

**DECEMBER**

**HIT  
OF THE  
MONTH**



**NO  
HST/GST\***

**Planters salted mixed nuts,  
225 g**



**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.

# BIG HOLIDAY DEALS!

**NOFRILLS**

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

**HAPPY HOLIDAYS!**

**SAVE 23%**

**9.94**  
LB

**ATLANTIC SALMON FILLET**  
21.91/kg  
2133247\_K0

**SAVE 40%**

**5.88**  
LB

**SIRLOIN TIP ROAST**  
cryovac, cut from Canada AA grade beef  
12.96/kg  
2073290\_K0

**WHILE QUANTITIES LAST**

**PRICE DROP**

**3.99**

**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g or **ARMSTRONG CHEESE** 400 g  
selected varieties  
2126240\_EA/21246799\_EA

**SWEET POTATOES**  
product of Canada  
1.63 kg  
201270801\_K0

**PRODUCED HERE** 🇨🇦

**.74** LB

**SAVE 20%**

**\$1**

**ALLEN'S FRUIT COCKTAIL** 1 L or **SPARKLING ICE BEVERAGES** 503 mL  
selected varieties  
2020F434001\_EA  
20685450001\_EA



**WOW!**

**3.29**

**SILK BEVERAGES**  
selected varieties  
refrigerated  
1.74-1.89 L  
20228231003\_EA/31422130\_EA



**ONLY**

**4.49**

**ASIAN INSPIRATIONS ENTRÉES**  
selected varieties, frozen  
400 g  
21847378\_EA



**SAVE UP TO 53%**

**1.33**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
2 L  
20294924002\_EA/202140264002\_EA



**SAVE 37%**

**3.33**

**TROPICANA ORANGE JUICE or TROPICS or PURE LEAF TEA**  
selected varieties, refrigerated  
1.36/1.75 L  
31422130\_EA



**SAVE 50%**

**3.99**

**HELUYA GOOD! FRENCH ONION DIP**  
680 g  
20212788001\_EA



**SAVE UP TO 42%**

**2.86**

**BREYERS CLASSIC FROZEN DESSERT or CHAPMAN'S COLLECTION NOVELTIES** 8's  
selected varieties, frozen  
20201202006\_EA/202323737001\_EA



**SAVE UP TO 59%**

**\$4**

**NESTLÉ TURTLES QUALITY STREET AFTER EIGHT**  
150/160 g, 1.60 g or 200 g  
selected varieties  
212922336\_EA/215429444\_EA  
**WHILE QUANTITIES LAST**



**NO HST/GST\***

**WOW!**

**8.88**

**PC® BELGIAN ASSORTED CHOCOLATE BISCUITS**  
500 g  
20847711\_EA  
**WHILE QUANTITIES LAST**



**SAVE 20%**

**\$6**

**APP EXCLUSIVE OFFER**  
C-Optimise  
**2,000**

**\$2 Value**

**FARMER'S MARKET™ PIES**  
selected varieties  
580 g 1 kg  
21297343\_EA/21297347\_EA



# 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/20208469 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, 80/20038153001, 80

**2.99**  
LB/EA

**RED or GREEN SEEDLESS GRAPES**  
product of Peru, no. 1 grade  
8.80/kg  
20425773001, 80/2019199001, 80

**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, 8A/20118970001, 8A



**PKG OF 4**

**GREEN or RED PEPPERS**  
product of Mexico  
20113233001, 8A/20013208001, 8A

**3.99**

**3.99**

**PINEAPPLE**  
product of Costa Rica  
30140970001, 8A



**4.99**

**AVOCADOS**  
product of Mexico or  
**BLUEBERRIES**  
product of Mexico, U.S.A.,  
Peru or Chile,  
no. 1 grade  
30142232001, 8A/20080137001, 8A



**PKG OF 5 OR 6**

**PINT**

**6.99**

**10 LB BAG**

**RED or YELLOW POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
300651513001, 8A/200651617001, 8A



GROWN IN THE WESTERN PROVINCES

**2.99**  
LB

**ROMA TOMATOES**  
product of Canada,  
Mexico or U.S.A.,  
no. 1 grade  
6.59/kg  
30143281001, 80



**3.99**

**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
21347267001, 8A/21347300001, 8A



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  
2133822001, 8A/21338477001, 8A



**1.99**

**POMEGRANATES**  
product of U.S.A.  
30134767001, 8A



**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.  
21079647001, 8A/21099647001, 8A



**PKG OF 11**

**681 G**

**5.99**

**HONEYDEW**  
product of Guatemala or  
**MINI SEEDLESS WATERMELON**  
product of Brazil or Mexico  
each  
20043276001, 8A/20143279001, 8A



**6.99**

**3 LB BAG**

**FARMER'S MARKET™ MANDARINS**  
product of U.S.A.  
30064961001, 8A



**4.99**

**PKG OF 3**

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20028481001, 8A



GROWN IN THE WESTERN PROVINCES

**5.99**

**3 LB BAG**

**FARMER'S MARKET™ LEMONS or NAVEL ORANGES**  
product of U.S.A.  
30796511001, 8A/20146204001, 8A



ORANGES

# FRESH AT LOW PRICES



**5.99**  
LB

**LEAN GROUND BEEF AND PORK**  
fresh, selected varieties  
13.21/kg  
2064960 X0



**GRADE A TURKEYS**  
fresh, selected varieties  
5-11 kg average  
6.59/kg  
2014281 X0

**2.99**  
LB

WHILE QUANTITIES LAST



**6.99**  
LB

**SCHNEIDERS FESTIVE HAM**  
13.41/kg  
2119438 X0

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 X0

**3.99**  
EA/LB

**2.99**

**SMOKED STEELHEAD SALMON** pre-rinsed, 30 g  
**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 237 g  
**GO SHRIMP RAW** 33/70 per lb. or  
**COOKED** 61/70 per lb., 140 g  
selected varieties, frozen  
2017340 SA/21108017 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/21108017 SA



**13.49**

**PC® WORLD OF FLAVOURS PORK ROAST**  
selected varieties, fresh  
730/900 g  
2104284 SA



**\$6**

**PC® DOUBLE CREAM BRIE or CEMEMBERT CHEESE**  
selected varieties  
145-200 g  
2019404 SA/20191317 SA



**10.99**

**MARCANGELO CACCIATORE SALAMI CHUB** 300 g or  
**ZIGGY'S® CHICKEN STRIPS** 500 g  
selected varieties  
21021491 SA/21129953 SA



**13.99**

**PC® BUTTERMILK CHICKEN STRIPS, KIEV DIVAN or FILLETS**  
selected varieties, frozen  
500-907 g  
2114284 SA



**\$5**

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



**2,000**<sup>®</sup>

**\$2 Value**

**\$5**

**ZIGGY'S® OLIVES** 500 ml. or **SNACK FACTORY PRETZEL CRISPS** 200 g  
selected varieties  
20101367 SA/20108140 SA



**5.49**

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

**500**<sup>®</sup>

**50¢ Value**



**2.49**

**WONDER BREAD BUNS** 12's  
selected varieties  
2010414 SA/20108017 SA



**2.49**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
20101967 SA/20101919 SA



**\$6**

**FARMER'S MARKET MUFFINS**  
selected varieties  
6's  
21103324 SA/20108017 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 SA/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  
3033433802 EA

SAVE UP TO 40%

**2.99**



**FARMER'S MARKET SQUARES**  
selected varieties  
400/450 g  
31314499 SA/21314401 EA

**ONLY \$5**

**\$3**

**PC® FROZEN VEGETABLES**  
selected varieties  
300-750 g  
30318913 SA/21318463 EA



**4.29**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
300-240 g  
3129928 EA



**14.99**

**PC® ROAST AND GROUND COFFEE**  
800-930 g or **PODS** 30's  
selected varieties  
31088817 SA/21308724 EA

APP EXCLUSIVE OFFER  
3,000<sup>PC</sup>

\$3 Value  
THE GREAT CANADIAN



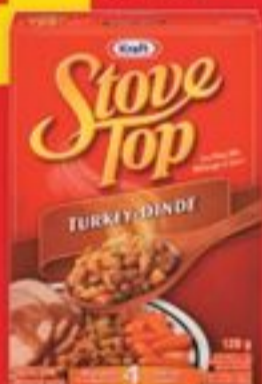
**\$1**

**FRANCO-AMERICAN GRAVY**  
selected varieties  
234 mL  
30062334 EA



**1.27**

**STOVE TOP STUFFING**  
selected varieties  
172 g  
30310287001 EA



**1.59**

**OCEAN SPRAY CRANBERRY SAUCE**  
selected varieties  
348 mL  
30032893801 EA



**1.66**

**CARNATION EVAPORATED MILK**  
selected varieties  
334 mL  
30494613 EA/30494617 EA



**\$3**

**PC® HERBAL TEA**  
selected varieties  
20's  
30632612001 SA/21306326 EA



**5.99**

**CHAPMAN'S PREMIUM ICE CREAM**  
selected varieties, frozen  
3 L  
30323273801 EA



**1.99**

**PC® 100% JUICE 1 L OASIS JUICE DEL MONTE NECTAR or ARIZONA ICED TEA** 946 mL  
selected varieties  
30346117004 SA/21303692 EA



**\$4**

**DORITOS TORTILLA 210-280 g or MISS VICKIE'S KETTLE COOKED POTATO CHIPS** 190/200 g  
selected varieties  
213063762 EA/21306313 EA



**5.99**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/72x355 mL  
21086704 CA/21086707 CA



**NO HST\***

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

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

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

**NOFRILLS**

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

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



Be kinder, use less paper.



# 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  
30073747 EA/21166682 EA



**.79**

**NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
284 ml  
30418883 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  
730 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  
400-730 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  
330-500 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>**

NO HST/GST

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





# BRANDS YOU LOVE AT LOW PRICES

PC® FREE RUN LARGE EGGS  
12's  
2081342801 SA

SAVE 25%

5<sup>29</sup>



ONLY  
3<sup>99</sup>



PHILADELPHIA CREAM CHEESE PRODUCT  
selected varieties  
227/230 g  
204/1367 SA/2044473410 SA



DANONE ACTIVIA 8's or TWO GOOD TUBS 625 g YOGURT  
selected varieties  
2023334402 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/21742814 SA



5<sup>77</sup>

PC® CHEESE BARS 300/400 g or CRACKER BARREL SHREDS 320 g  
selected varieties  
2179949 SA/2179454 SA



\$10

PC® CHEESECAKE  
selected varieties, frozen  
400 g  
20147427 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/2139146 SA



5<sup>49</sup>

SIGGI'S SKYR YOGURT TUBS  
selected varieties  
450/750 g  
2133284 SA/2133284 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  
20214284 SA/20214287 SA



2<sup>49</sup>

MOLISANA PASSATA 480 mL  
20214284 SA



5<sup>29</sup>

BICK'S PICKLES 1 L  
20214284 SA/20214287 SA



6<sup>50</sup>

NO NAME® RAISINS or CRANBERRIES 750 g or WHOLE PITTED DATES 1 kg  
selected varieties  
2047722 SA



\$6

NO NAME® NAPKINS 200's  
20214284 SA



4<sup>49</sup>

PINE-SOL selected varieties 1.4 L L  
20214284 SA/20214287 SA



10<sup>99</sup>

TIDE LIQUID 1.86 L or PODS 21/22/18's LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.86-2.42 L BOUNCE or BEADS 276 g or DOWNY GAIN SHEETS 130/200's  
selected varieties  
20214284 SA/2128410 SA



19<sup>99</sup>

FINISH DISHWASHER TABS selected varieties 40-112's  
20214284 SA/20214287 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/2116685 EA

PRICE DROP  
**3.49**



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

PRICE DROP  
**4.29**



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

PRICE DROP  
**4.99**

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

PRICE DROP  
**3.99**



**IRISH SPRING BODY WASH** 351 mL or **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 351 mL  
selected varieties  
21207075 EA/21207077 EA

PRICE DROP  
**4.49**



**DOVE BAR SOAP** 3x106 g, **BODY WASH** 325/400 mL, **DEODORANT** or **ANTIPERSPIRANT** 43-76 g  
selected varieties  
3018021000 EA/31011004 EA

PRICE DROP  
**4.99**



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



PRICE DROP  
**2.29**  
**SIMPLY GOURMET CRUNCHERS PUFFIES SNACKS**  
selected varieties  
22 g  
21097210 EA/21097208 EA



PRICE DROP  
**7.99**  
**HUGGIES 3X BABY WIPES**  
selected varieties  
112-192 g  
30306004 EA/31006002 EA



PRICE DROP  
**24.99**  
**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
22-100 g  
21460201 EA

NO HST/GST



PRICE DROP  
**5.49**  
**LISTERINE CLASSIC** 1 L or **KIDS** 500 mL **MOUTHWASH**  
selected varieties  
21091104 EA/21091106 EA



PRICE DROP  
**5.49**  
**U BY KOTEX LINERS** 40-50% or **PADS** 14-22% or **TAMPONS** 14%  
selected varieties  
30907000 EA/21107004 EA



PRICE DROP  
**6.99**  
**JAMIESON VITAMINS C or D**  
selected varieties  
75-240 g  
30000000 EA/20000000 EA



PRICE DROP  
**9.99**  
**AVEENO LOTION**  
selected varieties  
532 mL  
2010002001 EA/2010002003 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  
21429710 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  
21392217 EA/21392221 EA

449



NO HST/GST

229

**DARE REAL FRUIT CANDY**  
selected varieties  
180 g  
21397438 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/2022512003 EA

**INTERNATIONAL DELIGHT COFFEE CREAMERS** 146 mL or  
**COLD FOAM** 296 g  
selected varieties  
20915480001 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/20321740001\_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  
21238341\_EA/21498926\_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



# NATURAL FOODS AT LOW PRICES

**5<sup>99</sup>**

**312 G**

**PC<sup>®</sup> ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
30127207 EA/20222751 EA



**ORGANIC**  
**\$5**

**PC<sup>®</sup> ORGANICS PEANUT BUTTER**  
selected varieties  
500 g  
20294179 EA

**2,000<sup>+</sup>**

**\$2 Value**

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

**1 LB**

**PC<sup>®</sup> ORGANICS GIGANTICO<sup>™</sup> KIWI**  
product of U.S.A.  
3152214001 EA



**2<sup>50</sup>**

**CLIF ENERGY BAR, BUILDERS or NUT BUTTER BAR**  
selected varieties  
50/68 g  
2020213302 EA/20212421 EA



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

**SILK NON-DAIRY CREAMER**  
selected varieties  
890 mL  
21245360 EA



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

**MADEGOOD BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES**  
selected varieties  
110-150 g  
21107422 EA/21322121 EA

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

**CHA'S ORGANIC COCONUT MILK**  
400 mL  
21297543 EA



**ORGANIC**  
**\$2**

**PC<sup>®</sup> ORGANICS BROTH**  
selected varieties  
900 mL  
21190799 EA



**ORGANIC**  
**\$4**

**PC<sup>®</sup> ORGANICS DURUM WHEAT SEMOLINA PASTA**  
selected varieties  
454 g  
2064920203 EA



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

**ENJOY LIFE BAKING CHOCOLATE CHIPS**  
selected varieties  
283 g  
2009923401 EA



**5<sup>99</sup>**

**500<sup>+</sup>**

**NO HST/GST\***

**ZEVIA ZERO-SUGAR SOFT DRINK**  
selected varieties  
6x355 mL  
21402494 C06



**ORGANIC**  
**7<sup>99</sup>**

**PC<sup>®</sup> ORGANICS ALL PURPOSE or WHOLE WHEAT FLOUR**  
2.5 kg  
20049333 EA/20202111 EA



# BIG HOLIDAY DEALS!



NO HST/GST\*

NO HST/GST\*

**4.49**



**HERSHEY'S KISSES** 180 g or **REESE'S NUTCRACKER** 161 g  
selected varieties  
2139221 SA/2146091 EA  
**WHILE QUANTITIES LAST**

**MERCI BOXED CHOCOLATE**  
selected varieties  
200 g  
2102410 EA

**WHILE QUANTITIES LAST**

**4.99**



NO HST/GST\*

**5.99**



**REESE'S STOCKING STUFFERS**  
141/226 g, **KINDER UOVO** 100 g,  
**CHRISTMAS MULTI** 80 g or  
**BAGGED CHOCOLATE** 184 g  
selected varieties  
20422817 EA/21372282 EA  
**WHILE QUANTITIES LAST**



NO HST/GST\*

**LINDT or BACI BOXED CHOCOLATE**  
selected varieties  
150/156 g  
20221334 EA/21197847 EA

**WHILE QUANTITIES LAST**

**9.99**

**8.88**

**TOFFIFEE**  
400 g  
2140731 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**\$2**

**HERSHEY'S STOCKING STUFFERS**  
selected varieties  
50-78 g  
21440105 EA/21440108 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**1.49**

**MAYNARDS THEATRE BOX** 100 g,  
**HERSHEY'S KISSES MINI** 41 g or **REESE'S CANDY CANE** 39 g  
selected varieties  
21623215 EA/21306022 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**10.49**

**KINDER MAXI**  
selected varieties  
116/130 g  
2069756 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**5.99**

**LINDT GOLD BEAR** 50/100 g or **POT OF GOLD CHOCOLATE**  
243-245 g  
selected varieties  
20425434 EA/21547494 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**9.99**

**MERCI BOXED CHOCOLATE**  
400 g  
21146024 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**7.99**

**FERRERO BOXED CHOCOLATE**  
118-200 g or **POPPYCOCK** 300 g  
selected varieties  
20094034 EA/2042390002 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**11.99**

**NESTLÉ KITKAT CABIN** 389 g,  
**FAVOURITE BAG** 375 g or **ELMER'S BOXED CHOCOLATE** 680 g  
selected varieties  
21412981 EA  
**WHILE QUANTITIES LAST**

NO HST/GST\*



**5.99**

**WONDERFUL COPENHAGEN DANISH COOKIES**  
selected varieties  
454 g  
20697885 EA  
**WHILE QUANTITIES LAST**



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF NEW

# 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<sup>99</sup>**

PC® THE WORLD'S  
BEST ALL-BUTTER  
SCOTTISH  
SHORTBREADS  
200 g  
20129504\_EA



**\$4**

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



**\$4**

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



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

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