

BIG HOLIDAY DEALS!

SAVE UP TO 64%

1.88 LB

AMBROSIA APPLES

product of Ontario,
Canada fancy grade
pommes
1.94/lb
3027454901, 80



Foodland
ONTARIO

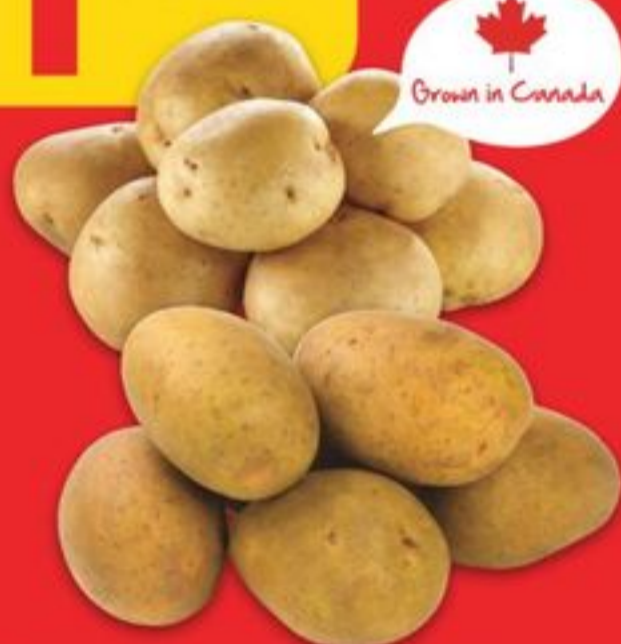


SAVE UP TO 64%

1.77

10 LB BAG

RUSSET or YELLOW POTATOES
product of Canada,
Canada no. 1 grade
pommes de terre Russet ou jaunes
3060117001, 5A/3060102001, 5A



SAVE 33%

1.99

60Z CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A.,
mûres
30051013001, 5A



SAVE 33%

3.99

312 G

PC® BABY SPINACH or SPRING MIX
product of U.S.A.,
petites épinards ou
mélange printanier
21204301, 5A/21204304, 5A



BIG HOLIDAY DEALS!

NOFRILLS

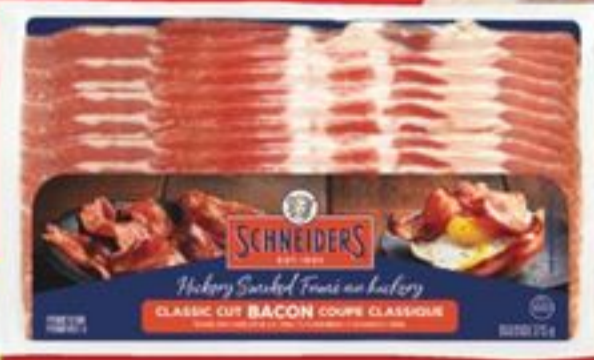
FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 28 TO WEDNESDAY, DECEMBER 4, 2024.



ONLY 1.97 LB

WHOLE CHICKEN
poulet entier
6.34/kg
20499970_60

WHILE QUANTITIES LAST



SAVE 37%

3.77

SCHNEIDERS BACON
selected varieties, 375 g
bocon
20773671_6A



SAVE 28%

\$5

PC PUB RECIPE™ CHICKEN NUGGETS, STRIPS AND BURGERS
selected varieties, frozen, 700 g
pépites ou lamelles ou burgers de poulet
21301321_6A



SAVE 54%

2.87 LB

PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.33/kg
20320970_60

SAVE 26%

1.25

UNICO BEANS or TOMATOES
selected varieties
540/796 mL
légumineuses ou tomates
20112467001_6A/203114629001_6A



SAVE 22%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
pizza
20294100001_6A/20294404001_6A



SAVE UP TO 40%

\$3

PC® VEGETABLES
400-750 g or
PREMIUM VEGETABLES
350-500 g
selected varieties, frozen
légumes
20218913_6A/2118494_6A



SAVE 20%

\$4

FARMER'S MARKET BUTTER CROISSANT or LOAF CAKES
selected varieties
200-400 g
gâteaux quatre-quarts
20973943_6A/2148954_6A



APP EXCLUSIVE OFFER
1,000 Value

\$1 Value

ONLY 6.99

APP EXCLUSIVE OFFER
1,000 Value

\$1 Value

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20028660_6A/201023290_6A



SAVE 25%

2.99

DORITOS TORTILLA CHIPS
selected varieties
210-280 g
croustilles de tortilla
21267118_6A



SAVE UP TO 50%

\$4

PC® CHOCOLATE COVERED FRUIT AND NUT 340/400 g,
MERCI CHOCOLATE KISSES 200 g or
HERSHEY'S KISSES 180 g
selected varieties
Fruits ou noix enrobés de chocolat ou chocolat
20000354_6A/21054210_6A
WHILE QUANTITIES LAST



SAVE 31%

12.99

TILDA BASMATI RICE
4.54 KG
riz basmati
20112478_6A



PRICE DROP

4.77

ARMSTRONG or PC® SHREDDED CHEESE
250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286240_6A/21286749_6A



PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_6A



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: LUCIANO & SARRA'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGLIS, ANGLIS MARK'S - ARNOLD, RYAN'S - ATHERTON, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, RYAN'S - BEAMSVILLE, JOE'S - BELLEVILLE, REALTY'S - BRADFORD, RUTHY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRANTFORD, BRANTLEY'S - BRANTFORD, MICHAEL'S - BURLINGTON, DAVID & DEBRA'S - CAMBRIDGE, EDDIE & LINDA'S - CAMBRIDGE, FISHER'S - CAMPELLFORD, DANNO'S - CASSIDIAN, FOR & KEITH'S - CHESTER, DAVID'S - COLLING, JAMES & JUNE'S - CONNELL, DUFFY - CO-OP - CUNDA, TONY'S - ELSBETH, LARRY, ROBERT, STEVE & KERRY'S - FORT PETER, BALDWIN'S - GANANOCQUA, MIKE & GRACE'S - GLENDON, DAVID & NATALIE'S - GRAND BOND, DOONICK'S - GUYTON, SHANNON & RICHARD'S - GUELPH, BOB'S - HARRISVILLE, CHRIS & JANE'S - HAMILTON, FRANK'S - HAMILTON, GORDON'S - HAMILTON, KEVIN & CINDY'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INVERESS, DITERMAN'S - KINGSTON, ANDREW & EMILY'S - KINGSTON, SANVA'S - KINGSTON, DEBRA & LAURA'S - KITCHENER, BRIAN & JENNIFER'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MARI'S - LONDON, PHIL'S - LONDON, BOB & BRACHA'S - LONDON, ROBERT & TRACY'S - LONDON, BRIAN & BECKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOORE FOREST, JAMES & JACQUELYNNE'S - NAPANEE, CHRIS & SARAH'S - NIPISSIN, WACELAY'S - NEW HAMBURG, PHILIPPE'S - NIPECAVILLE, BOB'S - NIMBERG, ERIC, ALAN & MICHELLE'S - NORTH BAY, JEFF & TANYA'S - NORTH BAY, JIM & LES ANNIE'S - ORANGEVILLE, JASON'S - ORSUA, CONNOR & KENNEDY'S - OTTAWA, DAVID'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACEY & TROY'S - PERRY SOUND, STEVEN & JULIE'S - PIMBERN, CHRIS & NICKY'S - PITHERSBOROUGH, DAVID'S - PETERSBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT COLBORNE, MIKE'S - PORT DUFFER, CHRIS & TANYA'S - RAINBOW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEPH'S - SHELBOURNE, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, BRANDON & WENDY'S - STITTVILLE, CRAIG & KEE - STIRLING, BRANDON & ADRIAN'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CAYLE'S - THURBY, RYAN & CATHY'S - THIRNING, MARK & SARAH'S - WALLACEBURG, ERIC'S - WATERLOO, PHIL & MALLORY'S - WATERLOO, GILBERT'S - WELLS, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

**MULTI
BUY?
TRY
SINGLE
BUY.**



ONE FOR

179

**KNORR
SIDEKICKS**
selected varieties
120-162 g
plats d'accompagnement
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
Myrtle
30088137001 SA



1.69

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
cucumbers anglais
30090132001 SA

1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
no. 1 grade
courgettes de brocoli
31131340001 SA



2.99
LB

TOMATOES ON THE VINE
product of U.S.A.,
Mexico or Canada
tomates sur vigne
6.39/kg
30076702001 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
30000927001 SA/3011194001 SA



2.99

CANTALOUPE
product of U.S.A. or Guatemala,
no. 1 grade
melon
3000017001 SA



3.99
LB

RED & GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
raisins rouges et verts sans
graines
3000017001 SA



3.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocat
3000017001 SA



3.99

PKG OF 4

RED & GREEN PEPPERS
product of U.S.A. or Mexico
no. 1 grade
poivrons rouges et verts
3000017001 SA



2.49

ICEBERG LETTUCE
product of U.S.A. or Mexico,
no. 1 grade
légume iceberg
30133320001 SA



2.99

CELERY
product of Mexico or U.S.A., no. 1 grade
no. 1 grade
celéri
3000017001 SA



8.99

RED MANGOES
product of Brazil
no. 1 grade
mangues rouges
3000017001 SA
WHILE STOCKS LAST



\$7

6" POINSETTIAS
product of U.S.A. or Mexico
no. 1 grade
poinsettias
3000017001 SA



3.99

454 G

PC® WHOLE WHITE & CREAMI MUSHROOMS
product of Ontario
champignons blancs
no. 1 grade
3000017001 SA



\$4

FARMER'S MARKET LEMONS
product of Spain or Turkey or U.S.A., no. 1 grade
Canada no. 1 grade
citrons
3000017001 SA



2 LB BAG

3 LB BAG

4.99

3 LB BAG

FARMER'S MARKET NAVEL ORANGES
product of South Africa
oranges navel
3000017001 SA



4.99

2 LB BAG

FARMER'S MARKET MANDARINS
product of Spain or Mexico
mandarines
3000017001 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
21046306 EA

BONELESS BEEF STEW
cubes de bœuf déossé
22,02/kg
30257940, RD

9.99
LB



9.99

MAPLE LEAF or SCHNEIDERS HAM
selected varieties
400/700 g
jambon
21094578 EA/21094483 EA



MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES 1,2/1,4 kg or **PC[®] FREE FROM[®] LEAN GROUND LAMB** 454 g
selected varieties
saucisses ou galettes ou agneau haché maigre
20799638 EA/21232006 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, thon de l'épave (craie ou saumon) ou dorades de l'Alaska 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
selected varieties
21044825 EA



12.49

MARCANGELO ROAST or BACON WRAPPED CHICKEN
selected varieties
370-800 g
poulet rôti ou poulet enrobé de bacon
21048333 EA



4.49

PILLER'S SLICED DELI MEAT 150/200 g or **PC[®] TOPPED HUMMUS** 280 g
selected varieties
charcuteries tranchées ou hummus garni
21096382 EA/20812322 EA



4.99

SAPUTO CHEESE
selected varieties
125-200 g
fromages
20272713 EA/21291214 EA



\$10

NO NAME[®] APPETIZERS
selected varieties, frozen
154-800 g
hors-d'œuvre
21012423 EA



2.99

D'ITALIANO BREAD BUNS 600-675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
20032323 EA/20638949 EA



\$3

COUNTRY HARVEST BREAD BAGELS 600/650 g or **BAGELS** 6's
selected varieties
pain ou bagels
21172897 EA/21176442 EA



4.50

PC[®] MINI MUFFINS
selected varieties
12's
mini-muffins
21488239 EA



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



3.99

MARCANGELO MORTADELLA
selected varieties
125 g
mortadelle
21081232 EA

5.99

MARCANGELO ANTIPASTO or EUROPEAN DISCOVERY SLICED DELI MEAT
selected varieties, 175/200 g
antipasto ou charcuteries tranchées
21204349 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 **DANONE KIDS DRINKABLE YOGURT** 4% selected varieties yogurt
30225133063 SA/21330790 SA

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT selected varieties 410 g
produit de fromage fondu 3125244 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 1 L
3014877 SA/2104892 SA

ONLY 5.99

\$3

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS selected varieties 120-230 g
barres granola ou collations aux fruits 3021323602 SA/3018474007 SA



5.99

NESCAFÉ GOLD SWEET & CREAMY INSTANT COFFEE selected varieties 90-251 g
café instantané 2107446 SA/2106207 SA



6.99

BECEL MARGARINE selected varieties 437/850 g
margarine 3027514002 SA



.35

MR. NOODLES INSTANT NOODLES selected varieties 85 g
nouilles instantanées 302000000 SA



\$1

NO NAME® TUNA selected varieties 175 g
thon 302000000 SA



4.50

CLOVER LEAF SOCKEYE SALMON 375 g
saumon 312000000 SA



.79

PC® SOFT DRINKS selected varieties 2 L
boissons gazeux 302100000 SA



2.99

RUFFLES POTATO CHIPS selected varieties 150-200 g
craquelins 302100000 SA



1.25

ALLEN'S or MINUTE MAID FRUIT COCKTAILS selected varieties, 1 L
mélange de fruits 302100000 SA



2.49

DARE COOKIES selected varieties 100-240 g
biscuits 302100000 SA



4.99

JAMIESON VITAMINS C + D selected varieties 75-240 g
vitamines C + D 302100000 SA



2.99

CARNARY SWEET CANDY CANE CHOCOLATE BALLS IN NET 200 g
selected varieties
bonbons au sucre ou bonbons de chocolat 302100000 SA
WHOLE QUANTITIES LAST



3.99

LINDY MINI CHOCOLATE BEAR MULTI or DARE REALFRUIT CANDY 225 g
selected varieties
craquelins ou bonbons 302100000 SA
WHOLE QUANTITIES LAST



4.99

CADBURY MINI EGGS or OLD EXCELLENT BEANitos BEANS 200 g
selected varieties
bonbons ou chocolats enrobés ou chocolats enrobés au bonbons 302100000 SA
WHOLE QUANTITIES LAST



12.99

NESTLÉ KITKAT CABIN or FAVOURITE BAG 275 g or 315 g or 315 g or 315 g
selected varieties
chocolats 302100000 SA
WHOLE QUANTITIES LAST



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.

STOCK UP DEALS



4.99

WINDSOR CLEAN & PROTECT WATER SOFTENER

18.1 kg
adouccisseur d'eau
21104810_EA

BIG HOLIDAY DEALS!



SAVE UP TO 27%

ONLY 5.99



HEALTHY CHOICE SIMPLY 255-283 g or HEALTHY CHOICE GOURMET STEAMERS 269-306 g selected varieties, frozen plats cuisinés surgelés 2017438 EA/2140439 EA

\$4

PC WOOD FIRED PIZZA selected varieties, frozen 351-413 g pizza 2140332 EA



ONLY 3.33



SAVE 20%

2.69

PILLSBURY PIZZA POPS selected varieties, frozen 4's pizza 2143396 EA

YOPLAIT SOURCE PROTEIN 4% MINIGO 4% or TUBES 4% selected varieties yogurt 2129131801 EA/21347393 EA

3.50

NO NAME CANNED FRUIT selected varieties 796 mL fruits en conserve 2041823 EA



\$6

PC ORANGE JUICE selected varieties, refrigerated 2.5 L jus d'orange 2110444 EA



3.99

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



2.99

PRINGLES PARTY STACK POTATO CHIPS 194/203 g or MINGLES 153 g selected varieties 2017081 EA/2126242 EA



3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS 190/200 g or CHEETOS SNACKS 170-285 g selected varieties 2130493 EA/21347393 EA



\$2

NO NAME OLIVES selected varieties 273 mL olives 2032047 EA



2.99

FERRERO ROCHER CHOCOLATE BAR selected varieties 90 g barres de chocolat 2126242 EA/2126242 EA



20.99

GATORADE SPORT DRINK selected varieties 24x591 mL boissons déshydratées 2032047 EA



249

CHRISTIE CRISPERS or BITS & BITES CRACKERS selected varieties 145 g craquelins 2130493 EA/21347393 EA



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

\$2



CHRISTIE COOKIES selected varieties 285-530 g biscuits 2130493 EA/21347393 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
fruits
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 jar
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
3110747, 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 rehausseur 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
selected varieties
gâchettes 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 Restaurant 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

2.79

LANTIC SUGAR
selected varieties
1 kg
3002442205_EA/20164994_EA



PHILADELPHIA CREAM CHEESE PRODUCT
227/250 g
selected varieties
produit de fromagerie à la crème
20441247_EA/2004472410_EA

3.99

3.49

CRISCO SHORTENING or TENDERFLAKE LARD
selected varieties
454 g
shortening ou saindoux
20027493_EA/21473300_EA



3.99

TENDERFLAKE PIE SHELL
selected varieties, frozen
255-397 g
croûtes à torte
2002040001_EA



4.49

E. D. SMITH PIE FILLING
selected varieties
540/796 mL
garniture pour tarte
20297733001_EA/20297733004_EA



1.89

BETTY CROCKER SUPERMOIST CAKE MIX FROSTINGS
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

TRESEMME HAIR CARE
selected varieties
198-311 g/168-828 mL
soins capillaires



PRICE DROP

5.99

BETTER AS A MEMBER

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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-tige

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-cônes 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



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



3.99

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



\$6

PC® ORANGE JUICE
selected varieties
refrigerated
2.5 L
jus d'orange
21631644_EA



\$4

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



\$8

PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
bière sans alcool
20121729_C12

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$10

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

SUGAR, SPICE, AND PRICED NICE

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



5.99

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



\$8

PC® CRUSTASTIC SUGAR CRAVE PIE BAR
430 g
tarte rectangulaire
21609501_EA



\$8

PC® CRUSTASTIC JOLLYBERRY GINGERBREAD PIE BAR
430 g
tarte rectangulaire
21609492_EA



3.49

PC® THE DECADENT® CHOCOLATE CHIP COOKIE
selected varieties
280/300 g
biscuits
20612261_EA/20612267_EA



\$10

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



\$6

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

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



GET A QUOTE

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

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



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



Deals from the past on select items.

The  **NOFRILLS** thing to do.

no name™ mobile

Save 50%* on a SIM card

Limited time Black Friday savings for PC Optimum™ members.



exclusively at  **NOFRILLS**

*Offer valid Nov. 28 - Dec. 4. Subject to change. Conditions apply. Visit nonamemobile.ca for full details.
**Must be a registered PC Optimum™ member to get this offer.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. 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.