

**DECEMBER**

**HIT  
OF THE  
MONTH**



**NO  
HST/GST\***

**Planters salted mixed nuts,**  
225 g



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



**NO  
HST/GST\***

**San Pellegrino Italian  
sparkling drinks,**  
Selected varieties, 6x330 mL



**PC® English Muffins,**  
6's, selected varieties



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

See in-store for retails

**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.



# GRAND OPENING

21546 92 Ave NW, Edmonton



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

**HAPPY HOLIDAYS!**

# BIG HOLIDAY DEALS!

SAVE 23%

**12.99**  
LB



**ATLANTIC SALMON FILLET**  
28.64/kg  
21533541.80



SAVE 45%

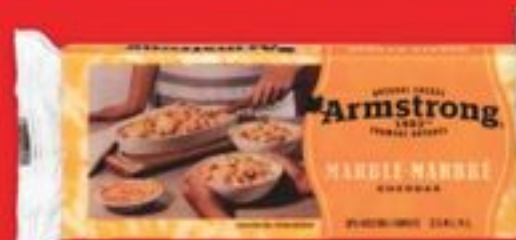
**5.88**  
LB

**SIRLOIN TIP ROAST**  
cut from Canada AA-grade beef  
2729998  
12.96/kg  
30723290.80

WHILE QUANTITIES LAST

PRICE DROP

**3.99**



**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g or  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
21284215.8A/21348749.8A



PRODUCED HERE

**.74**  
LB

**SWEET POTATOES**  
product of Canada  
1.63 kg  
2013770801.80

## GRAND OPENING OFFERS

**ALLEN'S FRUIT COCKTAIL**  
selected varieties  
1 L  
20204801.8A/20478181.8A



SAVE 29%  
**.88**

**TROPICANA ORANGE JUICE or TROPICS or PURE LEAF TEA**  
selected varieties, refrigerated  
1.36/1.75 L  
21622130.8A



SAVE 43%  
**\$3**

**RED or GREEN SEEDLESS GRAPES**  
product of Peru, no. 1 grade  
5.45 kg  
2044377081.8A/2010199001.8A



ONLY  
**2.49**  
LB

WOW!  
**3.29**

**SILK BEVERAGES**  
selected varieties  
1.74-1.89 L  
2011307001.8A



ONLY  
**4.49**

**ASIAN INSPIRATIONS ENTRÉES**  
selected varieties, frozen  
400 g  
21047278.8A



SAVE 20%

**\$1**

**SPARKLING ICE BEVERAGE**  
selected varieties, 503 mL  
2048545001.8A



SAVE UP TO 53%

**1.33**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties, 2 L  
20204801.8A/202104001.8A



SAVE 50%

**3.99**

**HELUYA GOOD! FRENCH ONION DIP**  
selected varieties  
400 g  
201218401.8A



SAVE UP TO 42%

**2.86**

**BREYERS CLASSIC FROZEN DESSERT** 1.46 L or **CHAPMAN'S COLLECTION NOVELTIES** 1.7 L  
selected varieties, frozen  
202130801.8A/2020219001.8A



SAVE UP TO 59%

**\$4**

**NESTLE TURTLES QUALITY STREET** 130/140 g  
**AFTER EIGHT** 200 g  
selected varieties  
2129208.8A/2129209.8A



WHILE QUANTITIES LAST

NO HST/GST

WOW!

**8.88**

**PC® BELGIAN ASSORTED CHOCOLATE BISCUITS**  
300 g  
20101791.8A



WHILE QUANTITIES LAST

SAVE 20%

**\$6**

APP EXCLUSIVE OFFER  
**2,000**

**\$2 Value**

**FARMER'S MARKET PIES**  
selected varieties  
580 g - 1 kg  
21297363.8A/21297367.8A



FLYER PRICES EFFECTIVE AT 21546 92 AVE NW, EDMONTON, AB T5T 1M9

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

01 NFW W



# DELI DEALS



SAVE UP TO 25%

**\$5**

**AGROPUR BRIE** or  
**CAMEMBERT CHEESE** 170 g or  
**CASTELLO CHEESE** 125-200 g  
selected varieties  
20177193 EA/20428574 EA



SAVE UP TO 37%

**\$5**

**PILLER'S PEPPERONI** 250 g,  
**KOLBASSA** 250/375 g or  
**MASTRO SALAMI** 150 g or  
**SAN DANIELE PROSCIUTTO** 100 g  
selected varieties  
20281940 EA/20208449 EA



**ONLY**  
**2.99**

APP EXCLUSIVE OFFER\*

1,000

**\$1**  
Value

**PC® DIPS** 227 g or  
**PC® NAAN**  
**DIPPERS** 200 g  
selected varieties  
20284212 EA/21092032 EA



SAVE UP TO 37%

**2.50**

**ZIGGY'S®**  
**FRESH PASTA** 350 g or  
**SALADS** 454 g  
selected varieties  
20064305 EA/21302270 EA



# FRESH AT LOW PRICES

**BROCCOLI CROWNS** 6.59/kg  
product of Mexico or U.S.A. or  
**BRUSSELS SPROUTS** 6.59/kg  
product of U.S.A. or  
**CELERY** each  
product of U.S.A., no. 1 grade  
30224141001, KG/20038153001, KG

**2.99**  
LB/EA

**RED or GREEN SEEDLESS GRAPES**  
product of Peru, no. 1 grade  
8.80/kg  
20425773001, KG/20139199001, KG

**3.99**  
LB



**3.99**

**6 OZ CLAMSHELL**

**BLACKBERRIES**  
product of U.S.A. or Mexico or  
**RASPBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
30031013001, EA/2013893001, EA



**PKG OF 4**

**GREEN or RED PEPPERS**  
product of Mexico  
20113233001, EA/20013208001, EA

**3.99**

**3.99**

**PINEAPPLE**  
product of Costa Rica  
2014097001, EA



**4.99**

**AVOCADOS**  
product of Mexico or  
**BLUEBERRIES**  
product of Mexico, U.S.A.,  
Peru or Chile,  
no. 1 grade  
20142232001, EA/20080137001, EA



**PKG OF 5 OR 6**

**PINT**

**6.99**

**10 LB BAG**

**RED or YELLOW POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
200651513001, EA/200651617001, EA



GROWN IN THE WESTERN PROVINCES

**2.99**  
LB

**ROMA TOMATOES**  
product of Canada,  
Mexico or U.S.A.,  
no. 1 grade  
6.59/kg  
20143281001, KG



**3.99**

**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
21347267001, EA/21347300001, EA



GROWN IN THE WESTERN PROVINCES

**6.99**

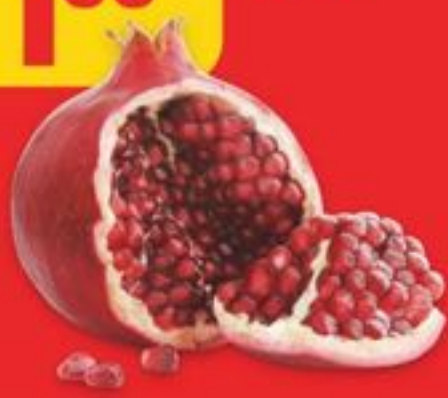
**5 LB BAG**

**BARTLETT PEARS**  
product of U.S.A.,  
extra fancy grade  
**FARMER'S MARKET™ ROYAL GALA or SPARTAN APPLES**  
product of Western Provinces,  
Canada fancy grade  
2103822001, EA/2110467001, EA



**1.99**

**POMEGRANATES**  
product of U.S.A.  
20134767001, EA



**5.99**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada,  
Canada no. 1 grade or  
**PC® AXIANY or VARIETY TOMATOES**  
product of Canada,  
Mexico or U.S.A.  
2107067001, EA/21090667001, EA



**PKG OF 11**

**681 G**

**5.99**

**HONEYDEW**  
product of Guatemala or  
**MINI SEEDLESS WATERMELON**  
product of Brazil or Mexico  
each  
2004327001, EA/2014327001, EA



**6.99**

**3 LB BAG**

**FARMER'S MARKET™ MANDARINS**  
product of U.S.A.  
20064961001, EA



**4.99**

**PKG OF 3**

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20028481001, EA



GROWN IN THE WESTERN PROVINCES

**5.99**

**3 LB BAG**

**FARMER'S MARKET™ LEMONS or NAVEL ORANGES**  
product of U.S.A.  
20796511001, EA/20146204001, EA





# FRESH AT LOW PRICES



**5.99**  
LB

**LEAN GROUND BEEF AND PORK**  
fresh, selected varieties  
13.21/kg  
2064963 XG



**GRADE A TURKEYS**  
fresh, selected varieties  
5-11 kg average  
6.59/kg  
2014281 XG

**2.99**  
LB

WHILE QUANTITIES LAST



**6.99**  
LB

**SCHNEIDERS FESTIVE HAM**  
13.41/kg  
2179438 XG

WHILE QUANTITIES LAST



**CLUB SIZE**

**BREAKFAST BEEF AND PORK SAUSAGE** 8.80/kg or  
**LILYDALE TURKEY BREAKFAST SAUSAGES**  
selected varieties, 373 g  
2017401 SA/20642079 XG

**3.99**  
EA/LB

**2.99**

**SMOKED STEELHEAD SALMON** pre-rinsed, 30 g  
**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 227 g  
**GO SHRIMP RAW** 33/70 per lb. or  
**COOKED** 61/70 per lb., 140 g  
selected varieties, frozen  
2077040 SA/2120821 SA



**6.99**

**SEAQUEST® COLOSSAL RAW WHITE SHRIMP** 14-20 per lb., 300 g  
**SHRIMP RING** 227 g or **BAY SCALLOPS** 400 g  
frozen  
2104287 SA/2120827 SA



**13.49**

**PC® WORLD OF FLAVOURS PORK ROAST**  
selected varieties, fresh  
730/900 g  
2160224 SA



**\$6**

**PC® DOUBLE CREAM BRIE or CEMEMBERT CHEESE**  
selected varieties  
145-200 g  
2076404 SA/2076737 SA



**10.99**

**MARCANGELO CACCIATORE SALAMI CHUB** 300 g or  
**ZIGGY'S® CHICKEN STRIPS** 500 g  
selected varieties  
2102149 SA/2121993 SA



**13.99**

**PC® BUTTERMILK CHICKEN STRIPS, KIEV DIVAN or FILLETS**  
selected varieties, frozen  
500-907 g  
2114294 SA



**\$5**

**QUALITY FAST FOOD SANDWICHES**  
selected varieties  
286-316 g  
21632072 SA



**2,000**  
Value

**\$2**  
Value

**\$5**

**ZIGGY'S® OLIVES** 500 ml or **SNACK FACTORY PRETZEL CRISPS** 200 g  
selected varieties  
20301267 SA/20308940 SA



**5.49**

**MAIN ST BISTRO MAC AND CHEESE or MASHED POTATOES**  
selected varieties  
547-680 g  
20236097 SA

**500**  
Value

**50¢**  
Value



**2.49**

**WONDER BREAD BUNS** 12's  
selected varieties  
2030614 SA/2030827 SA



**2.49**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
2031967 SA/20312179 SA



**\$6**

**FARMER'S MARKET MUFFINS**  
selected varieties  
6's  
2123324 SA/2120827 SA





# BIG HOLIDAY DEALS!



SAVE UP TO 32%

**3.19**

**LACTANTIA CREAM 10% 1 L, 35% 473 mL, DAIRYLAND CREAM 0-18% 946 mL or 33% 473 mL**  
selected varieties  
30073927 EA/20801194 EA



**LACTANTIA BUTTER**  
selected varieties  
454 g  
3963976 EA

SAVE 29%

**5.99**

**MCCAIN SUPERFRIES or SPECIALTY FRIES**  
selected varieties, frozen  
454-800 g  
3034330602 EA

SAVE UP TO 40%

**2.99**



**FARMER'S MARKET SQUARES**  
selected varieties  
400/450 g  
31314499 EA/21314001 EA

**ONLY \$5**

**\$3**

**PC® FROZEN VEGETABLES**  
selected varieties  
300-750 g  
30318911 EA/21318143 EA



**4.29**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
300-240 g  
3178992 EA



**14.99**

**PC® ROAST AND GROUND COFFEE**  
500-930 g or PODS 30's  
selected varieties  
31088677 EA/21318274 EA



**\$1**

**FRANCO-AMERICAN GRAVY**  
selected varieties  
354 mL  
30043234 EA



**1.27**

**STOVE TOP STUFFING**  
selected varieties  
120 g  
30315087001 EA



**1.59**

**OCEAN SPRAY CRANBERRY SAUCE**  
selected varieties  
348 mL  
30022893001 EA



**1.66**

**CARNATION EVAPORATED MILK**  
selected varieties  
354 mL  
30394812 EA/30394817 EA



**\$3**

**PC® HERBAL TEA**  
selected varieties  
30's  
30427613001 EA/213180276 EA



**5.99**

**CHAPMAN'S PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
303221073001 EA



**1.99**

**PC® 100% JUICE 1 L, OASIS JUICE DEL MONTE NECTAR or ARIZONA ICED TEA**  
946 mL  
selected varieties  
30349117004 EA/21080912 EA



**\$4**

**DORITOS TORTILLA 210-280 g or MISS VICKIE'S KETTLE COOKED POTATO 190/200 g CHIPS**  
selected varieties  
31348793 EA/21348712 EA



**5.99**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/12x355 mL  
2108794 CH/21087107 CH



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.



# NO GST\*

**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

\*GST 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 GST Relief eligible items may indicate that GST applies; however, no GST will be applied at point of sale during the relief period.



# BRANDS YOU LOVE AT LOW PRICES

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.36 kg  
30048993 EA

**SAVE 26%**  
**6<sup>99</sup>**



**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
21104261 EA

**ONLY**  
**4<sup>99</sup>**



**HIGH LINER PAN-SEAR, SIGNATURE CUTS, BITES**  
selected varieties, frozen  
425-600 g  
3029459603 EA/21186234 EA

**SAVE 41%**  
**\$10**

**\$4**

**OASIS SMOOTHIES or HEALTH-BREAK BEVERAGES**  
selected varieties  
1.6 L  
21329932 EA



**\$8**

**STARBUCKS or STOK ICED COFFEE**  
selected varieties  
1.18/1.42 L  
21320739 EA/21313307 EA



**17<sup>99</sup>**

**TIM HORTONS ROAST AND GROUND COFFEE**  
875/930 g or PODS  
selected varieties  
30873747 EA/21166682 EA



**.79**

**NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
284 mL  
30418843 EA



**1<sup>69</sup>**

**CAMPBELL'S CONDENSED SOUP**  
selected varieties  
284 mL  
3029726602 EA



**1<sup>99</sup>**

**CLOVER LEAF SMOKED OYSTERS or MUSSELS**  
selected varieties  
85 g  
30417497 EA/30418779 EA



**\$2**

**SANPELLEGRINO or PERRIER SPARKLING WATER**  
selected varieties  
750 mL/1 L  
201426465 EA/20127676 EA



NO HST/GST

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

**OASIS JUICE, ARIZONA ICED TEA DRINK BOXES or ALLEN'S APPLE or CRANBERRY COCKTAIL** 1.89 L  
selected varieties  
2010210480 EA/21312884 EA



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

**CAVENDISH QUICK CRISP, PREMIUM or PATTIES**  
selected varieties, frozen  
400-750 g  
21184077 EA



**4<sup>49</sup>**

**CHRISTIE FAMILY SIZE COOKIES**  
selected varieties  
374-530 g  
21104147 EA



**3<sup>49</sup>**

**CHRISTIE CRACKERS**  
selected varieties  
350-500 g  
21104147 EA/21312884 EA



**3<sup>49</sup>**

**KETTLE BRAND POTATO CHIPS**  
selected varieties  
170 g  
21104147 EA/21312884 EA



NO HST/GST

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

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
385-492 g or KERNEL JAR  
530 g  
selected varieties  
2010210480 EA



**5<sup>49</sup>**

**GATORADE SPORT DRINKS**  
selected varieties  
600/750/825 mL  
21104147 EA/21312884 EA



NO HST/GST



# BRANDS YOU LOVE AT LOW PRICES

PC® FREE RUN LARGE EGGS  
12's  
2001342001 SA

SAVE 25%

5<sup>29</sup>



ONLY  
3<sup>99</sup>



PHILADELPHIA CREAM CHEESE PRODUCT  
selected varieties  
227/230 g  
204/1367 SA/20444734010 SA



DANONE ACTIVIA 8x or TWO GOOD TUBS 625 g YOGURT  
selected varieties  
20233384002 SA/21477312 SA

ONLY  
3<sup>99</sup>



3<sup>49</sup>

KELLOGG'S CEREAL 298-425 g or QUAKER INSTANT OATMEAL 232-344 g  
selected varieties  
2179924 SA/21742014 SA



5<sup>77</sup>

PC® CHEESE BARS 300/400 g or CRACKER BARREL SHREDS 320 g  
selected varieties  
2129448 SA/2129448 SA



\$10

PC® CHEESECAKE  
selected varieties, frozen  
400 g  
20042627 SA



3<sup>99</sup>

GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL  
selected varieties  
200-437 g  
2133225 SA/2133225 SA



5<sup>49</sup>

SIGGI'S SKYR YOGURT TUBS  
selected varieties  
450/750 g  
2122874 SA/2122874 SA



5<sup>99</sup>

KRAFT PEANUT BUTTER 750 g/1 kg or HAZELNUT SPREAD 725 g  
selected varieties  
20029101 SA/2128410 SA



1<sup>79</sup>

KNORR SIDEKICKS 120-142 g or UNICO SAUCE 480 mL  
selected varieties  
20014084 SA/20014084 SA



2<sup>49</sup>

MOLISANA PASSATA 480 mL  
2001411 SA



5<sup>29</sup>

BICK'S PICKLES 1 L  
20220014 SA/20220014 SA



6<sup>50</sup>

NO NAME® RAISINS or CRANBERRIES 750 g or WHOLE PITTED DATES 1 kg  
selected varieties  
2004722 SA



\$6

NO NAME® NAPKINS 200's  
2004722 SA



4<sup>49</sup>

PINE-SOL 1.4 L  
2001411 SA/2001411 SA



10<sup>99</sup>

TIDE LIQUID 1.86 L or PODS 21/22/18's LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.86 L or BEADS 276 g or DOWNY GAIN SHEETS 130/200's  
selected varieties  
200011 SA/2128410 SA



19<sup>99</sup>

FINISH DISHWASHER TABS  
selected varieties  
40-112's  
2127410 SA/2127410 SA





# MULTI BUY? TRY SINGLE BUY.



ONE FOR

**\$2**

**CAMPBELL'S  
BROTH**  
selected varieties  
250/900 mL  
7022348001 SA/71347345 EA



ONE FOR

**2.29**

**HAMBURGER HELPER**  
selected varieties  
139-220 g  
21391064 EA



ONE FOR

**2.50**

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

NO  
HST/GST\*

ONE FOR

**3.79**



**LAY'S POTATO  
CHIPS** 177-235 g or  
**POPPABLES** 130 g  
selected varieties  
21341022 EA



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**COLGATE PREMIUM TOOTHPASTE** 70-150 mL or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
30306410001 EA/21166685 EA

**PRICE DROP**  
**3<sup>49</sup>**



**PANTENE HAIR CARE**  
selected varieties  
308/355 mL  
21431190 EA/21431192 EA

**PRICE DROP**  
**4<sup>29</sup>**



**GARNIER WHOLE BLENDS**  
selected varieties  
370 mL  
20941723 EA/20941827 EA

**PRICE DROP**  
**4<sup>99</sup>**

**OLD SPICE SECRET DEODORANT**  
selected varieties  
43-107 g  
3030623002 EA/3030623001 EA

**PRICE DROP**  
**3<sup>99</sup>**



**IRISH SPRING BODY WASH** 371 mL or **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 371 mL  
selected varieties  
21207075 EA/21207077 EA

**PRICE DROP**  
**4<sup>49</sup>**



**DOVE BAR SOAP** 3x106 g, **BODY WASH** 325/400 mL, **DEODORANT** or **ANTIPERSPIRANT** 43-76 g  
selected varieties  
2018212000 EA/20181106 EA

**PRICE DROP**  
**4<sup>99</sup>**



**PRICE DROP**  
**\$1**  
**BABY BELLIES LITTLE BELLIES ORGANIC BABY PUFF SNACKS**  
selected varieties  
8/12 g  
21109204 EA/21109206 EA



**PRICE DROP**  
**2<sup>29</sup>**  
**SIMPLY GOURMET CRUNCHERS PUFFIES SNACKS**  
selected varieties  
22 g  
21097210 EA/21097208 EA



**PRICE DROP**  
**7<sup>99</sup>**  
**HUGGIES 3X BABY WIPES**  
selected varieties  
112-192 g  
20206004 EA/21066922 EA



**PRICE DROP**  
**24<sup>99</sup>**  
**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
22-100 g  
21462021 EA

NO HST/GST\*



**PRICE DROP**  
**5<sup>49</sup>**  
**LISTERINE CLASSIC** 1 L or **KIDS** 500 mL **MOUTHWASH**  
selected varieties  
21091128 EA/21091126 EA



**PRICE DROP**  
**5<sup>49</sup>**  
**U BY KOTEX LINERS** 40-50% or **PADS** 14-22% or **TAMPONS** 14%  
selected varieties  
20907000 EA/21107076 EA



**PRICE DROP**  
**6<sup>99</sup>**  
**JAMIESON VITAMINS C or D**  
selected varieties  
75-240 g  
20900000 EA/20900002 EA



**PRICE DROP**  
**9<sup>99</sup>**  
**AVEENO LOTION**  
selected varieties  
532 mL  
2010022001 EA/2010022003 EA

**ALWAYS \$**

**LIFE BRAND LIQUID HAND SOAP REFILL**  
selected varieties  
2 L  
21257613002 EA/21257613004 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  
21167194 EA/21166650 EA/20847071 EA

**\$3**  
value







349

**GENERAL MILLS CEREALS**  
selected varieties  
297-430 g  
21104047 EA/21104055 EA

599

**PILLSBURY PIZZA POPS or BITES**  
selected varieties, frozen  
693/760 g  
21423910 EA

**DUNKAROOS** 168 g or  
**NATURE VALLEY MUFFIN BARS**  
132/175 g  
selected varieties  
21449853 EA

349



NO HST/GST

**HERSHEY'S SNACK SIZE CHOCOLATE**  
selected varieties  
102-124 g  
21333668 EA

229



NO HST/GST

599

**REESE'S STOCKING STUFFERS**  
selected varieties  
141/226 g  
20423817 EA



NO HST/GST

**HERSHEY'S CHOCOLATE POUCHES**  
selected varieties  
160-290 g  
21392317 EA/21392321 EA

449



NO HST/GST

229

**DARE REAL FRUIT CANDY**  
selected varieties  
180 g  
21391610 EA



\$2

**DARE CRACKERS**  
selected varieties  
100-225 g  
21320466 EA

**DARE COOKIES**  
selected varieties  
168-340 g  
21080791 EA

249



NO HST/GST

150

**DANONE ACTIVIA or OIKOS DRINKABLE YOGURT**  
selected varieties  
190 mL  
21348303 EA/21358703 EA



333

**DANONE ACTIVIA TUBS or DANINO KIDS DRINKABLES & YOGURT**  
selected varieties  
21320253 EA/2023512003 EA

**INTERNATIONAL DELIGHT COFFEE CREAMERS or COLD FOAM**  
146 mL or 296 g  
selected varieties  
2091548001 EA

449



1,000 Value

1,000 Value

500 Value

1399

**MAXWELL HOUSE or NABOB PODS**  
selected varieties  
30's  
21308076 EA

599

**MAXWELL HOUSE or NABOB TASSIMO DISCS**  
selected varieties  
8-16's  
20532948 EA/20028954001 EA

399

**MAXWELL HOUSE INSTANT COFFEE**  
selected varieties  
150 g  
21024608 EA



# BETTER AS A MEMBER

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



**NO HST/GST\***



**2,500**  
for every \$10\* spent on

**\$2.50**  
value

**Tostitos tortilla** 205-295 g or  
**Ruffles potato** 180-220 g chips  
selected varieties  
21050575\_EA/21241052\_EA



**5,000**  
for every \$15\* spent on

**\$5**  
value

**Lindt chocolate**  
all sizes and varieties  
21390291\_EA/20312337003\_EA



**3,500**  
for every \$15\* spent on

**\$3.50**  
value

**Club House dry sauce mix, spices, seasonings, vanilla, extracts or food colouring**  
all sizes and varieties  
20302814001\_EA/20041848\_EA/20331740001\_EA



**4,500**  
for every \$17\* spent on

**\$4.50**  
value

**Ben's Original rice**  
selected varieties  
132 g-2.2 kg  
21404900\_EA/21405476\_EA

**4,000**  
for every \$15\* spent on

**\$4**  
value

**Air Wick electrical oil, essential mist or auto spray**  
all sizes and varieties  
21495849\_EA/21275004\_EA



**3,000**  
for every \$10\* spent on

**\$3**  
value

**Lysol cleaners**  
all sizes and varieties  
2128841\_EA/2149826\_EA



**3.29**

**KIJU ORGANIC JUICE**  
selected varieties  
1 L/4x200 mL  
20312710001\_EA/20333714001\_EA

**1,000**  
value

**\$1**  
Value



**\$5**

**1,500**  
value

**\$1.50**  
Value



**6.99**

**STRONG ROOTS SOUP or ENTREES**  
selected varieties, frozen  
350 g  
21432641\_EA

**500**  
value

**50¢**  
Value



**3.99**

**MINUTE MAID, FIVE ALIVE or NESTEA ICED TEA**  
selected varieties  
8/10x200 mL  
21092447\_EA

**1,000**  
value

**\$1**  
Value



**\$4**

**500**  
value

**50¢**  
Value



**5.50**

**750**  
value

**75¢**  
Value





# WORLD FLAVOURS AT LOW PRICES



**1.29**

**CHAYOTE SQUASH**  
product of Mexico  
30147827001 EA



**1.99**  
LB

**OPO SQUASH**  
product of U.S.A., Mexico or Honduras  
4.39/kg  
30140555001 KG



**1.99**  
LB

**JAPANESE SWEET YAM**  
product of U.S.A.  
4.39/kg  
30134922001 KG



**2.99**  
LB

**GINGER ROOT**  
product of China  
6.59/kg  
30179038001 KG



**3.99**

**CRISPY CAKE RUSKS**  
selected varieties  
650/750 g  
30418926 EA

**SURAJ® NAAN**  
selected varieties  
10's  
30342361 EA

**\$5**



**3.99**  
LB

**DUCK**  
Frozen, Grade A  
9.80/kg  
30078881 KG

**SEAQUEST® WHOLE TILAPIA**  
1.36 kg or **WHOLE POMPANO** 800 g  
Frozen  
21591947 EA/21372084 EA

**8.99**



**1.49**

**HALDIRAM'S INDIAN SNACKS**  
selected varieties  
150/140 g  
30209402 EA/30209977 EA

**NO HST/GST\***



**4.49**

**LOTTE YUKIMI MOCHI**  
selected varieties, frozen  
270 g  
21347132 EA

**NO HST/GST\***



**13.99**

**ZABIHA HALAL CHICKEN WINGS**  
selected varieties, frozen  
908 g  
21306301 EA

**AROY-D COCONUT MILK**  
400 mL  
30062664 EA

**1.99**



**\$5**

**T&T® POTSTICKERS**  
selected varieties, frozen  
567 g  
11495805 EA



**11.99**

**KNORR CHICKEN BOUILLON MIX**  
1 kg  
30154874 EA



**LA COSTEÑA CHIPOTLE PEPPERS**  
186 mL or **REFRIED BEANS** 546 mL  
selected varieties  
30054076001 EA  
30318080 EA

**2.49**



**3.49**

**LA COSTEÑA SAUCE**  
selected varieties  
455 mL  
30218654001 EA



**1.69**

**GRACE HOT PEPPER SAUCE**  
170 mL  
30196543 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW



# 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  
21471677\_EA



NO  
HST/GST\*

**\$5**

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



NO  
HST/GST\*

**\$5**

PC® SOFT DRINKS  
selected varieties  
12x355 mL  
20218887001\_C12



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

PC® 100%  
CRANBERRY JUICE  
BLEND  
1.89 L  
20320042002\_EA



**\$4**

PC® ORANGE JUICE  
selected varieties  
refrigerated  
1.54 L  
21430531\_EA



**\$4**

PC® DECADENT HOT  
CHOCOLATE MIX  
450 g  
21549129\_EA



NO  
HST/GST\*

**\$9**

PC® BLONDE BREW  
DE-ALCOHOLIZED  
LAGER BEER  
12x355 mL  
20121729\_EA



# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



**\$10**



PC® BASQUE  
CHEESECAKE  
frozen, 600 g  
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  
20129504\_EA



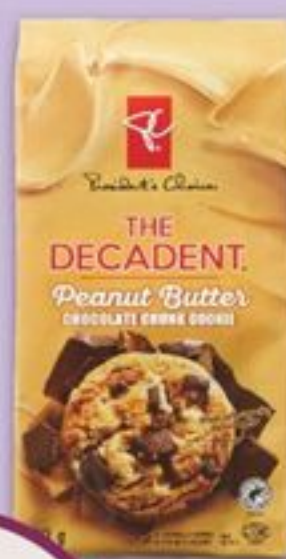
**\$8**

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



**\$8**

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



**3.49**

PC® THE DECADENT  
COOKIE  
selected varieties  
280/300 g  
20612251\_EA



**\$10**

PC® CHEESECAKE  
selected varieties, frozen  
600 g  
20147627\_EA/20318102\_EA



**\$6**

PC® HOMESTYLE  
BUTTER PIE CRUSTS  
frozen  
350 g  
21610882\_EA



**Earn**

**2,000** pts

**for every  
\$15 spent on Lotto  
at the checkout**

**December 12-25, 2024**



\* Must be a PC Optimum™ Member.  
Offer valid from December 12-25, 2024  
at participating No Frills locations only.  
Not valid for online purchases.

**Know your limit,  
play within it.**



**19+**



**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.

# 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.



# 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. ™ Trademark of 911979 Alberta Ltd, 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](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).

NEW MKT