

MUNCH MORE SAVINGS



ONLY
\$10

NO NAME® APPETIZERS

selected varieties, frozen
454-900 g
21608391, EA



**NO
HST/GST***

SAVE 29%
175

NO NAME® SNACKS or CORN CHIPS

selected varieties
200 g
20048210, EA/20322677, EA



ONLY
\$3

NO NAME® CHEESE SPREAD

selected varieties
227/250 g
20308105001, EA

HAPPY NEW YEAR!



FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 26, 2024 TO WEDNESDAY, JANUARY 1, 2025.



SAVE UP TO 53%

6.99

SCHNEIDERS CHICKEN WINGS or SCHNITZELS
selected varieties, frozen
450/615 g
21461404 EA



WOW!

2.99
LB

PORK BACK RIBS
Frozen
6.50/kg
21103204 X2
WHILE QUANTITIES LAST



SAVE 28%

\$5

SEAQUEST® SHRIMP RING
Frozen
227 g
20082359 EA
WHILE QUANTITIES LAST



SAVE 40%

2.97

PKG OF 5 OR 6

AVOCADOS
product of Mexico
30142232001 EA

SAVE 22%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
220-410 g
20294190001 EA/20294434004 EA



SAVE 20%

3.99

FARMER'S MARKET BUTTER CROISSANTS or LOAF CAKES
selected varieties
200-400 g
20075942 EA/21468854 EA



SAVE 46%

2.56

LACTANTIA CREAM 10% 1 L, 35% 473 mL, DAIRYLAND CREAM 0-18% 946 mL or 33% 473 mL
selected varieties
20072927 EA/20262847 EA



SAVE UP TO 27%

2.75

LAY'S POTATO CHIPS or POPPABLES
177-235 g or 130 g
selected varieties
21241031 EA



NO HST/GST

Optimum Members-Only Price

3.99

Non-members

4.99

CHAPMAN'S PREMIUM ICE CREAM or YUKON NOVELTIES 2 L or 5-8's
selected varieties, frozen
21012283 EA/20223272001 EA



SAVE 28%

2.50

PC® DIPS 227 g or PC® NAAN DIPPERS 200 g
selected varieties
20284212 EA/21092022 EA



SAVE 33%

9.99

817 ELEPHANT BRAND BASMATI RICE
4 kg
20247034 EA



ONLY

13.88

DAN-D PAK CASHEWS
selected varieties
2021462001 EA
2021462002 EA



Deals from the past on select items. †

THROW BACK PRICES

SENSIBLE PORTIONS GARDEN VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
202377204001 EA/21330001 EA

NO HST/GST

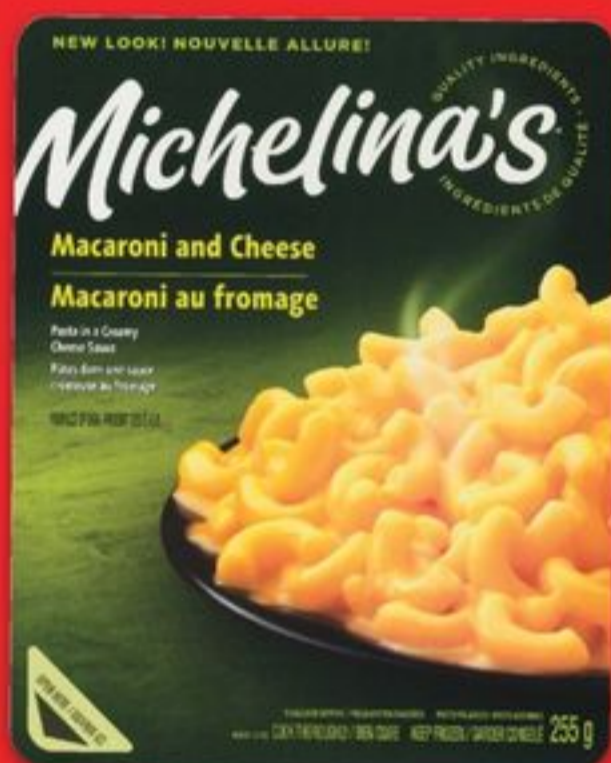
ONLY 2.99

**HAPPY
NEW YEAR!**

\$1

**MICHELINA'S
DINNER ENTRÉES**

selected varieties, frozen
156-284 g
21208614_EA



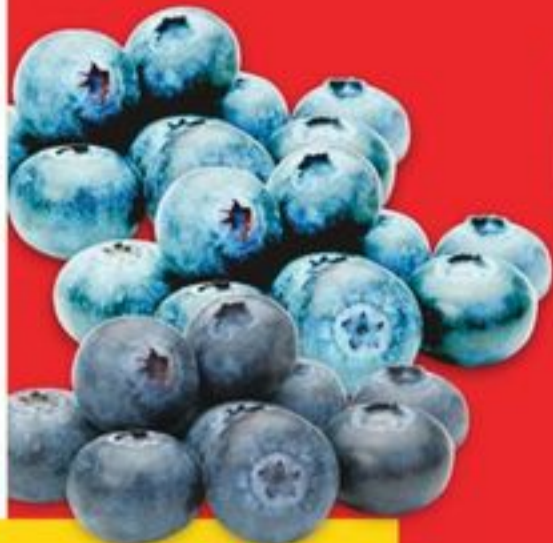
\$1

**YOPLAIT YOP
DRINKABLE
YOGURT**

selected varieties
200 mL
21478178_EA



FRESH AT LOW PRICES



4⁹⁹

PINT

BLUEBERRIES
product of U.S.A., Mexico,
Peru, Morocco or Chile,
no. 1 grade
20080137001, EA



454 G



3⁹⁹

CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade or
**PC® WHOLE
CREMINI or WHITE
MUSHROOMS**
product of Canada
20133377001, EA/201813172, EA



5⁹⁹

3 LB BAG

**FARMER'S
MARKET™
NAVEL ORANGES**
product of U.S.A.
20142943001, EA



5⁹⁹
LB

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

2⁹⁹
LB

**BROCCOLI
CROWNS**
product of Mexico or U.S.A.
0.59/kg
20026101001, KG



3⁹⁹

PINEAPPLE
product of Costa Rica
20140970001, EA



\$4

5 LB BAG

**NO NAME®
NATURALLY
IMPERFECT™
CARROTS**

product of Western Provinces,
Canada no. 2 grade
20943320001, EA



3⁹⁹

PKG OF 4

**GREEN or RED
PEPPERS**
product of Mexico
201132230001, EA/200812300001, EA



3⁹⁹

CANTALOUPE
product of Guatemala,
no. 1 grade
201418170001, EA



5⁹⁹

**MINI SEEDLESS
WATERMELON**
product of Mexico or Guatemala
201433790001, EA



1²⁹

GREEN ONIONS
product of Mexico
bunch
20107300001, EA



3⁹⁹

340 G

MARZETTI DIP
selected varieties,
product of U.S.A.
20222970, EA/21401822, EA



5⁹⁹

425 G

**MANN'S
SNAP PEAS**
product of U.S.A.
2044333, EA



3⁹⁹

680 G

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



4⁹⁹

PKG OF 3

**FARMER'S
MARKET™
ENGLISH
CUCUMBERS**
product of Western Provinces,
Canada no. 1 grade or
200240001, EA



5⁹⁹

**FARMER'S
MARKET™
GRAPE
TOMATOES or
PC® VARIETY
TOMATOES**
product of Canada,
U.S.A. or Mexico
200240001, EA/201800001, EA



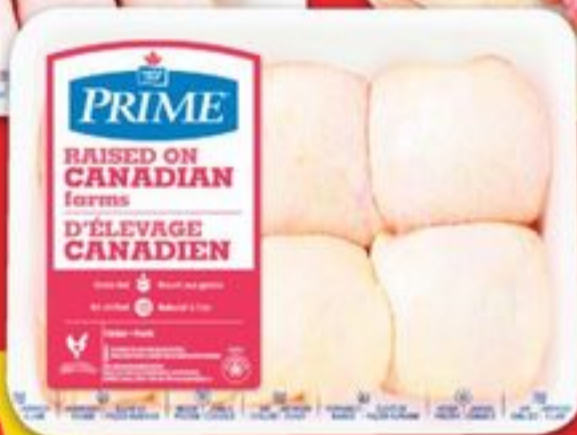
6⁹⁹

**FARMER'S
MARKET™
AMBROSIA
APPLES**
product of Western Provinces,
Canada heavy grade or
PC® MANDARIN
product of U.S.A.
200240001, EA/200400001, EA



FRESH AT LOW PRICES

CLUB SIZE



\$10

MAPLE LEAF PRIME CHICKEN DRUMSTICKS or THIGHS
fresh
up to 925 g
2042304 EA/2042311 EA

EXTRA LEAN GROUND BEEF
fresh
16.51/kg
20981822 EA

749
LB



399
LB

PORK COMBO CHOP
fresh, bone-in
8.80/kg
2007992 EA



PC[®] FREE FROM[®] SAUSAGE or MAPLE LODGE FARMS ULTIMATE CHICKEN SAUSAGES
375/500 g
2127630 EA/20119782 EA

599

599

SCHNEIDERS BOLOGNA, JUICY JUMBOS or SMOKED SAUSAGES
selected varieties
375/500 g
20105411 EA



\$6

SEAQUEST[®] FROZEN FISH FILLETS
selected varieties
400 g
21214740 EA



699

SEAQUEST[®] RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 36-45 per lb, 300 g or **SMALL SCALLOPS** 400 g
frozen
21043485 EA



350

ZIGGY'S[®] SLICED MEAT
selected varieties
175/300 g
2129285 EA/2129286 EA



\$7

BALDERSON CHEESE 250/280 g or **ZIGGY'S[®] FETA** 400 g
selected varieties
2099282 EA/21495485 EA



1099

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
600 g
21027221 EA



249

NO NAME[®] BAGELS or ENGLISH MUFFINS
selected varieties
4 1/2
21217967 EA/21213119 EA



299

D'ITALIANO BREAD 620/675 g or **BUNS** 4 1/2's
selected varieties
20236325 EA/20423949 EA



\$3

FARMER'S MARKET[™] GLAZED DOUGHNUTS
552 g
21237394 EA



HAPPY NEW YEAR!



ONLY 279



879

NO NAME® CHEESE
selected varieties
20973773_EA

CAVENDISH FRIES
selected varieties, frozen
800 g
2130957_EA

MINUTE MAID PUNCH, LEMONADE or NESTLE
selected varieties, frozen
295 mL
2041823/2002_EA/2041833_EA

SAVE 38%

122



HELUYA GOOD! DIPS
selected varieties
250 g
20179979022_EA

SAVE 52%

\$2

199

BARILLA PASTA 340/410 g or PRIMO SAUCE 480 mL
selected varieties
2014330_EA/2144932_EA



\$2

MARIO'S LUNCHEON MEAT 340 g or FLAKES OF HAM 136 g
selected varieties
2014330_EA/2144932_EA



\$5

QUINN'S SWISS ROLLS
selected varieties
400 g
2014330_EA/2144932_EA



999

FREYBE FRESH PEPPERONI STICKS
selected varieties
300/300 g
2014330_EA/2144932_EA



\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties
30-47 g
2014330_EA/2144932_EA



399

CHRISTIE OREO CAKESTERS COOKIES
385 g or 274.48 g
selected varieties
2130957_EA



499

NESCAFÉ RICH TASTER'S CHOICE INSTANT COFFEE 100-170 g or NESCAFÉ SWEET & CREAMY 331 g
selected varieties
2041823/2002_EA/2041833_EA



1399

ROGERS GRANULATED SUGAR
1.5 kg
2014330_EA



379

MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties
1.89 L
2014330_EA/2144932_EA



399

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
2014330_EA/2144932_EA



429

TROPICANA BEVERAGES or PURE LEAF ICED TEA
selected varieties
1.26/1.75 L
2014330_EA/2144932_EA



399

TOSTITOS TORTILLA CHIPS
selected varieties
203-295 g
2014330_EA



BETTER AS A MEMBER

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

Earn* **1,000** pts

for every \$5* spent on Pringles party stack potato chips 194/203 g or mingles 155 g
selected varieties
21074284_EA/21626258_EA

\$1 value



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



no paper waste
no plastic waste
no glass waste



DECEMBER

**HIT
OF THE
MONTH**



**NO
HST/GST***

**Planters salted mixed nuts,
225 g**



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



**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.

BRANDS YOU LOVE AT LOW PRICES

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
30327349 SA

SAVE UP TO 34%

2.50



SAVE UP TO 41%

1.99

BEATRICE 946 mL / 1 L or
DAIRYLAND 946 mL
CHOCOLATE MILK
selected varieties
30397532 SA/30963108 SA

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
21231413 SA

ONLY 7.99



SAVE 20%

7.99

POGO
selected varieties, frozen
8/10's
3003320281 SA

1.79

DARE DRY BREADS
selected varieties
190-200 g
pouch 2PK
3102182 SA



1.89

BETTY CROCKER SUPERMOIST CAKE MIXES or SNACK SIZE MIXES 184-424 g or FROSTING
selected varieties
240/420 g
30324104 SA/31214738 SA



\$3

NO NAME® FRUIT
selected varieties, frozen
300-400 g
3130397 SA/31214336 SA



5.49

NESQUIK SYRUP or POWDER 340 g
selected varieties
30324104 SA



1.69

KNOBB LIPTON SOUP MIX
selected varieties
40-144 g
30324104 SA/30324104 SA



1.79

KNOBB SIDEKICKS
selected varieties
120-142 g
30324104 SA



\$5

PC® DRY ROASTED PEANUTS or CASHEWS or DELUXE MIXED NUTS
500 g
selected varieties
30324104 SA/31214336 SA



2.29

PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
130-227 g
30324104 SA/30324104 SA



1.50

OCEAN'S TUNA 85/170 g or GOLD SEAL SARDINES 123 g
selected varieties
1100020 SA/31214336 SA



1.69

CHEF BOYARDEE PASTA
selected varieties
425/425 g
30324104 SA



4.29

FRENCH'S KETCHUP
730 mL / 1 L
30324104 SA



10.99

PC® 100% PURE MAPLE SYRUP
500 mL
30324104 SA



\$2

NO NAME® OLIVES
selected varieties
375 mL
30324104 SA



2.99

LA COSTERA SAUCE
selected varieties
435 mL
30324104 SA



\$5

NO NAME® FOIL 100 g or HEAVY DUTY 25 g
3111088 SA



8.49

NO NAME® CANOLA OIL
2 L
30324104 SA



7.49

PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
3120007 SA/3120007 SA



NO HST/GST

7.49

PARTAKE NON-ALCOHOLIC BEER
selected varieties
473/500 mL
3120007 SA



NO HST/GST

9.99

GUINNESS NON-ALCOHOLIC BEER
selected varieties
473/500 mL
3120007 SA



NO HST/GST

13.99

CASCADE AUTO DISH TABS
selected varieties
30-400 g
30324104 SA/30324104 SA



DAIRY DEALS

NO NAME® CHEESE SLICES
selected varieties
210/230 g
2164277 SA

4.50



BECEL MARGARINE
selected varieties
637/850 g
20297619002 SA

6.99



3.99

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g
selected varieties
20641367 SA/2064938010 SA



\$4

NO NAME® ICE MILK
selected varieties, frozen
1.65 L
21610174 SA



1.29

NEILSON MILKSHAKES
selected varieties
210 ml
21649932 SA



3.49

IÖGO NANO DRINKABLE 4% or SIGGI'S SKYR 4% YOGURT
selected varieties
206946761 SA/21288925 SA



3.99

KRAFT CHEESE WHIZ
450 g
2067466001 SA



2.99

LIBERTÉ MÉDITERRANÉE 4% 500 g or GREEK 4% YOGURT
selected varieties
2106622 SA/21247344 SA



3.99

GAY LEA REAL WHIPPED CREAM
selected varieties
225 g
206622801 SA



5.79

BLACK DIAMOND CHEESTRINGS or SNACKS
selected varieties
199-226 g
20266447 SA



7.29

KRAFT SINGLES
selected varieties
825 g
21160112 SA



\$6

DEL MONTE JUGS
selected varieties, refrigerated
2.5 L
21067196 SA



2.99

PILLSBURY REFRIGERATED DOUGH
selected varieties
318-468 g
2064945 SA/20649462 SA



3.79

DAIRYLAND COTTAGE CHEESE
selected varieties
500 g
20746622 SA



5.49

VEGAN DAIYA VEGAN CHEESE
selected varieties
170/200 g
21067196 SA

NATURAL FOODS AT LOW PRICES

ORGANIC

4.99

PKG OF 3

PC[®] ORGANICS
ROMAINE HEARTS
product of U.S.A. or Mexico
3039976001 EA



ORGANIC

3.99

PKG OF 2

ORGANIC CELERY HEARTS
product of U.S.A.
20600792001 EA



7.99

BEYOND MEAT ITALIAN SAUSAGES
selected varieties
400 g
21300113 EA



7.99

IMPOSSIBLE PLANT BASED BURGER PATTIES
227 g
21402322 EA



CLIF ENERGY, BUILDERS or
NUT BUTTER BAR
selected varieties
50/68 g
20202133002 EA/20312621 EA

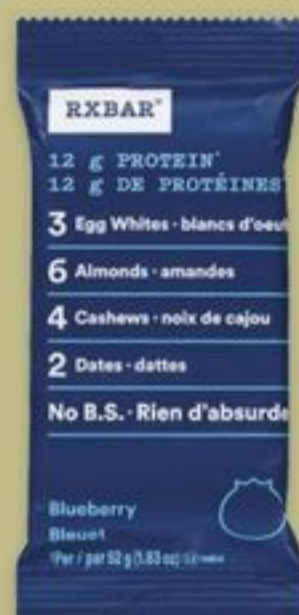
2.50



NO HST/GST*

RX BARS
selected varieties
52 g
21189850 EA

\$3



SILK CREAMERS
selected varieties
890 mL
21345360 EA

4.49



NATURE'S PATH
ORGANIC BAGGED CEREAL
selected varieties
650-907 g
20312067001 EA

8.99



KICKING HORSE
ORGANIC GROUND COFFEE
selected varieties
284 g
20805120001 EA

8.99



\$4

SILK BEVERAGES
selected varieties
1.74-1.89 L
20318231002 EA



3.79

HARDBITE CHIPS
selected varieties
128/150 g
20370855001 EA/211537614 EA



7.99

CARBONAUT
LOW CARB BREAD
selected varieties
544 g
21446964 EA



4.49

PC[®] ORGANICS
QUICK ROLLED or
STEEL CUT OATS
selected varieties
1 kg
20705773 EA



3.99

SUNRYPE
ORGANIC
FRUIT BITES
selected varieties
108 g
21326182 EA



NO HST/GST*

26.99

VEGA PROTEIN
AND GREENS
PROTEIN POWDER
selected varieties
510-526 g
20830384003 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFW



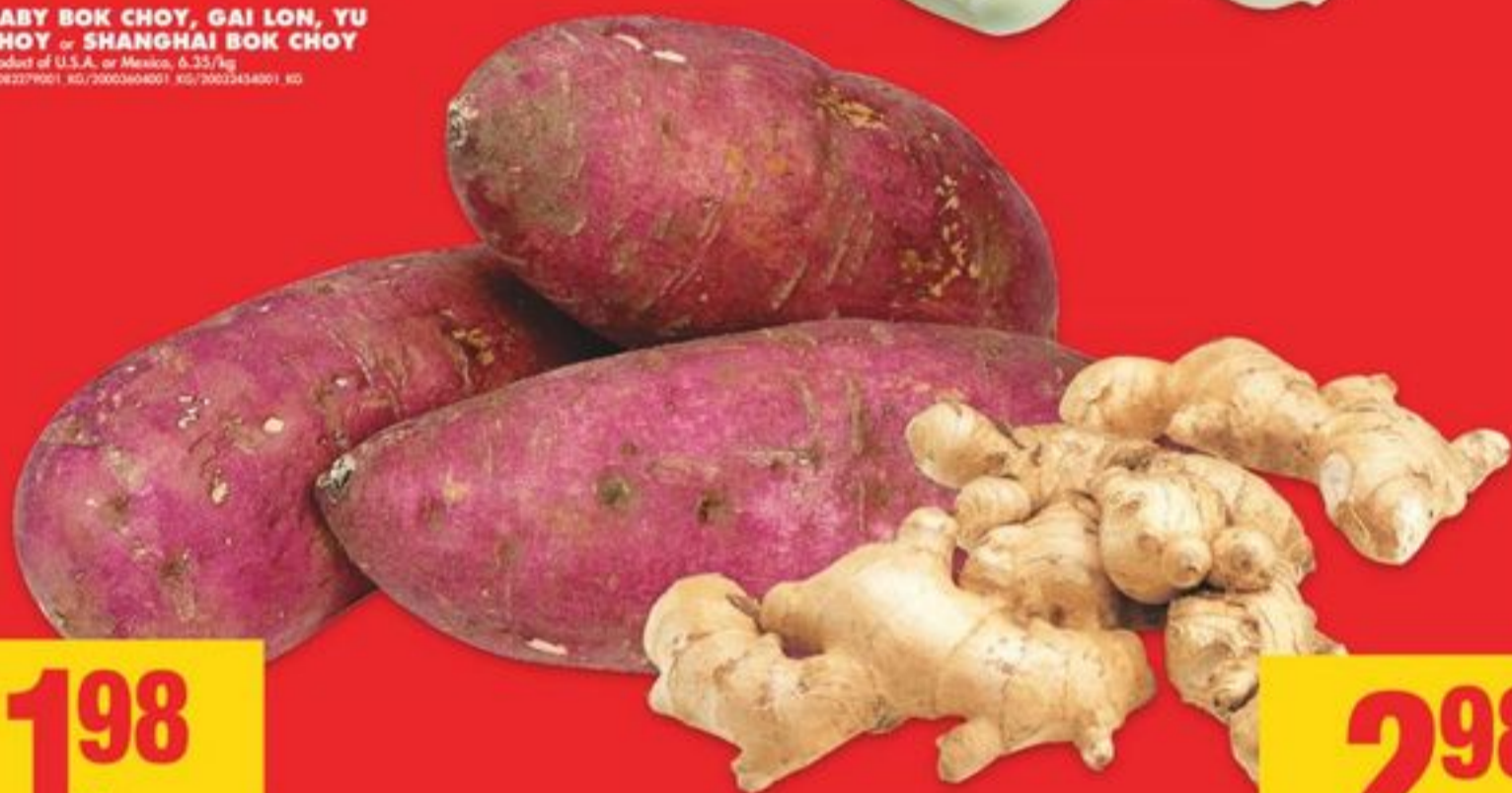
**HAPPY
LUNAR
NEW
YEAR**

恭賀新禧



2.88
LB

BABY BOK CHOY, GAI LON, YU CHOY or SHANGHAI BOK CHOY
product of U.S.A. or Mexico, 6.33/kg
30082279001_KG/30003040401_KG/30023434001_KG



1.98
LB

JAPANESE SWEET YAMS
product of U.S.A.
4.37/kg
30334923001_KG

2.98
LB

GINGER ROOT
product of China
6.57/kg
30179030001_KG

BASA STEAKS
uncooked, frozen
1 kg
30710467_SA

7.88



8.88
LB

BEEF RIB FINGER MEAT
boneless, 19.58/kg
30143104_KG



3.88
LB

GRADE A DUCK
frozen
8.55/kg
30078881_KG



4.88
LB

PORK BELLY
fresh
10.76/kg
21618914_KG



.88

GOLDEN HAPPINESS BUNS
selected varieties
100 g
31297543_SA



4.88

0 TASTY DUMPLINGS
selected varieties,
frozen
567 g
30319343001_SA



5.88

**LEE KUM KEE
SESAME OIL 445 mL
or SOY SAUCE 1.9 L**
30143080_SA/30103200_SA



2.88

KOSA INSTANT RED CURRY
selected varieties
400 g
31407002_SA/31407003_SA



3.88

**COCK BRAND
SWEET CHILI
SAUCE 650/720 mL or
FLYING GOOSE
SRIRACHA
SAUCE 730 mL**
selected varieties
30149074_SA/31499037_SA



4.88

**PALM CORNED
BEEF**
selected varieties
326 g
30418342_SA/20468337_SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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