLATE
selected varieties
150/156 g
chocolat en boîte
20821534 EA/21197947 EA

WHILE QUANTITIES LAST

9.99

8.88

TOFFIFEE
400 g
friandises
21407837 EA

\$2

HERSHEY'S STOCKING STUFFERS
selected varieties
30-78 g
friandises ou chocolat
pour les de Noël
21211895 EA/21440305 EA

WHILE QUANTITIES LAST

1.49

MAYNARDS THEATRE BOX 100 g,
HERSHEY'S KISSES MINI 41 g or
REESE'S CANDY CANE 29 g
selected varieties
friandises ou chocolat
ou cannes en sucre
20625213 EA/21206022 EA

WHILE QUANTITIES LAST

NO HST/GST*



NO HST/GST*



NO HST/GST*



10.49

KINDER MAXI
selected varieties
116/150 g
chocolat
20879204 EA

5.99

LINDT GOLD BEAR 50/100 g or
POT OF GOLD 243-245 g
selected varieties
chocolat
20825424 EA/21347894 EA

WHILE QUANTITIES LAST

9.99

MERCI BOXED CHOCOLATE
400 g
chocolat en boîte
21194034 EA

WHILE QUANTITIES LAST

NO HST/GST*



NO HST/GST*



NO HST/GST*



7.99

FERRERO BOXED CHOCOLATE
118-200 g or
POPPYCOCK 300 g
selected varieties
chocolat ou mûle soufflé
20099034 EA/2042399005 EA

11.99

NESTLÉ KITKAT CABIN 389 g,
FAVOURITE BAG 375 g or
ELMER'S BOXED CHOCOLATE 680 g
selected varieties
chocolat en boîte
21412983 EA

WHILE QUANTITIES LAST

5.99

WONDERFUL COPENHAGEN DANISH COOKIES
selected varieties
454 g
biscuits danois
20897883 EA

WHILE QUANTITIES LAST

NO HST/GST*



NO HST/GST*



NO HST/GST*



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF INFO

WORLD FLAVOURS AT LOW PRICES



129

COCONUTS
each, product of Dominican Republic
noix de coco
30005778001 EA



149
LB

CARIBBEAN SWEET POTATOES
product of Honduras
3.28/kg
patates douces des Caraïbes
3014988001 KG



129
LB

CASSAVA
product of Costa Rica
2.84/kg
manioc
30087882001 KG



.99

CHAYOTE SQUASH
product of Mexico
chayote
30147827001 EA



125

CEDAR PITA
selected varieties
330 g
pita
31509330 EA



\$5

SURAJ® NAAN
selected varieties
10's
naan
20342261 EA



899

DELCATO FROZEN MEALS
selected varieties
285-454 g
plats cuisinés surgelés
31814093 EA



888
LB

BEEF RIB FINGER MEAT
boneless
19.58/kg
viande de bœuf
intercostale
30142139 KG



1399

ZABIHA HALAL CHICKEN WINGS
selected varieties, frozen
908 g
ailes de poulet halal
20302457 EA



799

AL SAFA CHICKEN BREAST NUGGET
600 g
pépiés de poitrine de poulet
31822417 EA



149

HALDIRAM'S INDIAN SNACKS
selected varieties
150 g
collations indiennes
30309977 EA/30314667007 EA

NO HST/GST*



129

NONGSHIM FLAVOURED CHIPS
selected varieties
45-75 g
croustilles
30138270 EA



999

RED LABEL LOOSE TEA
900 g
thé en feuilles
31017684 EA



499

TRE STELLE PANEER
350 g
paneer
31099238 EA



1899

GOLDEN TEMPLE® DURUM ATTA
selected varieties
9 kg
farine durum atta
30212711001 EA



349

LA COSTEÑA SAUCE
selected varieties
455 ml
sauce
3031865001 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.

\$7



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



**NO
HST/GST***

\$5

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



**NO
HST/GST***

\$5

PC® SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
20218887001_C12



3⁹⁹

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



\$4

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



\$4

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



**NO
HST/GST***

\$8

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

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$10

PC® BASQUE CHEESECAKE
frozen, 600 g
gâteau au fromage basque
21609491_EA

SUGAR, SPICE, AND PRICED NICE

Chase the sugar highs, without the high price tags. Make our sweet treats your sweet holiday escape.



\$5.99

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



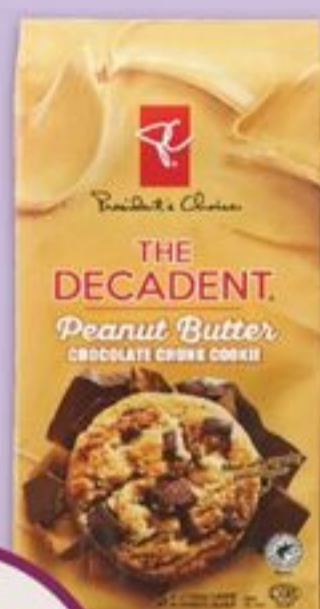
\$8

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 COOKIE
selected varieties
280/300 g
biscuits
20612261_EA



\$10

PC® CHEESECAKE
selected varieties, frozen
600 g
gâteau au fromage
20147627_EA/20318102_EA



\$6

PC® HOMESTYLE BUTTER PIE CRUSTS
frozen
350 g
croustes à tarte
21610882_EA

BETTER AS A MEMBER

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

December 19-25, 2024

Earn*

15,000^{pts}

\$15^{value}

for every \$100* spent on Ultimate Dining Card gift cards.



* Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Ultimate Dining Card, Harvey's, and Swiss Chalet gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.

 insurance

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



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

 Health™

Flu shot? Think Pharmacist.

Book your appointment today.*

[Book now](#)

*Subject to vaccine availability. Pharmacists can administer flu shots to children aged: 5 and older in Yukon, Alberta, Saskatchewan, PEI and Newfoundland; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. **TM Trademark of 911979 Alberta LM, used under license.



THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't fresh, we'll replace AND refund it.



We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



Deals from the past on select items.

The **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLINE INFO MKT