

# HAPPY NEW YEAR!

\$1

**MICHELINA'S  
DINNER  
ENTRÉES**  
selected varieties, frozen  
154-284 g  
poids variables  
51209414 EA



\$1

**YOPLAIT YOP  
DRINKABLE  
YOGURT**  
selected varieties, 200 mL  
yogourt à boire  
51479178 EA



# HAPPY NEW YEAR!



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

SAVE 36%

6<sup>99</sup>



**SCHNEIDERS WINGS**  
selected varieties, frozen, 613 g  
ailes de poulet ou escalope  
21372433 SA



**PORK HALF LOIN**  
fresh, boneless  
côtes de porc  
5.49/kg  
20334797 SA

WOW!

2<sup>49</sup>  
LB

WHILE QUANTITIES LAST

ONLY  
1<sup>77</sup>



**BROCCOLI CROWNS**  
product of U.S.A. or Mexico, each  
couronnes de brocoli  
2112348001 SA



PKG OF 5

**AVOCADOS**  
product of Mexico  
avocat  
20142232001 SA

SAVE UP TO 40%

2<sup>99</sup>

SAVE 20%

3<sup>99</sup>

**FARMER'S MARKET BUTTER CROISSANTS or LOAF CAKES**  
selected varieties  
260-400 g  
croissants au beurre ou gâteaux quatre-quarts  
20972942 SA/21489154 SA



WOW!

\$8

**COOKED SHRIMP RING**  
61/70 per lb  
454 g, frozen  
croustillon de crevettes  
21834237 SA

WHILE QUANTITIES LAST



SAVE 23%

3<sup>29</sup>

**FARMERS or BAXTER CREAM 10% 1 L**  
**SCOTTSBURN CREAM 35% 473 mL**  
**5/10% 1 L or NORTHUMBERLAND CREAM 10% 1 L**  
selected varieties  
crème  
2013422901 SA/20062402 SA



SAVE UP TO 28%

2<sup>50</sup>

**PC® DIPS 227 g or PC® NAAN DIPPERS 300 g**  
selected varieties  
naan ou hummus  
20184213 SA/21092032 SA



SAVE 22%

3<sup>47</sup>

**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
pizza  
2029410001 SA



SAVE UP TO 34%

2<sup>50</sup>

**LAY'S POTATO CHIPS 177-225 g or POPPABLES 130 g**  
selected varieties  
croustilles ou grignolines  
21241022 SA



NO HST/GST\*

SAVE UP TO 48%

3<sup>99</sup>

**CHAPMAN'S PREMIUM ICE CREAM 2 L or YUKON NOVELTIES 5.8 L**  
selected varieties, frozen  
crème glacée ou  
friandises glacées  
21012283 SA/2022372001 SA



SAVE 33%

9<sup>99</sup>

**817 ELEPHANT BRAND BASMATI RICE**  
4 kg  
riz basmati  
20787134 SA



## Deals from the past on select items. †

THROW BACK PRICES



**SENSIBLE PORTIONS GARDEN VEGGIE STRAWS or CHIPS**  
selected varieties  
120-142 g  
grignolines ou croustilles  
2027204001 SA/21330001 SA

NO HST/GST\*

SAVE 42%

1<sup>99</sup>

# MUNCH MORE SAVINGS



APP EXCLUSIVE OFFER\*  
Optimum  
2,000<sup>pts</sup>

\$2  
Value

ONLY  
\$10

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



SAVE 23%  
175

NO  
HST/GST\*

**NO NAME® SNACKS or  
CORN CHIPS**  
selected varieties, 200 g  
collations ou croustilles de maïs  
20048210 EA/20322677 EA



ONLY  
\$3

**NO NAME® CHEESE SPREAD**  
selected varieties, 227/250 g  
fromage à la crème  
20308100001 EA

# FRESH AT LOW PRICES



PKG OF 3

**4.99**

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Canada,  
Canada no. 1 grade or  
**SWEET PEPPERS**  
product of Canada or Mexico  
concombers anglais ou poivrons  
20828461001 EA/20117550001 EA



PKG OF 4

**FARMER'S MARKET™ SWEET PEPPERS**  
POIVRONS DOUX  
4 ea.



6 OZ CLAMSHELL

**3.99**

**BLACKBERRIES**  
product of Mexico,  
**BLUEBERRIES**  
product of Mexico, Peru or Chile, no. 1 grade or  
**RASPBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
mûres ou fraises ou framboises  
2052913001 EA/20113346001 EA



3 LB BAG

**2.99**  
EA/LB

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS** each  
product of Canada, Canada no. 1 grade or  
**TOMATOES ON THE VINE** 6.99/kg  
product of Canada, Mexico or U.S.A.  
carottes ou légumes jaunes ou tomates sur vigne  
2023475001 KG/20811944001 EA



15 LB BAG

**NO NAME™ NATURALLY IMPERFECT™ POTATOES**  
product of Atlantic Provinces,  
Canada no. 2 grade  
pommes de terre  
2094446001 EA

**\$6**

**4.99**

PKG OF 3

**ROMAINE HEARTS**  
product of U.S.A.  
cœurs de romanesco  
20047289001 EA



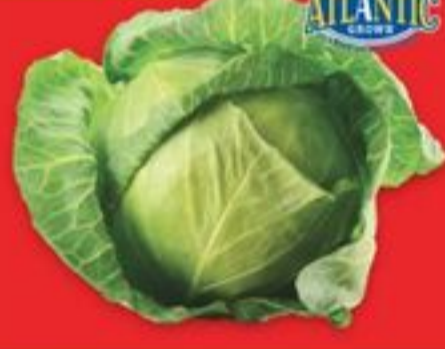
**3.99**

**CANTALOUPE**  
product of Guatemala,  
no. 1 grade  
cantaloup  
20167015001 EA



**.79** LB

**GREEN CABBAGE**  
product of Atlantic Provinces,  
Canada no. 1 grade  
chou vert  
20792304001 KG



**\$4**

2 LB BAG

**FARMER'S MARKET™ LEMONS**  
product of Spain or Turkey  
citrons  
209221001 EA



**4.99**

**FARMER'S MARKET™ MCINTOSH or ROYAL GALA APPLES**  
product of Atlantic Provinces,  
Canada, Ontario, Idaho or  
**MANDARINS**  
product of Minnesota or Spain  
mandarines ou mandarine  
2071211001 EA/2070798001 EA  
2008692001 EA

2 LB BAG

4 LB BAG



**5.99**

567 G

**PC® AXIANY™ or MIXIANY™ TOMATOES**  
product of Canada,  
U.S.A. or Mexico  
tomates  
207444001 EA/204444001 EA



GROWN IN CANADA

454 G

**PC® WHOLE CREMINI™ or WHITE MUSHROOMS**  
product of Canada  
champignons cremini  
ou blancs entiers  
2014271 EA/2014271 EA



**4.49** LB

**LEAN GROUND PORK**  
fresh  
porc haché maigre  
20228200 KG

**CLUB SIZE**



**10.99**

**SWISS CHALET PORK BACK RIBS**  
fully cooked, selected varieties  
600 g  
côtes de dos de porc  
21802221 EA



**\$20**

**MAPLE LEAF PRIME CHICKEN BREAST**  
boneless, skinless  
375 g  
poitrine de poulet  
21183111 EA



**3.49**

**D'ITALIANO BREAD or BUNS** 4 1/2" x 1 1/2"  
selected varieties  
pain ou petits pains  
2000041001 EA



**\$5**

**QUINN'S SWISS ROLLS**  
selected varieties  
400 g  
rouleaux suisses  
21293040 2A/21293047 2A



**5.99**

**SEAQUEST™ RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP**  
24/42 per lb, frozen  
200 g  
crevettes  
2070001 EA



**\$7**

**BALDERSON CHEESE**  
selected varieties  
250/300 g  
fromage  
2000001 EA



# BRANDS YOU LOVE AT LOW PRICES



**ONLY  
\$4**

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



**BLACK DIAMOND  
CHEESTRINGS  
or SNACKS**  
selected varieties  
189-336 g  
fromage affiné/cheese or collations  
30743661 SA

**SAVE UP TO 25%  
579**

**MINUTE MAID PUNCH,  
LEMONADE or NESTEA**  
selected varieties, frozen  
293 mL  
punch ou limonade ou the glacé  
30418337901 SA/30418338 SA



**SAVE 35%  
129**

**HELUVA GOOD! DIPS**  
selected varieties  
250 g  
trappettes  
3017997902 SA

**SAVE 33%  
279**

**549**

**NESQUIK  
SYRUP** 310/700 mL  
or **POWDER** 340 g  
selected varieties  
sirop ou poudre au  
chocolat  
30230167001 SA



**799**

**POGO**  
selected varieties, frozen  
8/10's  
souchettes sur bâtonnet  
30053203001 SA



**\$6**

**DEL MONTE  
JUGS**  
selected varieties,  
refrigerated  
2.3 L  
jugs  
21397336 SA



**\$1**

**NO NAME®  
CRACKERS  
or BREADSTICKS AND  
CHEESE SNACKS**  
selected varieties  
2's  
craquelins ou bâtonnets de pain au  
collations au fromage  
3087682 SA



**1099**

**PC® 100% PURE  
MAPLE SYRUP**  
Canada, Grade A Amber  
500 mL  
sirop d'érable  
30949031 SA



**399**

**COCA-COLA or  
PEPSI SOFT  
DRINKS**  
selected varieties  
4x750 mL  
boissons gazeuses  
301046662 CM/301046662 CM



NO  
HST/GST

**199**

**AYLMER  
ACCENTS  
TOMATOES**  
selected varieties  
340 mL  
tomates  
21307947 SA



**849**

**NO NAME®  
VEGETABLE or  
CANOLA OIL**  
2 L  
huile végétale ou de canola  
3035939 SA/3035939 SA



**\$5**

**NO NAME®  
FOIL** 100 ft or  
**HEAVY DUTY  
FOIL** 25 ft  
papier d'aluminium  
2119962 SA



**549**

**NO NAME®  
NAPKINS**  
500's  
serviettes  
3036697 SA



**1699**

**TIDE PODS LAUNDRY  
DETERGENT, DOWNY  
or GAIN FABRIC  
SOFTENER** 4.5 L  
**SCENT BOOSTERS** 480 g or  
**TIDE ZERO LIQUID  
LAUNDRY  
DETERGENT** 2.1 L  
détergent à lessive ou assouplissant  
tissus ou rehausseurs de parfum  
21454813 SA/21454813 SA



# HAPPY NEW YEAR!



**SAVE 37%**  
**2.50**

**CHEEMO PEROGIES**  
selected varieties, frozen  
745/907 g  
perogies  
20227509 EA

**NO NAME® FRUIT**  
selected varieties, frozen  
300/400 g  
fruit  
21543007 EA/21543106 EA

**ALWAYS**  
**\$3**

**PC® SPIRAL or FROZEN VEGETABLES**  
selected varieties  
300-750 g  
 légumes en spirales ou surgelés  
20318913 EA



**INTERNATIONAL DELIGHT COFFEE CREAMERS** 945 mL or **COLD FOAM** 395 g  
selected varieties  
colorants & café ou mousse froide  
2087548000 EA/21420782 EA

**SAVE UP TO 26%**  
**3.50**

**ONLY**  
**4.49**

**1.79**

**DARE DRY BREADS**  
selected varieties  
120-200 g  
 pains secs  
21022182 EA



**4.99**

**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE SWEET & CREAMY** 251 g  
selected varieties  
café instantané  
2041811007 EA/21342071 EA



**\$8**

**PC® ENTRÉES or SWANSON FAMILY SKILLETTS** 400 g-1.13 kg  
selected varieties, frozen  
plats rapides ou repas à poêler  
20206324 EA



**1.50**

**NO NAME® FRUIT**  
selected varieties  
375 mL  
fruit  
20418106 EA



**\$2**

**MARIO'S LUNCHEON MEAT FLAKES OF HAM** 154 g  
saucis de viande ou  
flocons de jambon  
21304410 EA/21304417 EA



**\$2**

**BARILLA PASTA**  
selected varieties  
340/410 g  
pâtes  
21409924 EA



**2.29**

**PEPPERIDGE FARM GOLDFISH CRACKERS**  
selected varieties  
150-200 g  
croustilles  
20842306 EA/20842309 EA



**2.49**

**LANTIC GRANULATED SUGAR**  
selected varieties  
2 kg  
sucre  
20140033 EA



**3.99**

**CHRISTIE OREO CAKESTERS or COOKIES** 285 g or 374-488 g  
selected varieties  
biscuits  
21320747 EA/21409123 EA



## BETTER AS A MEMBER

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

Earn\*  
**4,000** pts

for every \$10\* spent on Kellogg's family size cereal

selected varieties  
480-650 g  
céréales  
21430738\_EA/21449784\_EA

**\$4**  
value



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

**NOFRILLS**

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

[nofrills.ca](http://nofrills.ca)



Be kinder, reuse, recycle.



**DECEMBER**

**HIT  
OF THE  
MONTH**



**\$3**

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

**NO  
HST/GST\***



**\$3**

**Wonderful Pistachios,**  
salted or unsalted, 225 g  
product of U.S.A.  
Limit: 6, over limit retail \$5.00



**\$5**

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

**NO  
HST/GST\***



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

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



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

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

**LOWEST PRICES  
BEST DEALS**

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

# GET FLYER TO YOUR EMAIL.

## STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

## STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)\*



\*Standard message and data rates may apply.

## THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



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



Deals from the past  
on select items.

The  **NOFRILLS** thing to do.

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

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).

NFA MKT