

DECEMBER

**HIT
OF THE
MONTH**



Planters salted mixed nuts,
225 g



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



**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.

**CELEBRATE OUR
100TH
WEST STORE OPENING**

**YOU COULD WIN
A YEAR OF
FREE
GROCERIES!**

**Text 300NoFrills
to 374557 to enter.**

AMBROSIA APPLES
product of Western Provinces,
Canada fancy grade
2.20/lb
20274434001_K0



**GROWN IN THE
WESTERN
PROVINCES**
British Columbia
Alberta • Saskatchewan
Manitoba



**\$1.00
LB**



\$1.00

NO NAME[®] TUNA
selected varieties
170 g
20231447_EA

**ALLEN'S
FRUIT COCKTAIL 1 L or
DEL MONTE
NECTAR**
960 mL
selected varieties
20307434001_EA



\$1.00

**YOPLAIT YOP
DRINKABLE YOGURT**
selected varieties
200 mL
21478178_EA/21478300_EA



\$1.00



\$1.00

**TITAN ALUMINUM FOIL
or WAX PAPER 25 ft or
GLAD CLING WRAP 30 m**
20002818_EA/21480422_EA

See back for contest details.



CELEBRATE OUR
100TH
WEST STORE OPENING

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 5 TO WEDNESDAY, DECEMBER 11, 2024.



SAVE 26%
888

LEAN GROUND BEEF
2x450 g
21618300 EA



SAVE 50%
199
LB

COOK'S PORTION HAM
4.39/kg
20539641 KO
WHILE QUANTITIES LAST



SAVE 22%
699

ST-HUBERT or SWISS CHALET PIES
selected varieties, frozen
650-800 g
21507194 EA
WHILE QUANTITIES LAST



20 LB BAG
NO NAME® NATURALLY IMPERFECT® RUSSET POTATOES or RED POTATOES
product of Western Provinces,
Canada no. 2 grade
2010157001 EA/20044437001 EA

SAVE 34%
594

SAVE 26%
499

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
20461811001 EA/20873034 EA



SAVE UP TO 40%
599

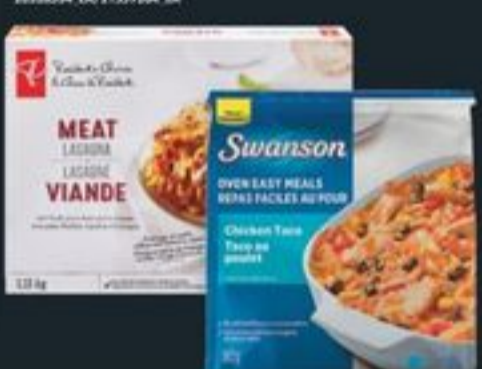
BALDERSON CHEESE or ZIGGY'S FETA CHEESE
selected varieties
250/280 g or 400 g
20297952 EA/21475435 EA



1,000
Value

Optimum
Members-Only Price™
\$7
Non-members
\$8

PC® ENTRÉES or SWANSON OVEN EASY MEALS
selected varieties, frozen
20328234 EA/21539264 EA



ONLY
999

NO NAME® FLOUR
selected varieties
30022248 EA/20304845 EA



SAVE 28%
199

CHRISTIE CRACKERS
selected varieties
175-286 g
21030647 EA/21547034 EA



SAVE UP TO 36%
\$7

FERRERO BOXED CHOCOLATE
selected varieties
156/200 g
20098034 EA
WHILE QUANTITIES LAST



SAVE UP TO 50%
899

SUNLIGHT 4L or PUREX 4.08-4.43 L LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's
selected varieties
2008323001 EA/214217642 EA



ONLY
1127

COCA-COLA or CANADA DRY SOFT DRINKS
selected varieties
24x355 mL
20306320002_C24/20308197001_C24



FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

nofrills.ca

01 NFW



Optimum
1,000

\$1
Value

5.99

KRAFT PEANUT BUTTER 750 g/1 kg or
HAZELNUT SPREAD 725 g,
MAXWELL HOUSE or
NABOB TASSIMO DISCS 8-16's
selected varieties
30026424001 EA/20029581001 EA/
20032998 EA/21285418 EA



Optimum
1,000

\$1
Value

9.99

MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
21606882/21606882 EA



SAVE 37%
\$3

CRAVE or KRAFT DINNER ENTREES
selected varieties, frozen
200-340 g
21083513 EA

Optimum
500

50¢
Value

2.97

CLASSICO SAUCE
selected varieties
410/600 mL
21618217 EA



Optimum
500

50¢
Value

3.99

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or
KRAFT CHEEZ WHIZ 450 g
selected varieties
20641267 EA/2065960001 EA



Set low prices on select items.



APP EXCLUSIVE OFFER
Optimum
1,000

\$1 Value

3⁵⁰

ZIGGY'S® SLICED MEAT
selected varieties
175/300 g
21390180 EA/21392841 EA



\$4

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212/345 g
2021738 EA
20212253001 EA



\$10

NO NAME® FROZEN NOVELTIES
selected varieties
24/30's
21013432 EA



.99

BAGUETTE
white or whole wheat
255 g
21329211 EA



5⁵⁰

DANONE ACTIVIA YOGURT
selected varieties
12's
20203412001 EA/20608924 EA

BIG
HOLIDAY
DEALS!

SAVE 40%

11.99

**ROYALE
TIGER
TOWELS**

21484704_EA

6=12 ROLLS



**MAKE SURE
TO FOLLOW
OUR FACEBOOK
AND INSTAGRAM
CHANNELS FOR
BIG DEALS
THIS HOLIDAY
SEASON!**

FRESH AT LOW PRICES



2⁹⁹
LB

BROCCOLI CROWNS
product of Mexico or U.S.A.
6.59/kg
2002614/001 EA



PKG OF 5 OR 6

PINT

4⁹⁹

AVOCADOS
product of Mexico or
BLUEBERRIES
product of U.S.A. or Mexico,
no. 1 grade
20142223001 EA/20080137001 EA



3⁹⁹

6 OZ
CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico or
RASPBERRIES
product of U.S.A. or Mexico, no. 1 grade
20031013001 EA/20128923001 EA



1⁹⁹

POMEGRANATE
product of U.S.A.
20134767001 EA

.99
LB

GREEN CABBAGE
product of Western Provinces,
Canada no. 1 grade
2.18/kg
20797024001 EA



2⁹⁹

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Western Provinces,
Canada no. 1 grade
20600927001 EA/20811994001 EA



3⁹⁹

PINEAPPLE
product of Costa Rica
20180972001 EA



4⁹⁹
LB

ASPARAGUS
product of Mexico, no. 1 grade
11.00/kg
20174381001 EA



5⁹⁹

HONEYDEW or MINI SEEDLESS WATERMELON
product of Guatemala or Mexico
20045276001 EA/20145277001 EA



8⁹⁹

CASE
PC™ KAKI PERSIMMONS
product of Spain
21201423001 EA



3⁹⁹

PKG OF 4

GREEN or RED PEPPERS
product of U.S.A.
20113223001 EA/20813208001 EA



4⁹⁹

EAT SMART™ SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
product of U.S.A.
315-383 g
21281384 EA/20874111 EA



5⁹⁹

3 LB BAG

FARMER'S MARKET™ LEMONS or NAVEL ORANGES
product of U.S.A.
20798811001 EA/20162943001 EA



3⁹⁹

454 G

PC™ WHOLE CREMINI or WHITE MUSHROOMS
product of Western Provinces
20761272 EA/20738571 EA



4⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20828461001 EA



6⁹⁹

BARTLETT PEARS
product of U.S.A.,
extra fancy grade or
FARMER'S MARKET™ MANDARINS
product of U.S.A. or
SPARTAN or ROYAL GALA APPLES
product of Western Provinces,
Canada fancy grade
20798811001 EA/21785287901 EA



FRESH AT LOW PRICES



EYE OF ROUND ROAST or STEAK
cut from Canada AA grade beef
19.38/kg
2066323 EA

8.79
LB

\$15

MAPLE LEAF PRIME CHICKEN BREAST or SPLIT WINGS
boneless, skinless
20549087 EA



MARINATED CHICKEN THIGHS or LEGS
selected varieties
500-900 g
2160900 EA



MARCANGELO SAUSAGE BREAKFAST SAUSAGE or PATTIES 1.2/1.4 kg or PC®
FREE FROM® LEAN GROUND LAMB 454 g
selected varieties
2079928 EA/21332008 EA



10.99

\$6

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
2050614 EA/21214740 EA



\$10

SEAQUEST® WILD PINK SALMON FILLETS
Frozen
700 g
2137094 EA



10.99

SWISS CHALET PORK BACK RIBS
selected varieties, fully cooked
600 g
2102221 EA



5.99

ZIGGY'S® CHICKEN or TURKEY STRIPS 150/200 g
or KOLBASSA 375 g
selected varieties
2129688 EA/21002178 EA



6.99

BARI RICOTTA CHEESE
selected varieties
500 g
2037391 EA



\$9

NO NAME® GARLIC COIL SAUSAGE
750 g
2006792 EA



2.79

SUNRISE EXTRA FIRM TOFU
300 g
2075927 EA



2.99

D'ITALIANO BREAD BUNS 475 g or 475 g
selected varieties
2002320 EA/2004009 EA



3.29

VACHON SNACK CAKES
selected varieties
252-336 g
2000728 EA



4.50

PC® MINI MUFFINS
selected varieties
12x
2148829 EA



1.99

MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
2064271 EA



MAPLE LODGE ULTIMATE or ZABIHA HALAL SUPREME CHICKEN WIENERS
selected varieties
900 g
2067191 EA



4.99

BRANDS YOU LOVE AT LOW PRICES



SAVE UP TO 40%

4⁷⁷

ARMSTRONG or PC[®] SHREDDED CHEESE 250-320 g,
ARMSTRONG CHEESE 400 g
selected varieties
2128430 EA/21340749 EA

HIGH LINER PAN-SEAR SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
20296596003 EA/21186234 EA

SAVE UP TO 47%

\$9

ONLY

2⁹⁹



LIBERTÉ MÉDITERRANÉE 4 L, 500 g
or **GREEK** 4 L **YOGURT**
selected varieties
2128933 EA/21340744 EA



LACTANTIA LACTOSE FREE or PURIFILTRE MILK 2 L or **ULTRA PUR MILK** 1.5 L
selected varieties
21424991 EA/21486739 EA

ONLY

5⁴⁹

1⁶⁶

CARNATION EVAPORATED MILK
selected varieties
354 mL
20996113 EA/20968687 EA



\$4

8 INCH PECAN PIE
393 g
21413110 EA



6⁹⁹

TWININGS TEA or STARBUCKS NESPRESSO CAPSULES 10's
selected varieties
2008148001 EA/21111078 EA



2⁵⁰

500^{ml}
50¢
value

FRUIT DRINKS
selected varieties,
refrigerated
1.34 L
21195841 EA



\$5

PC[®] SIDE DISHES
selected varieties, frozen
350/400 g
21346621 EA



7⁹⁹

PC[®] VEGETABLES
Club Store, selected
varieties, frozen
1.75 kg
21092017 EA



.88

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, CHICKEN NOODLE or VEGETABLE SOUP
selected varieties
284 mL
2014214004 EA



\$2

DARE CRACKERS
selected varieties
190-225 g
210088 EA



2⁴⁹

DARE COOKIES
selected varieties
168-215 g
2108747 EA



\$11

PC[®] 100% PURE MAPLE SYRUP
500 mL
2048221 EA



2⁹⁹

VH COOKING or DIPPING SAUCE
selected varieties
241/253 mL
20288813 EA/20288813 EA



3⁹⁹

QUE PASA TORTILLA CHIPS or SALSA
selected varieties
21021276 EA/21021276 EA



6⁹⁹

HEINZ KETCHUP
1.5 L
20118554 EA



11⁴⁹

PEPSI SOFT DRINKS
selected varieties
24x333 mL
20288813 EA/21088813 EA



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. **By texting the advertised keyword to the short code, you agree to receive ongoing promotion messages from No Frills. To opt out at any time, text the word "STOP" to 374-557. For help, text the word "HELP" to 374-557. Standard message and data rates may apply. NO PURCHASE NECESSARY. Open to Canadian residents who are age of majority or older (excluding QC, Yukon, NV and NWT). Contest runs from December 5-15, 2024 with 2 different regional events as follows: West (AB, SK, AL, BC) from 12:00:01 a.m. MST on December 5, 2024 to 11:59:59 p.m. MST on December 15, 2024 and Ontario & Atlantic (NL, PEI, NS, NB) from 12:00:01 a.m. EST on December 5, 2024 to 11:59:59 p.m. EST on December 15, 2024. There is a total of 2 Prizes available to be won, with 1 Prize available in each of the 2 Regions defined above. Each Prize consists of \$15,000 in No Frills gift cards. Must correctly answer mathematical skill-testing question. Odds of winning a Regional Prize depends on the total number of eligible entries received for each respective Regional Prize Draw. For full Official Contest Rules, visit nofrills.ca/anscontest.



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

DEL MONTE JUICE BLENDS
selected varieties
2.5 L
21427174 SA

PRICE DROP

\$6



PRICE DROP

\$2



BARILLA PASTA
selected varieties
340/410 g
21409112 SA

BREYERS CREAMERY STYLE 1.66 L or
FUDGSICLE NOVELTIES 12%
selected varieties, frozen
20344923006 SA/20763171 SA

PRICE DROP

4.99

MANDARIN FRESH NOODLES
selected varieties
454 g
20147847 SA



PRICE DROP

2.50

NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB
500 g
20013418 SA



PRICE DROP

\$5

BEYOND BURGER
PLANT-BASED BURGERS
BURGERS & BASES DE PLANTES
frozen
478 g
21279994 SA

PRICE DROP

15.99



PRICE DROP

1.99

BAGEL BITES
selected varieties, frozen
198 g
20213483001 SA



PRICE DROP

4.99

QUAKER BAKING MIXES 900 g or
OAT FLOUR 700 g
selected varieties
20201064001 SA/212611928 SA



PRICE DROP

\$12

SEAQUEST® SHRIMP RING WITH SAUCE
frozen
454 g
20291141 SA

ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or KERNEL JAR
850 g
selected varieties
20629322002 SA



PRICE DROP

3.99



PRICE DROP

4.49

M&M'S or MARS MULTIPACK 4's or
POUCHES 155-185 g
selected varieties
202012925 SA/212371748 SA



PRICE DROP

6.99

LITTLE NORTHERN BAKEHOUSE BREAD
selected varieties, frozen
320-567 g
20293504 SA/21100057 SA

SPARKLING ICE or MONTELLIER SPARKLING WATER
selected varieties
503 mL/1 L
2086420011 SA/20910244 SA



PRICE DROP

\$1



PRICE DROP

4.99

CARNATION HOT CHOCOLATE
selected varieties
400/430 g
21207495 SA/21278802 SA



PRICE DROP

\$5

PC® SPARKLING WATER or SOFT DRINKS
selected varieties
12x335 mL
20214867901 C11
2044824002 C01



PRICE DROP

7.99

GLAD GARBAGE BAGS
selected varieties
10-52"
202734861 SA/21410961 SA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

CRACKER BARREL CHEESE SHREDS 320 g or **BLACK DIAMOND CHEESTRINGS** or **SNACKS** 252/336 g selected varieties 20763461 EA/21299614 EA

PRICE DROP

579



PRICE DROP

399

BECEL 427/454 g or **PLANT BASED BRICKS** 454 g or **IMPERIAL** 437 g **MARGARINE** selected varieties 2022270701 EA/21535351 EA

PILLSBURY TOASTER STRUDEL selected varieties, frozen 326 g 2017364401 EA

PRICE DROP

349



PRICE DROP

249

CLOVER LEAF WHITE TUNA or **PINK SALMON** selected varieties 150-213 g 20167271 EA



PRICE DROP

399

RIO MARE TUNA SALAD BOWLS selected varieties 160 g 21494948 EA

STARBUCKS ROAST AND GROUND COFFEE 340 g **PODS** 10's or **HOT CHOCOLATE** 340/300 g selected varieties 20548482002 EA/20548482004 EA

PRICE DROP

999



PRICE DROP

299

LECLERC CELEBRATION COOKIES selected varieties 240 g 2085279701 EA

DIANA or **BULL'S-EYE BBQ SAUCE** selected varieties 425/500 ml 20547634005 EA 21184657 EA

PRICE DROP

\$3



BASA STEAKS uncooked, frozen 1 kg 20710449 EA

PRICE DROP

899

PC or **BLUE MENU** **CRANBERRY** or **VEGETABLE COCKTAIL** selected varieties 1.89 L 20307023001 EA/20306849903 EA

PRICE DROP

299



PRICE DROP

399



TOSTITOS TORTILLA CHIPS selected varieties 205-300 g 21202071 EA

PRICE DROP

449



AMY'S PLANT BASED ORGANIC SOUP selected varieties 398 ml 20305532002 EA



PRICE DROP

399

ALCAN FOIL 30 ft or **NON-STICK FOIL** 25 ft, **GLAD CLING WRAP** 60 in or **REYNOLDS PARCHMENT PAPER** 25 ft 20443471 EA/20011842 EA



PRICE DROP

399

COCA-COLA or **CANADA DRY SOFT DRINKS** selected varieties 6x222 ml 2024228007 EA 2010428002 EA



PRICE DROP

1197

FOLGERS ROAST AND GROUND COFFEE selected varieties 544-616 g 21479192 EA



PRICE DROP

1249

TIDYCATS LIGHTWEIGHT CAT LITTER selected varieties 2.72 kg 21204474 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP



PRICE DROP

3⁹⁹

BREYERS CLASSIC FROZEN DESSERT
1.66 L, **CHAPMAN'S COLLECTION**
NOVELTIES 8's or **LOLLY NOVELTIES** 28's
selected varieties, frozen
30301300002 SA/20323737004 SA

PRICE DROP

5⁴⁹

DANONE OIKOS TUBS
650/750 g or **ACTIVIA**
DRINKS 8's, **YOGURT**
selected varieties
21004634 SA/21108439 SA

PRICE DROP

\$3

KELLOGG'S RICE KRISPIES BARS 176/199 g,
POP TARTS 384 g,
SPECIAL K BARS 125 g or **NUTRI-GRAIN BARS** 295 g
selected varieties
30126547001 SA/20312984001 SA

PRICE DROP

2⁶⁹

STAGG CHILI
selected varieties
425 g
2007706 SA

PRICE DROP

4⁴⁹

PC GOAT CHEESE LOGS
selected varieties
140 g
2000584 SA

PRICE DROP

6⁹⁹

TASTIEZ 400 g or
MCCAIN PIZZA POCKETS 400 g
selected varieties, frozen
21047833 SA

PRICE DROP

9⁹⁹

PC SPLENDIDO™ PARMIGIANO REGGIANO, GRANA PADANO or PECORINO ROMANO
250 g
21015021 SA/21053434 SA

PRICE DROP

6⁹⁹

SEAQUEST™ COLOSSAL RAW WHITE SHRIMP
16-20 per lb., 300 g,
SHRIMP RING 227 g or **BAY SCALLOPS** 400 g
frozen
21048087 SA/21158227 SA

PRICE DROP

10⁹⁹

GRIMM'S PEPPERONI STICKS
selected varieties
400 g
2118130 SA

PRICE DROP

\$5

PC DRY ROASTED PEANUTS 700 g,
CASHEWS or **DELUXE MIXED NUTS** 200 g
selected varieties
2002796003 SA/21104980 SA

PRICE DROP

6⁹⁹

PC CHOCOLATE GOLD BAR 300 g or **LINDOR LINDOR CHOCOLATE BAG** 130 g
selected varieties
30302293 SA/21290291 SA

PRICE DROP

8⁴⁹

PC ORGANICS DARK CHOCOLATE
70% or 85%
300 g
21306791 SA/21304800 SA

PRICE DROP

3⁹⁹

J.L. KRAFT PURE DRESSINGS
selected varieties
355 mL
21031633 SA

PRICE DROP

14⁹⁹

BUDWEISER ZERO
NON-ALCOHOLIC BEER
selected varieties
12x355 mL
21292579 C13

PRICE DROP

15⁹⁹

GAIN LIQUID 4.55 L or FLINGS 42 L LAUNDRY DETERGENT
selected varieties
20979427 SA/21482174 SA

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 Kellogg's family size cereal

selected varieties
480-650 g
21430742 SA/21430743 SA



APP EXCLUSIVE OFFER*

5,000 pts

\$5 Value

when you spend \$15* or more on Pringles, Cheez-it, Nutri Grain Bars, Pop Tarts, Townhouse or Rice Krispies Bars

selected varieties
214348 SA/20312984001 SA





YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21478178 EA/21478300 EA

\$1



YOPLAIT CREAMY or SOURCE 16's or YOP NO ADDED SUGAR 8's YOGURT
selected varieties
2017317001 EA/21390111 EA

5.99



5.49



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
21103492 EA/21103495 EA



3.99

OLD EL PASO DINNER KITS
250-510 g or SALSAS 650 mL
selected varieties
2030518200 EA/20795334 EA



FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS 125-210 g
selected varieties
21213309 EA/21213384 EA

3.50



STARBUCKS BEVERAGES
selected varieties,
refrigerated
1.42 L
21213327 EA

7.50



STARBUCKS BEVERAGES
selected varieties, refrigerated
1.18 L
212354973 EA

7.50

SOFINA

MASTRO CAPOCOLLO MILD 125 g or **SAN DANIELE MORTADELLA** 175 g
selected varieties
20576743 EA/20577341 EA

3.49



MASTRO SALAMI SAN DANIELE PROSCIUTTO 150 g or 100 g
selected varieties
20581840 EA/21061099 EA

4.49



MASTRO SALAMETTI CHUB or CHARCUTERIE TRIO 150/200 g
selected varieties
20302790 EA

5.99

BEYOND MEAT

BEYOND MEAT PLANT BASED STEAK
226 g
21390909 EA

5.99



BEYOND MEAT CHICKEN TENDERS
226 g
21327730 EA

5.99



7.99

BEYOND MEAT PLANT BASED BREAKFAST SAUSAGES
235 g
21299630 EA



7.99

BEYOND MEAT PLANT BASED BEEF GROUND
340 g
21220674 EA



7.99

BEYOND MEAT ITALIAN SAUSAGE
selected varieties
400 g
21300113 EA

PEPSICO

4.29

PEPSI SOFT DRINKS
selected varieties
6x710 mL
20310346002 C06
20324095 C06



5.99

BUBLY or MONTELLIER SPARKLING WATER
selected varieties
10/12x355 mL
21066704 C10/21097177 C12



GATORADE FIT 820 mL or SPORLYTE 591 mL SPORT DRINKS
selected varieties
21449905 EA/21518011 EA

1.99



MULTI BUY? TRY SINGLE BUY.



ONE FOR

\$3

KRAFT SALAD DRESSING
selected varieties
425 mL
21584740 EA/21584830 EA



ONE FOR

333

DANONE OIKOS GREEK YOGURT
selected varieties
4's
20419713001 EA/20419713004 EA



ONE FOR

399

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

CELEBRATE OUR 100TH STORE OPENING



Lou's
KITCHEN



7⁹⁹

LOU'S KITCHEN ENTRÉES or LITTLE JUAN'S MEXICAN ENTRÉES
selected varieties, fully cooked
300-400 g
20078077 EA/21423544 EA



9⁹⁹

LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
21330777 EA

Nestlé
Good Food, Good Life



4⁹⁹

NESTLÉ DRUMSTICKS or NOVELTIES
selected varieties, frozen
4-10's
2022238001 EA/21162960 EA



5⁴⁹

HAÄGEN-DAZS ICE CREAM 400-450 ml or **NOVELTIES** 3/4's
selected varieties, frozen
20302298001 EA/215113347 EA



Mondelēz
International

CADBURY CHOCOLATE BAR
selected varieties
80-100 g
20034341001 EA/20322193001 EA

\$2



\$2

MAYNARDS CANDY
selected varieties
150/154 g
21345334 EA/21543603 EA



Mondelēz
International

2⁴⁹

CHRISTIE COOKIES
selected varieties
251-303 g
21258487 EA/21361308 EA



2⁴⁹

CHRISTIE CRISPERS
selected varieties
145 g
21258327 EA/21358333 EA



3⁸⁸

CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
430-500 g
21109004 EA



General Mills

ANNIE'S MAC AND CHEESE
selected varieties
149-170 g
20216187001 EA

2⁴⁹



3⁹⁹

GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL
selected varieties
310-437 g
21213444 EA/21353325 EA



3⁶⁹

BETTY CROCKER PREMIUM CAKE, BROWNIE or COOKIE MIXES
selected varieties
263-550 g
20754542 EA

CELEBRATE OUR 100TH STORE OPENING



Campbell's

**PEPPERIDGE FARM
GOLDFISH CRACKERS**
selected varieties
156-227 g
20300230 EA



2²⁹

**SNYDER'S
PRETZELS**
selected varieties
240 g
20314032004 EA



2⁴⁹

Campbell's



1⁸⁸

**V8 VEGETABLE
COCKTAIL**
selected varieties
6x156 mL
20297364002 EA

**CAMPBELL'S
CONDENSED SOUP**
selected varieties
284 mL
20297364002 EA



1⁶⁹

Kraft

**KRAFT DINNER
ORIGINAL**
200 g
21349326 EA

1²⁵



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

13⁹⁹



Kellanova

**PRINGLES
PARTY STACK
POTATO CHIPS**
194 g or
MINGLES 155 g
selected varieties
21074284 EA/21436362 EA

2⁹⁹



**CHEEZ-IT
CRACKERS**
selected varieties
191/200 g
21214560 EA

2⁹⁹



Coca-Cola

**COCA-COLA or
CANADA DRY
SOFT DRINKS**
selected varieties
2 L
20311362001 EA/20314026002 EA

1⁹⁹



7⁴⁹

FUZE ICED TEA
selected varieties
12x341 mL
21043563 C12



1,000⁰⁰

**\$1
Value**

5⁹⁹

**AHA
SPARKLING
WATER**
selected varieties
12x355 mL
21340793 C12



4⁹⁹

NESTLÉ TURTLES 150/160 g, QUALITY STREET 160 g or AFTER EIGHT CHOCOLATE 200 g
selected varieties
21293238 EA/21342944 EA
WHILE QUANTITIES LAST



5⁹⁹

MERCI CHOCOLATE 200 g or MILANO PANETTONE 800 g
selected varieties
20943256 EA/21324210 EA
WHILE QUANTITIES LAST



4⁴⁹

HERSHEY'S KISSES 180 g or REESE'S NUTCRACKER 161 g
selected varieties
21292231 EA/21460491 EA
WHILE QUANTITIES LAST



5⁹⁹

REESE'S STOCKING STUFFERS 141/226 g, KINDER UOVO 100 g, CHRISTMAS MULTI 80 g or BAGGED CHOCOLATE 184 g
selected varieties
20432817 EA/21392283 EA
WHILE QUANTITIES LAST



9⁹⁹

LINDT or BACI BOXED CHOCOLATE
selected varieties
150/150 g
20821334 EA/21197849 EA
WHILE QUANTITIES LAST



8⁹⁹

TOFFIFEE 400 g
21407851 EA
WHILE QUANTITIES LAST



\$2

HERSHEY'S STOCKING STUFFERS
selected varieties
50-78 g
21311035 EA/21440105 EA
WHILE QUANTITIES LAST



1⁴⁹

MAYNARD THEATRE BOX 100 g, HERSHEY'S KISSES MINI 41 g or REESE'S CANDY CANE 39 g
selected varieties
20433213 EA/21304002 EA
WHILE QUANTITIES LAST



4⁹⁹

CADBURY MINI EGGS 200 g or OLD EXCELLENT BRANDY BEANS 250 g
selected varieties
20123229 EA
WHILE QUANTITIES LAST



3⁹⁹

LINDT MINI CHOCOLATE BALL 100 g, LINDT BEAR MULTI 37 g or DARE SANTA GUMMY 225 g
selected varieties
21541858 EA
WHILE QUANTITIES LAST



9⁹⁹

PC® BELGIAN CHOCOLATE BISCUIT COLLECTION 500 g
20947791 EA
WHILE QUANTITIES LAST



3⁹⁹

WALKERS SHORTBREAD COOKIES 150 g or PC® FINE CRACKERS 250 g
selected varieties
20112388 EA/207622130 EA
WHILE QUANTITIES LAST



5⁹⁹

WONDERFUL COPENHAGEN BUTTER COOKIES 454 g
WHILE QUANTITIES LAST
20497883 EA

WORLD FLAVOURS AT LOW PRICES



1.99
LB

PAPAYA
product of Mexico
4.39/kg
20417046001 EA



1.49
LB

CASSAVA
product of Costa Rica or
OPO SQUASH
product of U.S.A., Mexico or Honduras
3.28/kg
20087482001 KG/20142003001 KG



3.99

1 KG

ROOSTER™ GARLIC
product of China
11.28/kg
2122842001 EA



4.99
LB

YELLOW YAMS
product of Costa Rica
11.00/kg
20070018001 KG



2.49

BYBLOS PITA
white or whole wheat
300 g
20122183 EA



3.99

CRISPY CAKE RUSKS
selected varieties
650/750 g
20418926 EA



1.50

ROOSTER® COCONUT MILK
selected varieties
398 mL
21378707 EA



4.99

BRITANNIA CAKE RUSK
selected varieties
550-560 g
21024034 EA



\$10

SUFRA® HALAL BREADED CHICKEN
selected varieties, frozen
568-840 g
21179710 EA



3.99

KFI COOKING SAUCE
selected varieties
375/395 mL
2041949001 EA/2041949003 EA



3.99

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
20538862 EA



11.99

KNORR CHICKEN BOUILLON MIX
1 kg
20154074 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.

**HOT
PRICE**

**NO PREP
ALL SAVINGS**

Easy holiday hosting for less? Just pop these frozen faves in the oven and you're good to go.

\$15



**PC® HOLIDAY FEAST
TURKEY PIE**
frozen
800 g
21613959_EA

\$5



**PC® CHICKEN
WONTON SOUP**
frozen
300 g
21565996_EA

7.99



PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
21615467_EA

\$11



PC® BREADED SHRIMP
selected varieties, frozen
400/454 g
20080117_EA/20135874_EA

\$14



**PC® HOLIDAY FEAST
TURKEY STUFFING
BURGERS**
frozen, 568 g
21547041_EA

14.99



PC® MEATBALLS
selected varieties, frozen
907 g
20503356_EA/20603111_EA

14.99



PC® CHICKEN WINGS
selected varieties, frozen
907 g
20708931_EA/20708932_EA

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



\$6

**PC® BRUSSELSLAW
SALAD KIT**
253 g
21626132_EA

REFRESHING HOLIDAY PRICES

Holiday food comas are totally a thing. Take a break from heartier meals with fresh eats at low prices.



349

PC® HUMMUS
selected varieties
227 g
20584097_EA/20584212_EA



\$6

PC® NAAN DIPPERS
400 g
20999700_EA



\$5

**PC® PARADISE
CRUNCH PEPPERS**
454 g
21534092_EA



\$5

**PC® CHOCOLATE CHIP
BRIOCHE BREAD**
400 g
21607172_EA



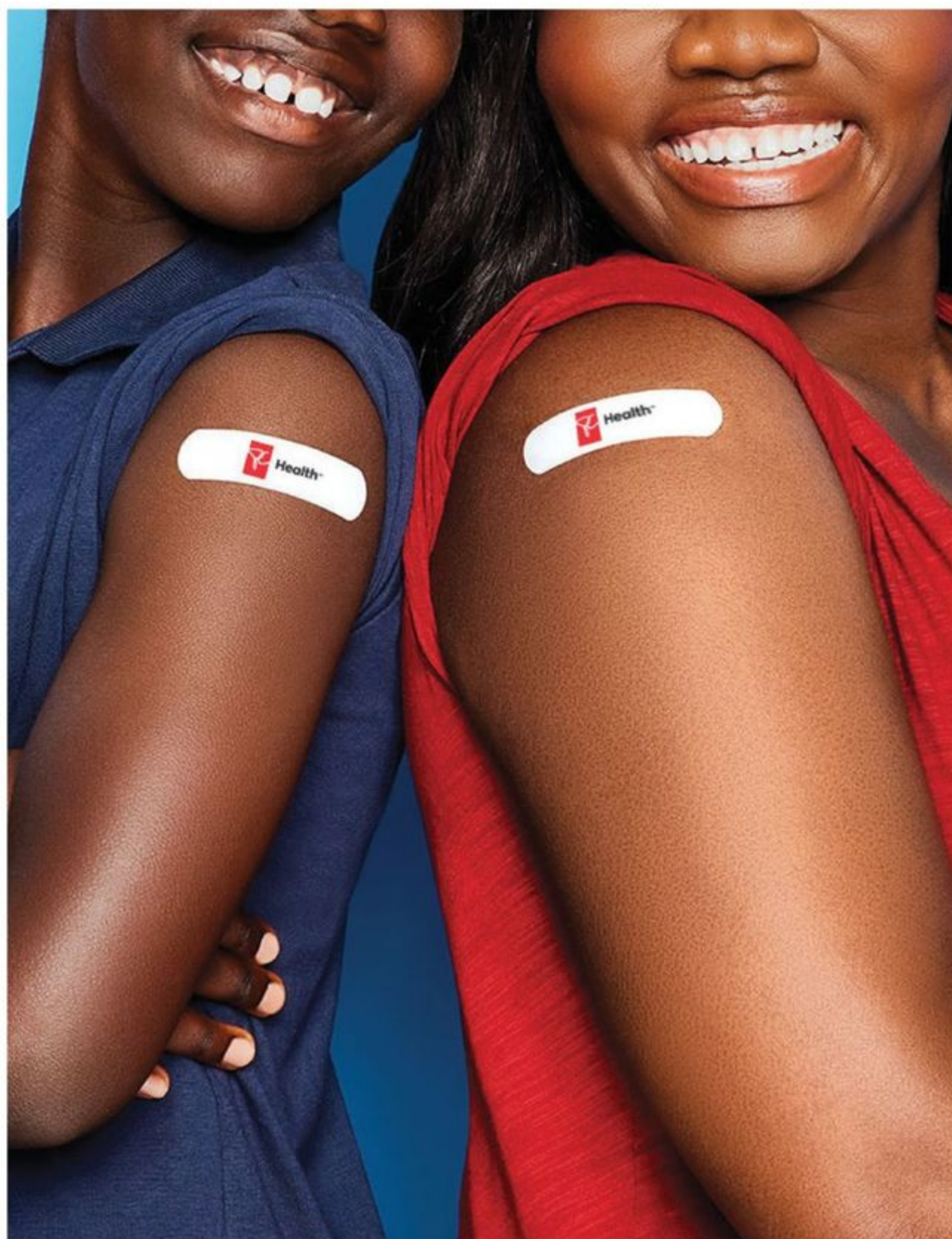
\$6

**PC® DOUBLE CREAM
BRIE**
200 g
20787327_EA



\$15

**PC® THE ULTIMATE
PORK RIB ROAST**
1.1 kg
21616767_EA



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.

BETTER AS A MEMBER

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

December 5-11, 2024

Earn*

10,000 pts

\$10
value

for every \$100* spent on Gap Inc. Brands 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 Gap Inc. Brands 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.

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

introducing
no name® mobile

great quality plans
with loads of data.

starting at only
\$19 per month

no contracts, just value.

exclusively at

 **NOFRILLS**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

†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.

NEW MKT