

BIG HOLIDAY DEALS!

SAVE UP TO 64%

1.88 LB

AMBROSIA APPLES

product of Ontario,
Canada fancy grade
pommes
1.94/lb
3027454901_00



Foodland
ONTARIO

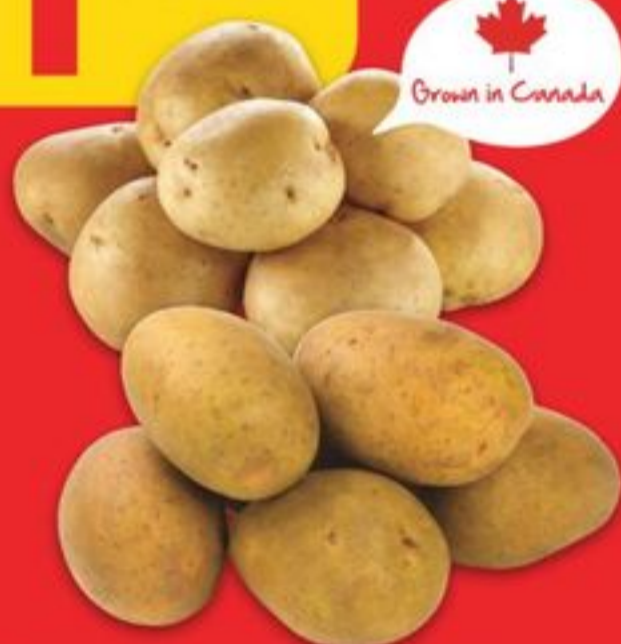


SAVE UP TO 64%

1.77

10 LB BAG

RUSSET or YELLOW POTATOES
product of Canada,
Canada no. 1 grade
pommes de terre Russet ou jaunes
3060117001_04/30601020001_04



SAVE 33%

1.99

60Z CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A.,
mûres
30051013001_04



SAVE 33%

3.99

312 G

PC® BABY SPINACH or SPRING MIX
product of U.S.A.,
petites épinards ou
mélange printanier
21204301_04/21204304_04



BIG HOLIDAY DEALS!



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

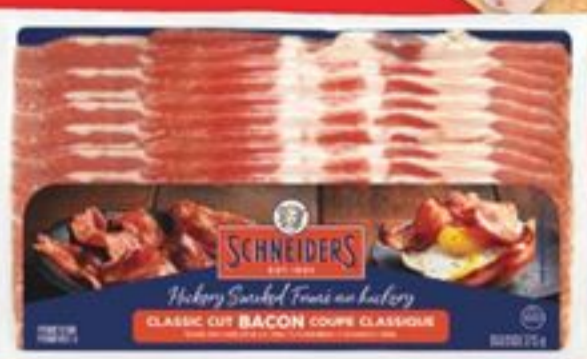


CLUB SIZE

WOW!

SAVE 37%

3.77



SCHNEIDERS BACON
selected varieties, 375 g
boîtes
30773671 EA

CHICKEN LEGS
back attached
cuisses de poulet
3.90/kg
25303271 KG

WHILE QUANTITIES LAST

1.77
LB

SAVE 28%

\$5



PC PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS
selected varieties, frozen, 700 g
pâtes ou lamères ou burgers de poulet
21301321 EA



PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.33/kg
20330970 60

SAVE 54%

2.87
LB

SAVE 26%

1.25

UNICO BEANS or TOMATOES
selected varieties
540/796 mL
légumineuses ou tomates
2012467001 EA/203314629001 EA



SAVE 22%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
pizza
2029410081 EA/20294104001 EA



SAVE UP TO 40%

\$3

PC® VEGETABLES or PREMIUM VEGETABLES
400-750 g or
350-500 g
selected varieties, frozen
légumes
20218913 EA/21184674 EA



SAVE 20%

\$4

FARMER'S MARKET BUTTER CROISSANT AND NUT LOAF CAKES
selected varieties
200-400 g
gâteaux quatre-quarts
2073943 EA/21488934 EA



APP EXCLUSIVE OFFER
1,000 Value

ONLY 6.99

APP EXCLUSIVE OFFER
1,000 Value

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20028646 EA/201023290 EA



SAVE 25%

2.99

DORITOS TORTILLA CHIPS
selected varieties
210-280 g
croquettes de tortilla
21347118 EA



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 EA/21058210 EA
WHILE QUANTITIES LAST



SAVE 31%

12.99

TILDA BASMATI RICE
4.54 KG
riz basmati
20132478 EA



PRICE DROP

4.77

ARMSTRONG or PC® SHREDDED CHEESE
250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21284240 EA/21284749 EA



PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926 EA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: BIC'S - AJAX, STEVE & AMANDA'S - AJAX, JOE & VAL'S - AURORA, ADRI'S - BRAMPTON, DAVE'S - BRAMPTON, FRANZ'S - BRAMPTON, HICOR & AUGIE'S - BRAMPTON, SAMAN'S - BRAMPTON, BOCKY'S - BRAMPTON, SABANDAN'S - BRAMPTON, KANAN'S - EAST YORK, COGOMO'S - FORTSCHE, EMILIANO & ANNA'S - FORTSCHE, ALISON'S - FORTSCHE, JIM BOY & HEY'S - FORTSCHE, JIFFY'S - FORTSCHE, DEVI'S - FORTSCHE, DAVE & ANNETTE'S - HARRISBURG, PETER & SUZIE'S - HARRISBURG, KEN & SUZIE'S - HARRISBURG, KEN & SUZIE'S - HARRISBURG, JOHN'S - HILTON, SINGEY'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, MARIO'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, TAMARA'S - MISSISSAUGA, SICK'S - NEWMARKET, JOHN'S - NEWMARKET, VISCONTI'S - NEWTON, AARON & SHY-ONG'S - NORTH YORK, CARLO'S - NORTH YORK, DURANE'S - NORTH YORK, JOHN & DANIEL'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LESTRO'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, OLGA'S - OAKVILLE, AGOSTINO & NANCI'S - OSHANA, DYLAN'S - OSHANA, MIKE'S - OSHANA, NADINE'S - OSHANA, SACCO'S - PICKERING, ENZO'S - RICHMOND HILL, JIM'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, KHALI'S - SCARBOROUGH, ALI'S - SCARBOROUGH, ALI'S - SCARBOROUGH, DAVE & DANIELLE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADINE'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LING'S - SCARBOROUGH, VIV'S - SCARBOROUGH, MICHAEL'S - SPENCERVILLE, AJ & ASHLEY'S - TORONTO, AJ'S - TORONTO, ANDREW & SHELLY'S - TORONTO, ANTHONY'S - TORONTO, SALVIANO'S - TORONTO, SAREEN'S - TORONTO, GEORGE'S - TORONTO, GINO'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, NICHOLSON'S - TORONTO, ROCCA'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCI'S - TORONTO, SAM'S - TOTTENHAM, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITE, LIZ'S - WHITE, GAIL - WHITE, MIKE'S - WOODBRIDGE

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
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.
nach
coppinos de brocol
31131340001 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
30000173001 SA/3011194001 SA



2.99

CANTALOUPE
product of U.S.A. or Guatemala,
no. 1 grade
mandarins
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
poivrons rouges et verts
30000173001 SA



2.49

ICEBERG LETTUCE
product of U.S.A. or
Mexico,
no. 1 grade
chou iceberg
30133377001 SA



2.99

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



8.99

RED MANGOES
product of Brazil
cassis de mangue rouges
30000173001 SA
WHILE SUPPLIES LAST



\$7

6" POINSETTIAS
produit d'Ontario
poinsettias
30000173001 SA



3.99

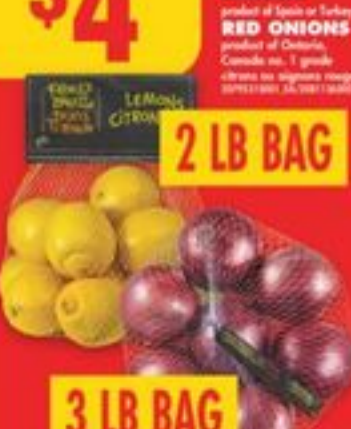
454 G

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
citrons
30000173001 SA



2 LB BAG

3 LB BAG

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[®] 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[®] FREE FROM[®] 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[®] RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP
frozen, 34-43 per lb.
300 g
crevettes
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[®] 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/21218214 EA



\$10

NO NAME[®] 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[®] MINI MUFFINS
selected varieties
12's
mini-muffins
21488239 EA



3.99

MARCANGELO MORTADELLA
selected varieties
125 g
mortadelle
21281212 EA

MARCANGELO
BOUTIQUE QUALITÉ / QUALITÀ ASSICURATA

MARCANGELO SLICED DELI MEAT 100 g or **PEPPERONI** 175 g
selected varieties
charcuteries tranchées ou pepperoni
20942322 EA

5.99



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

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT selected varieties 410 g produit de fromage fondu 3125344 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

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 or 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 1ST



\$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



\$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.

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[®] 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 630 g, 4% MINIGO 6% or TUBES 8's 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 per 4 average 2110448 EA



3.99

OCEAN SPRAY CRANBERRY COCKTAIL 1.89 L or 100% CRANBERRY JUICE 1.27 L selected varieties 2140332 EA/2140439 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 2134093 EA/2134094 EA



\$2

NO NAME[®] OLIVES selected varieties 273 mL others 2031047 EA



2.99

FERRERO ROCHER CHOCOLATE BAR selected varieties 90 g 2114234 EA/2114235 EA



2.09

GATORADE SPORT DRINK selected varieties 24x391 mL 2110448 EA



2.49 CHRISTIE CRISPERS[®] or BITS & BITES CRACKERS selected varieties 143 g craquelins 21304327 EA/213134333 EA



MAYNARD'S CANDY selected varieties 150/154 g 2134234 EA/21343403 EA

\$2



CHRISTIE COOKIES selected varieties 285-530 g biscuits 2130493 EA/21341903 EA

5.49

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
flavone
30627612001, EA/3110379, EA

BLACK DIAMOND CHEESTRINGS STICKS 16 1/2 oz
selected varieties
fromage
30743641, EA/20966474, 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/3133347, EA



3.99

GLADE SMALL JAR CANDLE
selected varieties
petites bougies en pot
3030279901, EA/3133347, 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
3116477, EA



13.88

ARM & HAMMER LAUNDRY DETERGENT
4.02 L
détergent à lessive
3110737, 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
3130661, EA/3130661, EA



1.99

PEDIGREE WET DOG FOOD
selected varieties
375 g
nourriture humide pour chiens
3119642, EA



9.99

PEDIGREE DENTASTIX MARROBONE 300-400 g
MARROBONE 1.7 kg
selected varieties
gâteries pour chiens
3107136, EA/3107136, EA



24.99

PEDIGREE DOG FOOD
selected varieties
6.41/8 kg
nourriture pour chiens
3067062, 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 Restaurante 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 tarte
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

TRESEMMÉ 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

30901170601 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

3032307701 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-coton 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

3093301 CA/3093301 CA

ALWAYS \$

PC® distilled water
4 L
eau distillée

1.25



Life Brand® mouthwash
selected varieties
1 L
rinçage-bouche

\$4



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"
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
20803644 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
30592583 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
20218887001_C12



3⁹⁹

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
croustes 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.

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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**

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**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. 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.