

# BIG HOLIDAY DEALS!

SAVE 37%

186

6 OZ CLAMSHELL

**BLACKBERRIES**  
product of U.S.A. or Mexico or  
**RASPBERRIES**  
product of U.S.A. or  
Mexico, no. 1 grade  
mûres ou framboises  
3001513001 EA/3012893001 EA



SAVE 37%

188

**PINEAPPLE**  
product of Costa Rica  
400000  
3014993001 EA



SAVE UP TO 35%

377

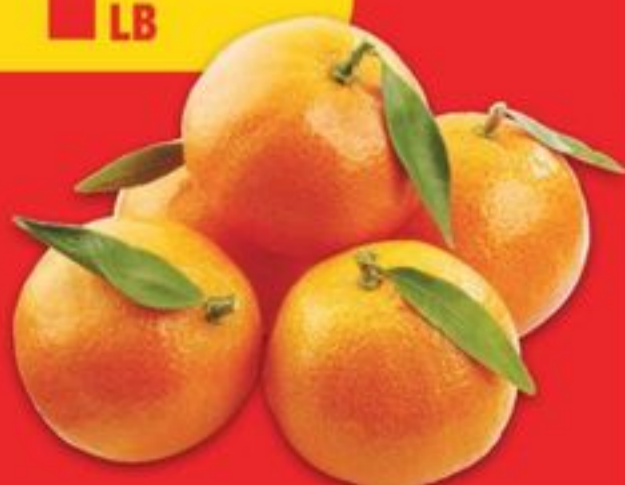
**EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS**  
selected varieties, product of U.S.A.  
315-383 g  
salades de chou frisé ou  
salades hachées  
30674118 EA/31333139 EA



SAVE 33%

199 LB

**STEM & LEAF CLEMENTINES**  
product of Spain  
clementines  
4.39/kg  
30613463001 EG





# BIG HOLIDAY DEALS!

**NOFRILLS**

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

**HAPPY HOLIDAYS!**

**LIMIT 4**

**NEW ZEALAND SHORT CUT LAMB LEG**  
frozen  
gigot d'agneau raccourci  
8.55/kg  
30142333 EA

WHILE QUANTITIES LAST

**SAVE 46%**

**3<sup>88</sup>**  
LB



**SIRLOIN TIP ROAST**  
cut from Canada AA grade beef or  
USDA Select grade  
rôti de pointe de surronge  
10.76/kg  
20147774 KJ

WHILE QUANTITIES LAST

**SAVE 59%**

**4<sup>88</sup>**  
LB

**WOW!**

**8<sup>94</sup>**  
LB



**SALMON FILLET**  
19.71/kg  
filet de saumon  
3032767 KJ

WHILE QUANTITIES LAST



**ARMSTRONG or PC<sup>®</sup> SHREDDED CHEESE** 250-320 g  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21284342 EA/213346749 EA

**PRICE DROP**

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

**SAVE 25%**

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

**SILK BEVERAGES**  
selected varieties  
1.74-1.89 L  
boissons  
2021309001 EA



**SAVE 22%**

**3<sup>33</sup>**

**TROPICANA ORANGE JUICE or TROPICS or PURE LEAF TEA**  
selected varieties, refrigerated  
1.36/1.75 L  
jus d'orange  
21422130 EA



**SAVE 37%**

**3<sup>77</sup>**

**SCHNEIDERS BACON**  
selected varieties, 375 g  
bacon  
20772671 EA

**500<sup>th</sup>** **50<sup>th</sup>**



**SAVE UP TO 40%**

**.88**

**ALLEN'S FRUIT COCKTAIL SPARKLING ICE BEVERAGES**  
1 L or 500 mL  
selected varieties  
cocktail de fruit ou eau pétillante  
2020742401 EA/2018343001 EA



**SAVE 50%**

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

**HELUVA GOOD! FRENCH ONION DIP**  
480 g  
fromage  
2031278001 EA



**SAVE UP TO 46%**

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

**ASIAN INSPIRATIONS or WONG WING ENTRÉES**  
selected varieties, frozen  
400 g  
plats cuisinés  
21347378 EA



**SAVE 50%**

**1<sup>33</sup>**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeux  
20111111 EA



**SAVE UP TO 40%**

**2<sup>86</sup>**

**BREYERS CLASSIC FROZEN DESSERT**  
1.6 L or CHAMPAGNE COLLECTION NOVELTIES 2 L  
selected varieties, frozen  
dessert glacé ou bonbon glacé  
20111111 EA



**SAVE UP TO 60%**

**\$4**

**NESTLE TURTLES QUALITY STREET AFTER EIGHT** 300 g  
selected varieties  
bonbons  
20111111 EA



**ONLY**

**8<sup>88</sup>**

**PC<sup>®</sup> BELGIAN ASSORTED CHOCOLATE BISCUITS**  
200 g  
biscuits  
20111111 EA



**PRICE DROP**

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

**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
20222222 EA



**SAVE 20%**

**\$6**

**FARMER'S MARKET<sup>™</sup> PIES**  
selected varieties  
580 g-1 kg  
tartes  
21297365 EA/21297367 EA

APP EXCLUSIVE OFFER

**2,000<sup>th</sup>** **\$2 Value**



**FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.**

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto; please see nofrills.ca for flyers for these stores.

**nofrills.ca**

01 NFO



# DELI DEALS



SAVE UP TO 30%

**\$5**

**AGROPUR BRIE or CAMEMBERT CHEESE** 170 g or **CASTELLO CHEESE** 125-200 g  
selected varieties  
fromage  
20428174 EA/20177193 EA



SAVE UP TO 33%

**\$5**

**PILLER'S KOLBASSA** 250-375 g or **SLICED PEPPERONI** 175/250 g  
**MASTRO SALAMI** 125/150 g or **SAN DANIELE PROSCIUTTO** 100 g  
selected varieties  
kolbassa ou pepperoni tranché ou salami ou prosciutto  
20381660 EA/20308469 EA



**ONLY 2.99**

APP EXCLUSIVE OFFER

1,000<sup>+</sup>

\$1 Value

**PC® DIPS** 227 g, selected varieties or **PC® NAAN DIPPERS** 200 g, selected varieties  
trempettes ou pains Naan  
20384212 EA/21092033 EA



SAVE UP TO 37%

**2.50**

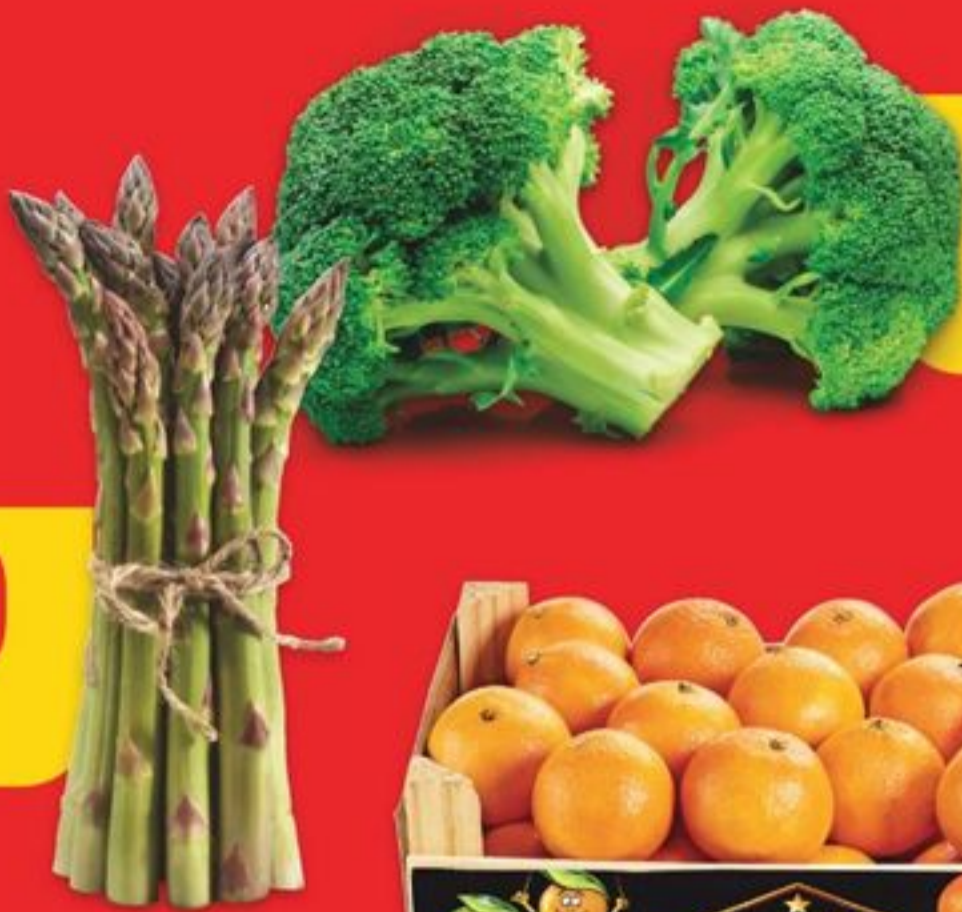
**ZIGGY'S® FRESH PASTA SALADS** 454 g or **FRESH PASTA** 350/360 g  
selected varieties  
pâtes ou salades fraîches  
20309160 EA/21521148 EA



# FRESH AT LOW PRICES

**325 G**

**ASPARAGUS**  
product of Peru or Mexico,  
no. 1 grade  
asperges  
2018170001, EA



**1.99**

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.,  
each  
couronnes de brocoli  
21121340001, EA

**3.99**



**3.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocats  
20142323001, EA



**\$1 Value**

**APP EXCLUSIVE OFFER**  
Optimum  
**1,000**

**5 LB BOX**

**CLEMENTINES**  
product of Morocco or Spain  
clementines  
20182340001, EA

**6.99**

**1.49**  
LB

**SWEET POTATOES**  
product of Ontario,  
potatoes douces  
3.28/kg  
2013770001, KG



**1.99**

**POMEGRANATES**  
product of U.S.A.,  
grenades  
20134797001, EA



**GROWN IN CANADA**

**4.99**

**APP EXCLUSIVE OFFER**  
Optimum  
**1,000**

**\$1 Value**



**10 LB BAG**

**BEETS or FARMER'S MARKET CARROTS or YELLOW ONIONS**  
product of Canada,  
Canada no. 1 grade  
betteraves ou carottes ou  
oignons jaunes  
21121229001, EA / 20000120001, EA

**1.79**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
concombres anglais  
20070123001, EA



**4.99**

**PINT BLUEBERRIES**  
product of Peru, no. 1 grade  
bleuets  
20080127001, EA



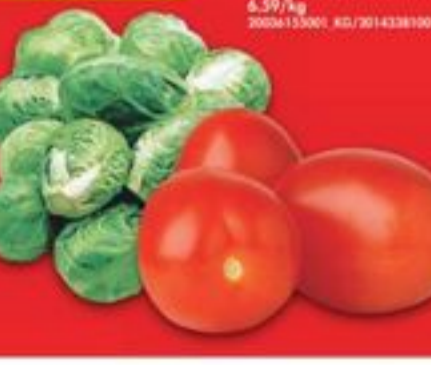
**5.99**  
LB

**CHERRIES**  
product of Chile, no. 1 grade  
cerises  
13.21/kg  
20139490001, KG



**2.99**  
LB

**BRUSSELS SPROUTS or ROMA TOMATOES**  
product of U.S.A. or  
Canada, Mexico  
or U.S.A.,  
romanesco roma,  
6.59/kg  
20006135000, KG / 201433819001, KG



**2.99**

**CANTALOUPE**  
product of Guatemala,  
no. 1 grade  
rock  
cantaloup  
20147017001, EA



**4.49**

**PKG OF 4 GREEN or RED SWEET PEPPERS**  
product of U.S.A.,  
pimientos  
20113233001, EA / 20012208001, EA



**4.49**

**454 G**

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Ontario,  
champignons entiers ou  
Marec entiers  
2013173, EA / 20170001, EA



**\$4**

**2 LB BAG**

**FARMER'S MARKET LEMONS**  
product of Spain or Turkey  
citrons  
20170123001, EA



**4.99**

**4 LB BAG**

**FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES**  
product of Ontario,  
Canada honey gold,  
pommes  
2107012301, EA / 20170001, EA



**5.99**

**PC® AXIANY TOMATOES or VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
21040001, EA / 20000001, EA



**567 G**

**681 G**



# FRESH AT LOW PRICES



**349**  
LB

**GRADE A TURKEY**  
fresh, 5-11 kg  
dinde  
7.69/kg  
30143891 SA

WHILE QUANTITIES LAST



**SCHNEIDERS FESTIVE HAM**  
jambon  
15.41/kg  
31194338 SA

WHILE QUANTITIES LAST

**699**  
LB



**399**  
LB

**PORK COMBO CHOPS**  
bone-in, fresh  
côtelettes de porc  
8.80/kg  
30483476 SA

WHILE QUANTITIES LAST

**NEW ZEALAND STEAK**  
product of New Zealand  
selected varieties  
biftek  
21433483 SA

**\$12**

**599**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
filets de poisson surgelés  
30133579 SA/31314746 SA

**599**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP RING**  
36-43 per lb, 300 g  
or SHRIMP RING 227 g  
frozen  
Crevettes  
31044863 SA

**1199**

**MARCANGELO ITALIAN SAUSAGES or MEATBALLS**  
selected varieties, 1 kg  
saucisses italiennes ou boulettes de viande  
30447484 SA

**599**

**PC® FREE FROM® SLICED DELI MEAT**  
selected varieties  
175 g  
charcuterie tranchées  
30482053 SA/30482394 SA

**\$6**

**PC® DOUBLE CREAM BRIE or CAMEMBERT**  
selected varieties, 142-200 g  
bâton au camembert  
30194284 SA/30197217 SA

**1399**

**PC® BUTTERMILK CHICKEN STRIPS, KIEV, DIVAN or FILLETS**  
selected varieties, frozen, 340-907 g  
saucisses au fillets de poulet  
31142494 SA

**\$5**

**ZIGGY'S® OLIVES 500 mL or SNACK FACTORY PRETZEL CRISPS 300 g**  
selected varieties  
olives ou croquantes de bretzel  
30301344 SA/30348940 SA

**549**

**RESER'S MAIN ST BISTRO MAC AND CHEESE or MASHED POTATOES**  
selected varieties, 567-680 g  
macaroni au fromage ou purée de pommes de terre  
30227947 SA/30234809 SA

500<sup>+</sup> 50<sup>+</sup>

**\$8**

**RANA PASTA KITS**  
selected varieties  
434 g  
assemblés de pâtes  
31149134 SA

**199**

**NO NAME® DINNER ROLLS**  
selected varieties  
12's  
petits pains  
31431104 SA

**299**

**D'ITALIANO BREAD 600-675 g or BUNS 4/8's**  
selected varieties  
pain ou petits pains  
30483333 SA/30483444 SA

**\$6**

**FARMER'S MARKET® MUFFINS**  
selected varieties  
6's  
muffins  
31183334 SA/31183337 SA

**349**

**MASTRO CAPOCOLLO or PROSCIUTTO COTTO 125 g or SAN DANIELE MORTADELLA 175 g**  
selected varieties  
capocollo ou prosciutto cotto ou mortadelle  
30327431 SA/30377341 SA

**599**

**MASTRO CHARCUTERIE TRIO**  
selected varieties  
150/200 g  
trip de charcuteries  
31144443 SA

**699**

**MASTRO SALAMI CHUB**  
selected varieties  
300 g  
saucisson de salami  
30449334 SA/30449337 SA



# BIG HOLIDAY DEALS!



**ONLY 5.99**

**NEILSON TRUTASTE 4L LACTOSE FREE 2% or PROTEIN 1.89 L MILK**  
selected varieties  
lot  
3013654 SA/2018403001 SA



**FARMER'S MARKET SQUARES**  
selected varieties  
400/450 g  
carré au chocolat ou bonbons Nanaimo  
2121499 SA/21214001 SA

**ONLY \$5**

**SAVE UP TO 40%**

**2.99**

**MCCAIN SUPERFRIES or SPECIALTY FRIES**  
selected varieties, frozen  
454-800 g  
fries  
3033420902 SA

**\$3**

**PC® FROZEN VEGETABLES**  
selected varieties  
300-750 g  
 légumes surgelés  
3011912 SA/2144731 SA



**4.29**

**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
300-340 g  
tranches de fromage  
210993 SA



**14.99**

**PC® ROAST AND GROUND COFFEE**  
selected varieties  
400-750 g or PODS 30's  
selected varieties  
coffé torréfié et moulu  
ou capsules  
2106677 SA/2106701 SA

APP EXCLUSIVE OFFER  
**3,000**

**\$3 Value**



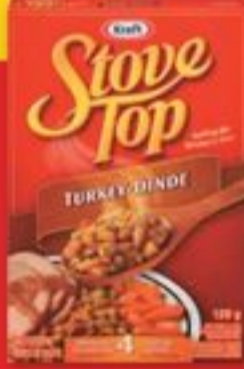
**\$1**

**FRANCO-AMERICAN GRAVY**  
selected varieties  
354 mL  
sauce à la française  
3004314 SA



**1.27**

**STOVE TOP STUFFING**  
selected varieties, 120 g  
farce  
301930927 SA



**1.59**

**OCEAN SPRAY CRANBERRY SAUCE**  
selected varieties  
348 mL  
sauce aux canneberges  
210229 2001 SA



**1.66**

**CARNATION EVAPORATED MILK**  
selected varieties  
354 mL  
lait évaporé  
3016413 SA/3016407 SA



**\$3**

**PC® HERBAL TEA**  
selected varieties  
20's  
thé  
3043710081 SA/21183270 SA



**4.99**

**PREMIUM ICE CREAM 2 L or CHAPMAN'S YUKON NOVELTIES 5.4 L**  
selected varieties, frozen  
crème glacée ou bonbons glacés  
3002357081 SA/21012081 SA



**1.49**

**OASIS JUICE DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or PC® 100% JUICE 1 L**  
selected varieties  
jus de nectar ou thé glacé  
3018413764 SA/31084018 SA



**3.99**

**DORITOS TORTILLA 210-280 g or MISS VICKIE'S KETTLE COOKED POTATO 190/200 g CHIPS**  
selected varieties, on-shell  
21248761 SA/21248718 SA



**5.99**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/12x355 mL  
eau pétillante  
2106054\_C03/21174019\_C12



**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)



no paper waste  
no plastic waste





# NO HST\*

**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

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



**DECEMBER**

**HIT  
OF THE  
MONTH**

NO  
HST/GST\*

**\$3**



**Planters salted mixed nuts,**  
225 g  
Limit: 6, over limit retail \$3.50

NO  
HST/GST\*

**\$5**



**San Pellegrino Italian sparkling drinks,**  
Selected varieties, 6x330 mL  
Limit: 4, over limit retail \$6.00

**\$1<sup>50</sup>**



**PC® English Muffins,**  
6's, selected varieties  
Limit: 4, over limit retail \$2.99



Optimum  
Members-Only Price  
**\$2**  
Non-Members  
**\$2<sup>50</sup>**

**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.

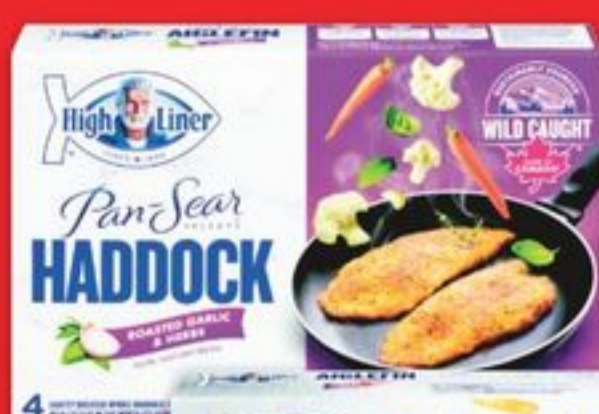


# BRANDS YOU LOVE AT LOW PRICES

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.26 kg  
margarine  
2004493, EA

**SAVE 22%**

**6<sup>99</sup>**



**HIGH LINER PAN-SEAR, SIGNATURE CUTS or BITES**  
selected varieties, frozen  
425-600 g  
poisson  
20843016, EA/21186234, EA

**SAVE 35%**

**\$10**



**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
429-785 g  
pizza  
21104261, EA

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



**CAVENDISH QUICK CRISP, PREMIUM or PATTIES**  
selected varieties, frozen  
400-750 g  
frites ou galettes de pommes de terre  
21344877, EA

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

**\$4**

**OASIS SMOOTHIES or HEALTH-BREAK BEVERAGES**  
selected varieties  
1.6 L  
boissons fruitées ou boissons  
21329918, EA/20315435002, EA



**\$8**

**STARBUCKS or STOK COFFEE**  
selected varieties  
1.18/1.42 L  
café  
21320737, EA/21311537, EA



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

**TIM HORTONS ROAST AND GROUND COFFEE**  
875/930 g or PODS 30's  
selected varieties  
café torréfié et moulu  
ou capsules  
20875167, EA/21184462, EA



**.79**

**NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
284 mL  
soupe  
20350431, EA



**1<sup>29</sup>**

**CAMPBELL'S CONDENSED SOUP**  
selected varieties  
284 mL  
soupe condensée  
2029734602, EA



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

**CLOVER LEAF SMOKED OYSTERS or MUSSELS**  
selected varieties  
85 g  
huîtres fumées ou moules  
20418779, EA



**\$2**

**SANPELLEGRINO or PERRIER SPARKLING WATER**  
selected varieties, 750 mL/1 L  
eau pétillante  
21013449, EA/211577879, 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  
jus ou le glacé ou jus de pomme  
ou cocktail de canneberge  
2013174402, EA/2022374402, EA



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

**CHRISTIE FAMILY SIZE COOKIES**  
selected varieties  
274-530 g  
biscuits  
21330747, EA



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

**CHRISTIE CRACKERS**  
selected varieties  
250-500 g  
croustilles  
2110444, EA



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

**KETTLE BRAND CHIPS**  
selected varieties  
170 g  
croustilles  
2110442, EA/2110443, EA



NO HST/GST

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

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
385-492 g or KERNEL JAR  
150 g  
selected varieties  
maïs à griller ou en per  
204222001, EA



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

**GATORADE SPORT DRINKS**  
selected varieties  
6x291/6x333 mL  
boissons édulcorées  
2110442, EA/2110443, EA



NO HST/GST



# BRANDS YOU LOVE AT LOW PRICES



**SAVE 29%**  
**4.99**

**PC® FREE RUN  
LARGE EGGS**  
12's  
œufs de poules en liberté  
2081360007 EA



**NEILSON 5/10% 1 L or  
18/35% 473 mL CREAM**  
selected varieties  
crème  
20123009 EA/20174431 EA

**SAVE 21%**  
**2.99**



**ONLY**  
**3.99**

**PHILADELPHIA  
CREAM CHEESE PRODUCT**  
selected varieties  
227/230 g  
produit de fromage à la crème  
20641267 EA/20664924010 EA



**DANONE ACTIVIA 8's or  
TWO GOOD  
TUBS 425 g YOGURT**  
selected varieties  
yogourt  
2022384002 EA/21477213 EA



**ONLY**  
**3.99**

**3.49**

**KELLOGG'S  
CEREAL 247-425 g or  
QUAKER INSTANT  
OATMEAL 232-344 g**  
selected varieties  
céréales, en grains  
21199234 EA/21408014 EA



**5.77**

**PC® CHEESE BARS 300/400 g or  
CRACKER BARREL  
SHREDS 320 g**  
selected varieties  
barres de fromage ou fromage râpé  
21288497 EA/21290614 EA



**\$10**

**PC® CHEESECAKE**  
selected varieties, frozen  
400 g  
gâteaux au fromage  
20142767 EA/2014193 EA  
21288497 EA



**3.99**

**GENERAL MILLS  
CHEERIOS VEGGIE  
BLENDS, CHEX, LOADED  
BITES, OATMEAL CRISP  
or NATURE VALLEY  
GRANOLA CEREAL**  
selected varieties  
300-437 g  
céréales  
21220225 EA/21299146 EA



**4.99**

**SIGGI'S  
ICELANDIC SKYR  
430/730 g or  
ASTRO 12's YOGURT**  
selected varieties  
skyr ou yogurt  
2021307061 EA/21213089 EA



**5.99**

**KRAFT  
PEANUT BUTTER 750 g/1 kg or  
HAZELNUT SPREAD 723 g**  
selected varieties  
beurre d'arachides ou beurre de noisettes  
2009181005 EA/21288416 EA



**\$2**

**UNICO  
PASTA SAUCE 480 mL or  
NO NAME® PASTA 900 g**  
selected varieties  
sauce pour pâtes ou pâtes  
20213013002 EA/2022427007 EA



**4.99**

**VLASIC  
PICKLES**  
selected varieties  
1 L  
conserves  
20036282 EA/200374900 EA



**6.50**

**NO NAME® RAISINS 750 g  
or CRANBERRIES 750 g  
or WHOLE PITTED  
DATES 1 kg**  
selected varieties  
raisins secs ou canneberges ou  
dattes dénoyées  
20447008 EA/20447213 EA



**5.50**

**NO NAME®  
NAPKINS**  
500's  
serviettes  
20447007 EA



**4.49**

**PINE-SOL**  
selected varieties  
1.4 L  
nettoyant domestique  
20220217 EA/20220218 EA



**10.99**

**TIDE LIQUID  
1.89 L or PODS  
31/22/18 L  
LAUNDRY  
DETERGENT,  
DOWNY  
FABRIC  
SOFTENER**  
1.89 L/2.43 L  
DOWNY  
GAIN SCENT  
BOOSTERS 379 g  
or BOUNCE  
DRYER SHEETS  
130/200's  
selected varieties  
détergent liquide ou  
adoucissant ou  
feuilles de sèche-ri  
20440113 EA/21213029 EA



**19.99**

**FINISH  
DISHWASHER  
TABS**  
selected varieties  
60 100's  
pastilles pour lave-vaisselle  
2009181005 EA





# MULTI BUY? TRY SINGLE BUY.



ONE FOR

\$2

**CAMPBELL'S BROTH**  
selected varieties  
250/900 mL  
bouillon

7032348001 SA/71347345 SA



ONE FOR

2.29

**HAMBURGER HELPER**  
selected varieties  
158-220 g  
plat cuisinés

21391064 SA



ONE FOR

2.50

**NO NAME® SALAD DRESSING**  
selected varieties  
475 mL  
vinaigrette

2062849001 SA

NO  
HST/GST\*



ONE FOR

3.79

**LAY'S POTATO CHIPS** 177-235 g or  
**POPPABLES** 130 g  
selected varieties  
croustilles ou grignolines

21341032 SA



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**COLGATE PREMIUM TOOTHPASTE** 70-150 mL or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
dentifrice ou brosse à dents manuelle  
30306410001\_EA/2116483\_EA

**PRICE DROP**  
**3.49**



**GARNIER WHOLE BLENDS**  
selected varieties  
346-370 mL  
soins capillaires  
30941723\_EA/20941827\_EA

**PRICE DROP**  
**4.99**



**PANTENE HAIR CARE**  
selected varieties  
308/355 mL  
nettoyant pour le corps au pain de savon  
21431190\_EA/21431192\_EA

**PRICE DROP**  
**4.49**

**IRISH SPRING BODY WASH** 391 mL or **BAR SOAP** 8x104 g or **SOFTSOAP BODY WASH** 391 mL  
selected varieties  
pain de savon au nettoyant pour le corps ou déodorant au antiseptique  
3129075\_EA/21048677\_EA

**PRICE DROP**  
**4.49**



**DOVE BAR SOAP** 3x104 g, **DOVE BODY WASH** 355/400 mL, or **ANTIPERSPIRANT** 45.7g  
selected varieties  
déodorant  
309023803\_EA/2101084\_EA

**PRICE DROP**  
**4.99**



**OLD SPICE SECRET DEODORANT**  
selected varieties  
45-107 g  
déodorant  
3090888\_EA/210428003\_EA

**PRICE DROP**  
**3.99**



**PRICE DROP**  
**\$1**

**BABY BELLIES LITTLE BELLIES BABY SNACKS**  
selected varieties  
8/12 g  
collations pour bébé  
3123204\_EA/21010136\_EA



**PRICE DROP**  
**2.29**

**SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS**  
selected varieties  
32 g  
collations pour bébé  
309023803\_EA/2101084\_EA



**PRICE DROP**  
**7.99**

**HUGGIES 3X BABY WIPES**  
selected varieties  
112-192 g  
lingettes pour bébé  
3032686\_EA/21048733\_EA



**PRICE DROP**  
**24.99**

**NO HST/GST**  
**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
25-1000+ couches  
21432031\_EA



**PRICE DROP**  
**5.49**

**LISTERINE CLASSIC MOUTHWASH**  
selected varieties  
1 L  
rinçage buccal  
21091208\_EA/21091208\_EA



**PRICE DROP**  
**5.49**

**U BY KOTEX LINERS, PADS or TAMPONS** 1 ea  
selected varieties  
protège-dames ou serviettes ou tampons  
309023803\_EA/2101084\_EA



**PRICE DROP**  
**6.99**

**JAMIESON VITAMINS C + D**  
selected varieties  
75-240 g  
vitamines C ou D  
309023803\_EA/2101084\_EA



**PRICE DROP**  
**9.99**

**AVEENO LOTION**  
selected varieties  
332 mL  
lotion  
309023803\_EA/2101084\_EA

**ALWAYS \$**

**PC® DISTILLED WATER**  
4 L  
eau distillée  
30797191\_EA

**1.25**



**LIFE BRAND® LIQUID HAND SOAP REFILL**  
selected varieties  
2 L  
recharge de savon liquide pour les mains  
21337613003\_EA/21337613004\_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  
pain de savon au nettoyant pour le corps ou savon liquide ou déodorant ou soins buccaux  
21167194\_EA/21166650\_EA/20847071\_EA

**\$3**  
value







349

**GENERAL MILLS CEREALS**  
selected varieties  
297-430 g  
céréales

599

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

349

**DUNKAROOS 168 g or NATURE VALLEY MUFFIN BARS**  
132/175 g  
selected varieties  
biscuits ou barres



NO HST/GST

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

229



NO HST/GST

**REESE'S STOCKING STUFFERS**  
selected varieties  
141/226 g  
friandises pour bas de Noël

599



NO HST/GST

**HERSHEY'S CHOCOLATE POUCHES**  
selected varieties  
160-290 g  
chocolat

449



\$2

**DARE CRACKERS**  
selected varieties  
100-225 g  
croûtes



NO HST/GST

**DARE REAL FRUIT CANDY**  
selected varieties  
180 g  
friandises aux fruits

229



**DARE COOKIES**  
selected varieties  
148-360 g  
biscuits

249



**DANONE ACTIVIA TUBS 650 g or DANINO KIDS DRINKABLES 6 x YOGURT**  
selected varieties  
contenants de yogourt ou  
yogourt à boire

333



NO HST/GST

**DANONE ACTIVIA or OIKOS DRINKABLE YOGURT**  
selected varieties  
190 mL  
yogourt à boire

150



**INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL or COLD FOAM 396 g**  
selected varieties  
colorants à café  
ou mousse froide

449



1,000 Value \$1

1399

**MAXWELL HOUSE or NABOB PODS**  
selected varieties  
30's  
capsules de café



1,000 Value \$1

599

**MAXWELL HOUSE or NABOB TASSIMO DISCS**  
selected varieties  
8-16's  
capsules de café



500 Value \$5

399



# BETTER AS A MEMBER

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



**2,500**<sup>PC</sup>  
for every \$10\* spent on

**\$2.50**  
value

**Tostitos tortilla** 205-295 g or  
**Ruffles potato** 180-220 g chips  
selected varieties  
croustilles

21060575\_EA/21341002\_EA



**5,000**<sup>PC</sup>  
for every \$15\* spent on

**\$5**  
value

**Lindt chocolate**  
all sizes and varieties  
chocolat

21390291\_EA/20312527005\_EA



**3,500**<sup>PC</sup>  
for every \$15\* spent on

**\$3.50**  
value

**Club House dry sauce mix, spices, seasonings, vanilla, extracts or food colouring**  
all sizes and varieties  
mélange à sauce déshydraté ou épices ou assaisonnements ou vanille ou extraits ou colorants alimentaires

20302814001\_EA/20061848\_EA/20301395001\_EA



**4,500**<sup>PC</sup>  
for every \$17\* spent on

**\$4.50**  
value

**Ben's Original rice**  
selected varieties  
riz

21397330\_EA/21405476\_EA

**4,000**<sup>PC</sup>  
for every \$15\* spent on

**\$4**  
value

**Air Wick Essential oil, essential mist or auto spray**  
all sizes and varieties  
huile essentielle ou vaporisateur

2109649\_EA/21373306\_EA



**3,000**<sup>PC</sup>  
for every \$10\* spent on

**\$3**  
value

**Lysol cleaners**  
all sizes and varieties  
nettoyants

2132061\_EA/21449638\_EA



**3.29**

**KIJU ORGANIC JUICE**  
selected varieties  
1 L/4x200 mL  
jus

2031271001\_EA/20333714001\_EA

**1,000**<sup>PC</sup>

**\$1**  
Value



**\$5**

**HEALTHY CHOICE VH STEAMERS or HEALTHY CHOICE SIMPLY SINGLE SERVE ENTRÉES**  
selected varieties, frozen  
255-306 g  
plats cuisinés

21406269\_EA/20318616003\_EA

**1,500**<sup>PC</sup>

**\$1.50**  
Value



**6.99**

**STRONG ROOTS SOUP or ENTRÉES**  
selected varieties, frozen  
350 g  
soupe ou plats cuisinés

21425041\_EA

**500**<sup>PC</sup>

**50¢**  
Value



**3.99**

**MINUTE MAID, FIVE ALIVE or NESTLE ICED TEA**  
selected varieties  
8/10x200 mL  
jus ou thé glacé

20276002\_EA/21092667\_EA

**1,000**<sup>PC</sup>

**\$1**  
Value



**\$4**

**UNICO PEPPER RINGS**  
750 mL  
rouleaux de piment

21105533\_EA

**500**<sup>PC</sup>

**50¢**  
Value



**5.50**

**HELLMANN'S REAL MAYO**  
selected varieties  
340/445 mL  
mayonnaise

2000823001\_EA

**750**<sup>PC</sup>

**75¢**  
Value





# NATURAL FOODS AT LOW PRICES



**5.99**

**312 G**

**PC<sup>®</sup> ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
petites épinards ou légumes feuilles des champs biologiques  
20127207 EA/20122751 EA



Optimum  
**2,000**

**\$2**  
Value

**4.99**

**1 LB**

**PC<sup>®</sup> ORGANICS GIGANTICO<sup>™</sup> KIWI**  
product of U.S.A.  
kiwi  
2112146001 EA



**2.50**

**CLIF ENERGY BAR, BUILDERS or NUT BUTTER BAR**  
selected varieties, 50/68 g  
barres  
20303133002 EA/20307304002 EA



**4.99**

**SILK NON-DAIRY CREAMER**  
selected varieties  
890 mL  
colorant à café sans produits laitiers  
21245340 EA



**3.49**

**MADEGOOD COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES**  
selected varieties  
110-150 g  
barres ou biscuits ou carrés ou bouchées  
21107422 EA/212321848 EA



**3.99**

**THE GOOD CRISP CHIPS**  
selected varieties  
160 g  
croustilles  
21325581 EA/21540084 EA

**NO HST/GST\***



**3.99**

**CHA'S ORGANIC COCONUT MILK**  
400 mL  
lait de coco biologique  
21297363 EA



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

**PC<sup>®</sup> ORGANICS BROTH**  
selected varieties  
900 mL  
bouillon biologique  
21190798 EA



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

**PC<sup>®</sup> ORGANICS DURUM WHEAT SEMOLINA PASTA**  
selected varieties  
454 g  
pâtes de semoule de blé biologique  
2064902002 EA



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

**PC<sup>®</sup> ORGANICS PEANUT BUTTER**  
selected varieties  
500 g  
beurre d'arachide biologique  
20294178 EA



**5.99**

**ZEVIA ZERO-SUGAR SOFT DRINK**  
selected varieties  
6x355 mL  
boissons gazeuses  
21196332 006

Optimum  
**500**

**NO HST/GST\***



**ORGANIC**  
**7.99**

**PC<sup>®</sup> ORGANICS FLOUR**  
2.5 kg  
farine biologique  
20069235 EA/20302111 EA



**ORGANIC**  
**8.99**

**PC<sup>®</sup> ORGANICS 100% CRANBERRY JUICE**  
946 mL  
jus de canneberges biologique  
2004911 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFO



# BIG HOLIDAY DEALS!



NO HST/GST\*

NO HST/GST\*



**MERCI BOXED CHOCOLATE**  
selected varieties  
200 g  
chocolat  
21024010 EA

**4.99**

WHILE QUANTITIES LAST

**4.49**

**HERSHEY KISSES** 180 g or  
**REESE'S NUTCRACKER** 161 g  
selected varieties  
chocolat  
21292217 EA/21440591 EA

WHILE QUANTITIES LAST



NO HST/GST\*



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  
chocolat  
20422817 EA/21292283 EA

WHILE QUANTITIES LAST

**LINDT or BACI BOXED CHOCOLATE**  
selected varieties  
150/156 g  
chocolat en boîte  
20821534 EA/21197947 EA

WHILE QUANTITIES LAST

**9.99**

**8.88**

**TOFFIFEE**  
400 g  
friandises  
21407837 EA

**\$2**

**HERSHEY'S STOCKING STUFFERS**  
selected varieties  
30-78 g  
friandises ou chocolat  
pour les de Noël  
21211895 EA/21440305 EA

WHILE QUANTITIES LAST

**1.49**

**MAYNARDS THEATRE BOX** 100 g  
**HERSHEY'S KISSES MINI** 41 g or **REESE'S CANDY CANE** 29 g  
selected varieties  
friandises ou chocolat  
ou cannes en sucre  
20825213 EA/21206022 EA

WHILE QUANTITIES LAST

NO HST/GST\*



NO HST/GST\*



NO HST/GST\*



**10.49**

**KINDER MAXI**  
selected varieties  
116/150 g  
chocolat  
20879204 EA

**5.99**

**LINDT GOLD BEAR** 50/100 g or  
**POT OF GOLD** 243-245 g  
selected varieties  
chocolat  
20825424 EA/21347694 EA

WHILE QUANTITIES LAST

**9.99**

**MERCI BOXED CHOCOLATE**  
400 g  
chocolat en boîte  
21194034 EA

WHILE QUANTITIES LAST

NO HST/GST\*



NO HST/GST\*



NO HST/GST\*



**7.99**

**FERRERO BOXED CHOCOLATE**  
118-200 g or  
**POPPYCOCK** 300 g  
selected varieties  
chocolat ou mûle soufflé  
20099034 EA/2042399005 EA

**11.99**

**NESTLÉ KITKAT CABIN** 389 g  
**FAVOURITE BAG** 375 g or **ELMER'S BOXED CHOCOLATE** 680 g  
selected varieties  
chocolat en boîte  
21412983 EA

WHILE QUANTITIES LAST

**5.99**

**WONDERFUL COPENHAGEN DANISH COOKIES**  
selected varieties  
454 g  
biscuits danois  
20847883 EA

WHILE QUANTITIES LAST

NO HST/GST\*



NO HST/GST\*



NO HST/GST\*



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF INFO



# WORLD FLAVOURS AT LOW PRICES



**129**

**COCONUTS**  
each, product of Dominican Republic  
noix de coco  
30005778001 EA



**149**  
LB

**CARIBBEAN SWEET POTATOES**  
product of Honduras  
3.28/kg  
patates douces des Caraïbes  
3014988001 KG



**129**  
LB

**CASSAVA**  
product of Costa Rica  
2.84/kg  
manioc  
30087882001 KG



**.99**

**CHAYOTE SQUASH**  
product of Mexico  
chayote  
30147827001 EA



**125**

**CEDAR PITA**  
selected varieties  
330 g  
pita  
31509330 EA



**\$5**

**SURAJ® NAAN**  
selected varieties  
10's  
naan  
20342261 EA



**899**

**DELCATO FROZEN MEALS**  
selected varieties  
285-454 g  
plats cuisinés surgelés  
31814093 EA



**888**  
LB

**BEEF RIB FINGER MEAT**  
boneless  
19.58/kg  
viande de bœuf  
intercostale  
30142139 KG



**1399**

**ZABIHA HALAL CHICKEN WINGS**  
selected varieties, frozen  
908 g  
ailes de poulet halal  
20302457 EA



**799**

**AL SAFA CHICKEN BREAST NUGGET**  
600 g  
pépiés de poitrine de poulet  
31822417 EA



**149**

**HALDIRAM'S INDIAN SNACKS**  
selected varieties  
150 g  
collations indiennes  
30309977 EA/30314667007 EA

NO HST/GST\*



**129**

**NONGSHIM FLAVOURED CHIPS**  
selected varieties  
45-75 g  
croustilles  
30138270 EA



**999**

**RED LABEL LOOSE TEA**  
900 g  
thé en feuilles  
31017684 EA



**499**

**TRE STELLE PANEER**  
350 g  
paneer  
31099238 EA



**1899**

**GOLDEN TEMPLE® DURUM ATTA**  
selected varieties  
9 kg  
farine durum atta  
30212711001 EA



**349**

**LA COSTEÑA SAUCE**  
selected varieties  
455 ml  
sauce  
3031865001 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO



# PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



## DRINK UP FESTIVE DEALS

Get a top up on low prices. We've got tons of holiday refreshers to complement your meals.

**\$7**



**PC® FINE GRIND ROAST COFFEE**  
selected varieties, 250 g  
café torréfié à mouture fine  
21471877\_EA



**NO  
HST/GST\***

**\$5**

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



**NO  
HST/GST\***

**\$5**

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



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

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



**\$4**

**PC® ORANGE JUICE**  
selected varieties  
refrigerated, 1.54 L  
jus d'orange  
21430531\_EA



**\$4**

**PC® DECADENT HOT CHOCOLATE MIX**  
450 g  
mélange à chocolat chaud  
21549129\_EA



**NO  
HST/GST\***

**\$8**

**PC® BLONDE BREW DE-ALCOHOLIZED LAGER BEER**  
12x355 mL  
bière sans alcool  
20121729\_EA



# 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



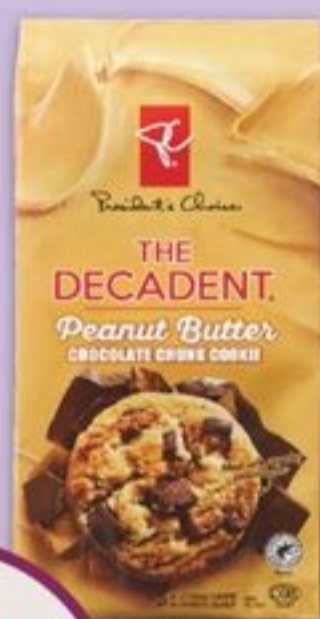
**\$4**

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



**\$4**

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



**\$3.49**

**PC® THE DECADENT COOKIE**  
selected varieties  
280/300 g  
biscuits  
20612261\_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  
croûtes à tarte  
21610882\_EA



# 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.

 insurance

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



\*Conditions apply. Subject to change. For full details see [www.pcinurance.ca](http://www.pcinurance.ca).

 Health™

## 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 LM, 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).

ONLINE INFO MKT