

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
2072290_K0

WHILE QUANTITIES LAST

PRICE DROP

3.99

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE** 400 g
selected varieties
21260340_EA/21246799_EA

SWEET POTATOES
product of Canada
1.63 kg
2012708001_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
20228221000_EA/21422130_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
21422130_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 or AFTER EIGHT
150/160 g, 1.60 g or 200 g
selected varieties
21292230_EA/21542944_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, KG/20034150001, KG

2.99
LB/EA

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

3.99
LB



3.99

6 OZ CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico or
RASPBERRIES
product of U.S.A. or Mexico, no. 1 grade
30031013001, EA/20138930001, EA



PKG OF 4

GREEN or RED PEPPERS
product of Mexico
20113233001, EA/20013204001, EA

3.99

3.99

PINEAPPLE
product of Costa Rica
20140970001, EA



4.99

AVOCADOS
product of Mexico or
BLUEBERRIES
product of Mexico, U.S.A.,
Peru or Chile,
no. 1 grade
20142232001, EA/200480137001, EA



PKG OF 5 OR 6

PINT

6.99

10 LB BAG

RED or YELLOW POTATOES
product of Western Provinces,
Canada no. 1 grade
200401513001, EA/200401517001, EA



GROWN IN THE WESTERN PROVINCES

2.99
LB

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



3.99

680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Western Provinces,
Canada no. 1 grade
21347207001, EA/21347300001, EA



GROWN IN THE WESTERN PROVINCES

6.99

5 LB BAG

BARTLETT PEARS
product of U.S.A.,
extra fancy grade
FARMER'S MARKET™ ROYAL GALA or SPARTAN APPLES
product of Western Provinces,
Canada fancy grade
2103822001, EA/2110477001, EA



1.99

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



5.99

FARMER'S MARKET™ MINI CUCUMBERS
product of Canada,
Canada no. 1 grade or
PC® AXIANY or VARIETY TOMATOES
product of Canada,
Mexico or U.S.A.
21070679001, EA/21090407001, EA



PKG OF 11

681 G

5.99

HONEYDEW
product of Guatemala or
MINI SEEDLESS WATERMELON
product of Brazil or Mexico
each
20043276001, EA/20143279001, EA



6.99

3 LB BAG

FARMER'S MARKET™ MANDARINS
product of U.S.A.
20044961001, EA



4.99

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20024481001, EA



GROWN IN THE WESTERN PROVINCES

5.99

3 LB BAG

FARMER'S MARKET™ LEMONS or NAVEL ORANGES
product of U.S.A.
20796311001, EA/20144204001, EA



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
WHILE QUANTITIES LAST

2.99
LB



6.99
LB

SCHNEIDERS FESTIVE HAM
13.41/kg
2179438 X0
WHILE QUANTITIES LAST



CLUB SIZE

BREAKFAST BEEF AND PORK SAUSAGE 8.80/kg or
LILYDALE TURKEY BREAKFAST SAUSAGES
selected varieties, 375 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, 227 g
GO SHRIMP RAW 33/70 per lb. or
COOKED 61/70 per lb., 140 g
selected varieties, frozen
2077040 SA/2120827 SA



6.99

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



13.49

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties, fresh
730/900 g
2168224 SA



\$6

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



10.99

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



13.99

PC® BUTTERMILK CHICKEN STRIPS, KIEV DIVAN or FILLETS
selected varieties, frozen
500-907 g
2114394 SA



\$5

QUALITY FAST FOOD SANDWICHES
selected varieties
286-316 g
2163207 SA



\$2 Value

\$5

ZIGGY'S® OLIVES 500 ml. or **SNACK FACTORY PRETZEL CRISPS** 200 g
selected varieties
2030187 SA/2068940 SA



5.49

MAIN ST BISTRO MAC AND CHEESE or MASHED POTATOES
selected varieties
547-680 g
2023697 SA

50¢ Value



2.49

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



2.49

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
2031967 SA/2031979 SA



\$6

FARMER'S MARKET MUFFINS
selected varieties
6's
2128324 SA/2030827 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
30334338003 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
3129992 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^{PC}

\$3 Value
THE GREAT CANADIAN



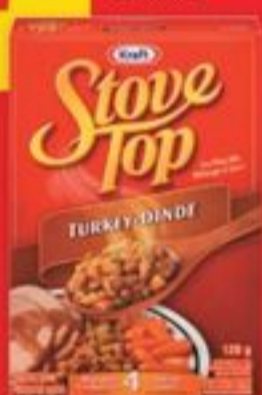
\$1

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
30032893001 EA



1.66

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



\$3

PC HERBAL TEA
selected varieties
20's
30632612001 SA/2130632612001 EA



5.99

CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen
3 L
30320273001 EA



1.99

PC 100% JUICE 1 L OASIS JUICE DEL MONTE NECTAR or ARIZONA ICED TEA
selected varieties
946 mL
30394117004 SA/2130394117004 EA



\$4

DORITOS TORTILLA 210-280 g or MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190/200 g
21306576 EA/21306576 EA



5.99

BUBLY - MONTELLIER SPARKLING WATER
selected varieties
10/72x355 mL
21080704 CA/21080707 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)



See poster on back of this ad for details



NO GST*

For a complete list of eligible items, scan here



Select food and beverages including:

- Beer, wine that are 22.9% alcohol by volume (ABV) or less
- Spirit, coolers, premixed alcoholic beverages that are 7% ABV or less
- Candies and candy-coated items
- Chocolate and gum
- Salty snacks, nuts or seeds
- Granola products and snack mixtures
- Frozen treats
- Fruit bars and fruit-based snacks
- Baked goods and sweets such as cakes, pies, pastries and cookies
- Pudding and mousse
- Prepared arrangements of foods such as salads, sandwiches and platters
- Hot foods or beverages sold on site

Select children's items including:

- Clothing, shoes and accessories (Children's clothes up to girls' size 16 and boys' size 20 or in sizes XS, S, M, or L)
- Diapers
- Car seats
- Toys, plush and games (for kids under 14)

Select literature including:

- Printed newspapers and books

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

BRANDS YOU LOVE AT LOW PRICES

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
30048993 EA

SAVE 26%
6⁹⁹



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

ONLY
4⁹⁹



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
21200739 EA/21313307 EA



17⁹⁹

TIM HORTONS ROAST AND GROUND COFFEE
875/930 g or PODS
selected varieties
20873747 EA/21166682 EA



.79

NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
20418883 EA



1⁶⁹

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
2029726602 EA



1⁹⁹

CLOVER LEAF SMOKED OYSTERS or MUSSELS
selected varieties
85 g
20417497 EA/20418779 EA



\$2

SANPELLEGRINO or PERRIER SPARKLING WATER
selected varieties
730 mL/1 L
201426465 EA/21327676 EA

NO HST/GST



2⁹⁹

OASIS JUICE, ARIZONA ICED TEA DRINK BOXES or ALLEN'S APPLE or CRANBERRY COCKTAIL 1.89 L
selected varieties
202020460 EA/21318884 EA



2⁹⁹

CAVENDISH QUICK CRISP, PREMIUM BOXES or PATTIES
selected varieties, frozen
400-730 g
21184077 EA



4⁴⁹

CHRISTIE FAMILY SIZE COOKIES
selected varieties
374-530 g
21188147 EA



3⁴⁹

CHRISTIE CRACKERS
selected varieties
330-500 g
21188147 EA/21318884 EA



3⁴⁹

KETTLE BRAND POTATO CHIPS
selected varieties
170 g
21188147 EA/21318884 EA

NO HST/GST



3⁹⁹

ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or KERNEL JAR
630 g
selected varieties
20418883 EA



5⁴⁹

NO HST/GST

GATORADE SPORT DRINKS
selected varieties
600/750/825 mL
21188147 EA/21318884 EA



BRANDS YOU LOVE AT LOW PRICES

PC® FREE RUN LARGE EGGS
12's
2081342801 SA

SAVE 25%

5²⁹



ONLY
3⁹⁹



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/230 g
20641367 SA/20644924010 SA



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

ONLY
3⁹⁹



3⁴⁹

KELLOGG'S CEREAL 298-425 g or QUAKER INSTANT OATMEAL 232-344 g
selected varieties
2179924 SA/21424814 SA



5⁷⁷

PC® CHEESE BARS 300/400 g or CRACKER BARREL SHREDS 320 g
selected varieties
2129649 SA/2129649 SA



\$10

PC® CHEESECAKE
selected varieties, frozen
400 g
20642627 SA



3⁹⁹

GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL
selected varieties
200-437 g
2133225 SA/21291414 SA



5⁴⁹

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



5⁹⁹

KRAFT PEANUT BUTTER 750 g/1 kg or HAZELNUT SPREAD 725 g
selected varieties
20829101 SA/21284310 SA



1⁷⁹

KNORR SIDEKICKS 120-142 g or UNICO SAUCE 480 mL
selected varieties
2021424 SA/2021424 SA



2⁴⁹

MOLISANA PASSATA 480 mL
2024414 SA



5²⁹

BICK'S PICKLES 1 L
2022404 SA/2022404 SA



6⁵⁰

NO NAME® RAISINS or CRANBERRIES 750 g or WHOLE PITTED DATES 1 kg
selected varieties
2044722 SA



\$6

NO NAME® NAPKINS 200's
2024414 SA



4⁴⁹

PINE-SOL 1.4 L
2024414 SA/2024414 SA



10⁹⁹

TIDE LIQUID 1.86 L or PODS 21/22/18's LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.86 L or BEADS 276 g or DOWNY GAIN SHEETS 130/200's
selected varieties
2024414 SA/21291414 SA



19⁹⁹

FINISH DISHWASHER TABS
selected varieties
40-112's
2127414 SA/2127414 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
3036410001 EA/2116685 EA

PRICE DROP
3⁴⁹



PANTENE HAIR CARE
selected varieties
306/355 mL
21431190 EA/21431192 EA

PRICE DROP
4²⁹



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

PRICE DROP
4⁹⁹

OLD SPICE SECRET DEODORANT
selected varieties
43-107 g
3036233002 EA/3036233001 EA

PRICE DROP
3⁹⁹



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
4⁴⁹



DOVE BAR SOAP 3x106 g, **BODY WASH** 325/400 mL, **DEODORANT** or **ANTIPERSPIRANT** 43-76 g
selected varieties
3018212000 EA/31011004 EA

PRICE DROP
4⁹⁹



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



PRICE DROP
2²⁹
SIMPLY GOURMET CRUNCHERS PUFFIES SNACKS
selected varieties
22 g
21072102 EA/21072104 EA



PRICE DROP
7⁹⁹
HUGGIES 3X BABY WIPES
selected varieties
112-192 g
30360604 EA/31060602 EA



PRICE DROP
24⁹⁹
HUGGIES SUPER BIG PACK DIAPERS
selected varieties
22-100 g
21462021 EA

NO HST/GST*



PRICE DROP
5⁴⁹
LISTERINE CLASSIC 1 L or KIDS 500 mL MOUTHWASH
selected varieties
21091104 EA/21091106 EA



PRICE DROP
5⁴⁹
U BY KOTEX LINERS 40-50% PADS 14-22" or TAMPONS 14"
selected varieties
30907000 EA/21107004 EA



PRICE DROP
6⁹⁹
JAMIESON VITAMINS C or D
selected varieties
75-240 g
30000000 EA/2000000001 EA



PRICE DROP
9⁹⁹
AVEENO LOTION
selected varieties
532 mL
2010002000 EA/2010002002 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



\$2

DARE CRACKERS
selected varieties
100-225 g
21320466 EA

229

DARE REAL FRUIT CANDY
selected varieties
180 g
21397438 EA

DARE COOKIES
selected varieties
168-340 g
21080791 EA

249



DANONE ACTIVIA TUBS or DANINO KIDS DRINKABLES & YOGURT
selected varieties
21320253 EA/2022512002 EA

333

150

DANONE ACTIVIA or OIKOS DRINKABLE YOGURT
selected varieties
190 mL
21348303 EA/21358702 EA

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

449



1,000 Value

1399

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

1,000 Value

599

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

500 Value

MAXWELL HOUSE INSTANT COFFEE
selected varieties
150 g
21024608 EA

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.



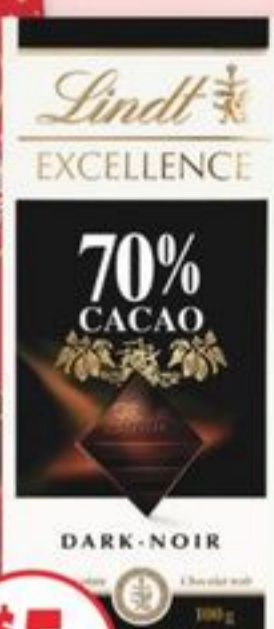
NO HST/GST*



2,500
for every \$10* spent on

\$2.50
value

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



5,000
for every \$15* spent on

\$5
value

Lindt chocolate
all sizes and varieties
21390291_EA/20312337003_EA



3,500
for every \$15* spent on

\$3.50
value

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



4,500
for every \$17* spent on

\$4.50
value

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

4,000
for every \$15* spent on

\$4
value

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



3,000
for every \$10* spent on

\$3
value

Lysol cleaners
all sizes and varieties
21238341_EA/21149926_EA



3.29

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

1,000

\$1
Value



\$5

1,500

\$1.50
Value



6.99

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

500

50¢
Value



3.99

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

1,000

\$1
Value



\$4

500

50¢
Value



5.50

750

75¢
Value



NATURAL FOODS AT LOW PRICES

5⁹⁹

312 G

PC[®] ORGANICS BABY SPINACH or FIELD GREENS
product of U.S.A.
30127207 EA/20222751 EA



ORGANIC

\$5

PC[®] ORGANICS PEANUT BUTTER
selected varieties
500 g
20298179 EA

2,000⁺

\$2 Value

4⁹⁹

1 LB

PC[®] ORGANICS GIGANTICO[™] KIWI
product of U.S.A.
3153214001 EA



2⁵⁰

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



4⁹⁹

SILK NON-DAIRY CREAMER
selected varieties
890 mL
21245360 EA



3⁴⁹

MADEGOOD BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
selected varieties
110-150 g
21107422 EA/213323121 EA

4⁹⁹

CHA'S ORGANIC COCONUT MILK
400 mL
21297543 EA



ORGANIC

\$2

PC[®] ORGANICS BROTH
selected varieties
900 mL
21190799 EA



ORGANIC

\$4

PC[®] ORGANICS DURUM WHEAT SEMOLINA PASTA
selected varieties
454 g
2064920203 EA



5⁴⁹

ENJOY LIFE BAKING CHOCOLATE CHIPS
selected varieties
283 g
2009923401 EA



500⁺

5⁹⁹

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



NO HST/GST*

ORGANIC

7⁹⁹

PC[®] 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 100 g or **REESE'S NUTCRACKER** 161 g
selected varieties
2139221 SA/2146091 SA

WHILE QUANTITIES LAST

MERCI BOXED CHOCOLATE
selected varieties
200 g
2102410 SA

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 SA/21372282 SA

WHILE QUANTITIES LAST



NO HST/GST*

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

WHILE QUANTITIES LAST

9.99

8.88

TOFFIFEE
400 g
2140731 SA

WHILE QUANTITIES LAST

NO HST/GST*



\$2

HERSHEY'S STOCKING STUFFERS
selected varieties
50-78 g
21440105 SA/21440108 SA

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
21023215 SA/21306022 SA

WHILE QUANTITIES LAST

NO HST/GST*



10.49

KINDER MAXI
selected varieties
116/130 g
2009756 SA

WHILE QUANTITIES LAST

NO HST/GST*



5.99

LINDT GOLD BEAR 50/100 g or
POT OF GOLD CHOCOLATE
243-245 g
selected varieties
20425424 SA/21547944 SA

WHILE QUANTITIES LAST

NO HST/GST*



9.99

MERCI BOXED CHOCOLATE
400 g
2114604 SA

WHILE QUANTITIES LAST

NO HST/GST*



7.99

FERRERO BOXED CHOCOLATE
118-200 g or
POPPYCOCK 300 g
selected varieties
20094034 SA/2042390002 SA

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 SA

WHILE QUANTITIES LAST

NO HST/GST*



5.99

WONDERFUL COPENHAGEN DANISH COOKIES
selected varieties
454 g
2009788 SA

WHILE QUANTITIES LAST

NO HST/GST*



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE CONF NFW

WORLD FLAVOURS AT LOW PRICES



1.29

CHAYOTE SQUASH
product of Mexico
30147827001 EA



1.99
LB

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



1.99
LB

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



2.99
LB

GINGER ROOT
product of China
6.59/kg
30179038001 KG



3.99

CRISPY CAKE RUSKS
selected varieties
650/750 g
30418926 EA

SURAJ® NAAN
selected varieties
10's
30342361 EA

\$5



3.99
LB

DUCK
Frozen, Grade A
9.80/kg
30078881 KG

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

8.99



1.49

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

NO HST/GST*



4.49

LOTTE YUKIMI MOCHI
selected varieties, frozen
270 g
21347132 EA

NO HST/GST*



13.99

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

AROY-D COCONUT MILK
400 mL
30062664 EA

1.99



\$5

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



11.99

KNORR CHICKEN BOUILLON MIX
1 kg
20154074 EA



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

2.49



3.49

LA COSTEÑA SAUCE
selected varieties
455 mL
30218654001 EA



1.69

GRACE HOT PEPPER SAUCE
170 mL
30196543 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

PC® INSIDERS REPORT™ HOLIDAY EDITION

Bringing joy to taste buds and wallets.



DRINK UP FESTIVE DEALS

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

\$7



PC® FINE GRIND
ROAST COFFEE
selected varieties
250 g
21471677_EA



NO
HST/GST*

\$5

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



NO
HST/GST*

\$5

PC® SOFT DRINKS
selected varieties
12x355 mL
20218887001_C12



3⁹⁹

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.



5⁹⁹

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



3⁴⁹

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

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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.

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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. 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