



Always



Set low prices on select items.



ALWAYS \$4

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212-365 g
20219738 EA/20212233001 EA



ALWAYS 5.50

DANONE ACTIVIA YOGURT
selected varieties
12 x
20003412001 EA/20608904 EA



ALWAYS \$5

PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
2026178 EA



ALWAYS \$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
21363790 EA

Get down with lowered prices.

PRICE CUT EVENT

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 30 TO WEDNESDAY, FEBRUARY 5, 2025.

PAD THAI SPRING ROLLS
ROULEAUX DE PRINTemps

SAVE UP TO 53%

6⁹⁹

SCHNEIDERS
Seasoned & Savoury
SALT & CRACKED PEPPER WINGS

SCHNEIDERS CHICKEN WINGS or SCHNITZELS 450/615 g or **PC® SPRING ROLLS** 560/574 g
selected varieties, frozen
20498091, EA/21481408, EA

CLUB SIZE

SAVE 25%

5⁹⁹
LB

CHICKEN BREAST
boneless, skinless
13.21/kg
20029490, KG

NATURALLY IMPERFECT
Naturellement imparfaits
potatoes
pommes de terre

SAVE 22%

\$7

20 LB BAG

NO NAME® NATURALLY IMPERFECT® RED or RUSSET POTATOES
product of Western Provinces, Canada no. 2 grade
50044637001, EA/20101572001, EA

CREATED BY THE WESTERN PROVINCES

RED or GREEN SEEDLESS GRAPES
product of South Africa or Peru, no. 1 grade
6.55/kg

ONLY

2⁹⁷
LB

30432773001, KG/20151919001, KG

APP EXCLUSIVE OFFER
Spend \$1,000 = \$1 Value

ONLY

3⁵⁰

ZIGGY'S® SLICED DELI MEAT
selected varieties
175/300 g
21292461, EA/21294340, EA

SAVE 36%

6⁹⁹

PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
21092266, EA/21092991, EA

APP EXCLUSIVE OFFER
Spend \$1,500 = \$1.50 Value

2⁴⁹

CHRISTIE CRISPERS or BITS & BITES
selected varieties
145 g
21218227, EA/21218533, EA

SAVE 30%

2⁷⁹

GREEN GIANT FROZEN VEGETABLES
selected varieties
400-750 g
21422278, EA

SAVE 50%

3⁹⁹

HELUVA GOOD! FRENCH ONION DIP
480 g
20312766001, EA

APP EXCLUSIVE OFFER
Spend \$2,500 = \$2.50 Value for every \$5* spent on

KRAFT DINNER
selected varieties
50-200 g
2029542001, EA

SAVE UP TO 38%

2⁴⁹

MADE GOOD COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
110-150 g or **CHRISTIE CRACKERS** 175-200 g
selected varieties
21211868, EA/21214704, EA

WOW!

13⁸⁸

DAN-D PAK CASHEWS
selected varieties
20214842001, EA/20214842002, EA

SAVE 51%

3⁸⁸

ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
20210419, EA

Optimum™

Moredays™

4 days only!

Jan. 30 - Feb. 2

SURPRISE OFFER

Available for new and existing PC Optimum™ members.

Open the app to get your offer!

You could get up to

10%

Or

20%

Or

30%

back in (pts)

on almost everything instore

FLYER PRICES EFFECTIVE AT ALL B.C. AND ALBERTA STORES, EXCLUDING CALGARY AND AT NORTHERN ONTARIO STORES, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

nofrills.ca 01 NFW

FRESH AT LOW PRICES



PKG OF 5 OR 6

4.99

AVOCADOS
product of Mexico or
BLUEBERRIES
product of Mexico, Peru or Chile,
no. 1 grade
each
20142232001 EA/20080137001 EA



PINT



4.99
LB

CHERRIES
product of Chile, no. 1 grade
11.00/kg
2013490001 KG



2.99
LB

TOMATOES ON THE VINE
product of Mexico or Canada
6.59/kg
20028702001 KG



1 LB
CLAMSHELL

5.99

STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
20049779001 EA



If your produce isn't fresh,
we'll replace AND refund it.*



PKG OF 6

\$3

FARMER'S MARKETSM MINI CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20127370001 EA



3.99

CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade
20133370001 EA



6.99

3 LB BAG

PC[®] MANDARINS
product of Morocco or U.S.A.
20044941001 EA



PKG OF 3

4.99

ROMAINE HEARTS
product of U.S.A.
2004709001 EA



6 OZ
CLAMSHELL

3.99

CANTALOUPE
product of Guatemala, no. 1 grade
or **BLACKBERRIES**
product of U.S.A. or Mexico
2010017001 EA/20050101001 EA



ASPARAGUS
product of Mexico,
no. 1 grade
11.00/kg
2010000001 KG

4.99
LB



5 LB BAG

6.99

FARMER'S MARKETSM AMBROSIASM SPARTAN APPLES
product of Western Provinces,
Canada heavy grade
200364001 EA/200360001 EA



1.79

RED MANGO
product of Peru
2004000001 EA



2.49
LB

EGGPLANT or GREEN ZUCCHINI
product of Mexico
2.49/kg
2010000001 KG



4.99

PC[®], BLUE MENUSM WONDERFUL PISTACHIOS
selected varieties
product of U.S.A.
200 225 g
2010000001 EA



18.88

ORCHIDS
4 inches
21000001 EA



454 G

3.99

PC[®] WHOLE CREMINI WHITE MUSHROOMS
product of Western Provinces
20191001 EA/20190001 EA



5 LB BAG

4.99

FARMER'S MARKETSM ENGLISH CUCUMBERS or CARROTS
product of Western Provinces,
Canada no. 1 grade
2003641001 EA/2003600001 EA



5.99

3 LB BAG

FARMER'S MARKETSM LEMONS
product of U.S.A.
2010000001 EA



\$20

DELUXE BOUQUET IN SEASONAL COLORS
20000001 EA/21000001 EA

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

FRESH AT LOW PRICES

PORK COMBO CHOP
fresh, bone-in
8.80/kg
2077493 EA

3.99
LB



8.99
LB

EYE OF ROUND ROAST or
EYE OF ROUND STEAK
cut from Canada AA grade beef
19.82/kg
2006A221 EA



5.99

SCHNEIDERS JUICY JUMBOS or
SMOKED SAUSAGES
selected varieties
375-450 g
20105411 EA



10.99

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or **PATTIES**
selected varieties
1.2/1.4 kg
2077928 EA



\$6

SEAQUEST FROZEN FISH FILLETS
selected varieties
400 g
21114740 EA



6.99

SEAQUEST COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g or **SMALL SCALLOPS** 400 g
frozen
21042887 EA/21104827 EA



10.99

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
600 g
21092782 EA



5.99

PC SALAMI 150 g or **MASTRO SALAMETTI CHUB** 300 g
selected varieties
20202790 EA/20211513 EA



\$6

CASTELLO CHEESE
selected varieties
125-200 g
20428374 EA
20274963 EA



\$19

PC BLUE MENU BONELESS, SKINLESS CHICKEN BREAST
4's, up to 841 g
21406270 EA



2.49

WONDER BREAD 570 g or **BUNS** 12's
selected varieties
20205474 EA/20210827 EA



3.29

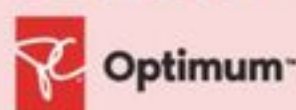
CASA MENDOSA 7 or 10 inch TORTILLAS
selected varieties
240-640 g
2136A318 EA



\$5

FARMER'S MARKET COOKIES
selected varieties
12's
2026A295 EA

More days More days More days



More days™

Jan. 30 - Feb. 5



APP EXCLUSIVE OFFER*

Optimum
EARN
4,000 ^{pts} = \$4 Value

for every \$8* spent on

CHEERIOS, CHEX, or OATMEAL CRISP CEREAL
excludes Jumbo size
21104047 EA



APP EXCLUSIVE OFFER*

Optimum
EARN
5,000 ^{pts} = \$5 Value

for every \$10* spent on

PILLSBURY REFRIGERATED DESSERTS, STRUDEL or PIZZA POPS
all sizes and varieties, excluding 2.85 kg
20220943002 EA/211051340 EA



APP EXCLUSIVE OFFER*

Optimum
EARN
2,000 ^{pts} = \$2 Value

Optimum

Members-Only Price™

388

Non-members

449

\$6

PC® FLAVOUR BURST® BLUEBERRIES
product of Mexico, Peru or Morocco,
no. 1 grade
9.8 oz
20573077 EA

PC® FROZEN FRUIT
selected varieties
300-600 g
20112237 EA/21127941 EA

APP EXCLUSIVE OFFER*

Optimum
Members-Only Price™
349

Non-members

\$4



PC® THIN CRUST or FLATBREAD PIZZA
excluding PC® Black Label Pizzas,
selected varieties, frozen
330-455 g
20071474 EA

APP EXCLUSIVE OFFER*

Optimum
Members-Only Price™
499

Non-members

599



PC® CHOPPED SALAD KITS
selected varieties
product of U.S.A., 285-309 g
21176011 EA/21448996 EA

APP EXCLUSIVE OFFER*

Optimum
Members-Only Price™
899

Non-members

999



AVEENO BODY WASH
selected varieties
332 mL
201120007 EA

JAMIESON VITAMINS or SUPPLEMENTS

APP EXCLUSIVE OFFER*

Optimum
EARN
8,000 ^{pts} = \$8 Value

for every \$25* spent on



VH COOKING or DIPPING SAUCE

Optimum

EARN
1,000 ^{pts} = \$1 Value

379



SILK REFRIGERATED BEVERAGES, CREAMERS, CHEESES or YOGURTS

Optimum

EARN
3,000 ^{pts} = \$3 Value

for every \$9* spent on



Optimum

EARN
3,000 ^{pts} = \$3 Value

699

BUTTERBALL TURKEY BACON
373 g
20071441 EA

Optimum

EARN
1,500 ^{pts} = \$1.50 Value

1,500



Optimum

EARN
1,000 ^{pts} = \$1 Value

399

CHRISTIE OREO CAKESTERS 285 g or FAMILY SIZE COOKIES 374-488 g
selected varieties
21044007 EA/21047101 EA

Optimum

EARN
1,500 ^{pts} = \$1.50 Value

399

CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
450-500 g
2110004 EA

Optimum

EARN
1,000 ^{pts} = \$1 Value

529



NO GST*

For a complete list of eligible items, scan here

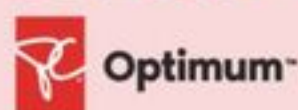


*GST Relief on eligible items effective December 14, 2024 to February 15, 2025. For details, scan QR code or visit <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break.html>. Shelf labels for GST Relief eligible items may indicate that GST applies; however, no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

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.



More days More days More days



More days™

Jan. 30 - Feb. 5



Optimum
Members-Only Price**
1.88
Non-members
2.49

I CAN'T BELIEVE IT'S NOT BUTTER
MARGARINE 427 g
or BECEL GARLIC
PLANT BUTTER 227 g
2004194901_EA

INTERNATIONAL
DELIGHT
COFFEE CREAMER 946 mL or
COLD FOAM 376 g
selected varieties
2009548002_EA



Optimum
Members-Only Price**
\$4
Non-members
4.49



Optimum
Members-Only Price**
\$3
Non-members
3.49



CAMPBELL'S
CREAM OF MUSHROOM,
TOMATO, VEGETABLE or
CHICKEN NOODLE SOUP
284 mL
20176214004_EA

Optimum
Members-Only Price**
.88
Non-members
\$1

DANONE
ACTIVIA YOGURT
selected varieties
450 g
2022122002_EA

Optimum
Members-Only Price**
3.99
Non-members
4.49

QUAKER CEREAL 330-300 g or
HARVEST CRUNCH 333-519 g
selected varieties
20072012412014_EA

Optimum
Members-Only Price**
4.50
Non-members
4.99

FARMER'S MARKET™
MINI DOUGHNUTS
selected varieties
400 g
2100042_EA

Optimum
Members-Only Price**
3.99
Non-members
4.29

PHILADELPHIA
CREAM CHEESE PRODUCT
selected varieties
237/230 g
2006207_EA/2006208_EA

Optimum
Members-Only Price**
7.99
Non-members
8.49

BEYOND MEAT ITALIAN
SAUSAGES
selected varieties
400 g
21200712_EA

Optimum
Members-Only Price**
5.99
Non-members
6.49

SIGGI'S ICELANDIC SKYR
selected varieties
450/730 g
2102074_EA/2102075_EA

Optimum
Members-Only Price**
2.49
Non-members
2.99

BARILLA PASTA
selected varieties
343/470 g
2002076_EA/2100000_EA

Optimum
Members-Only Price**
\$2
Non-members
2.49

BUSH'S BAKED BEANS
selected varieties
288 mL
200120007_EA

Optimum
Members-Only Price**
\$3
Non-members
3.79

RIO MARE
TUNA SALAD BOWLS
selected varieties
140 g
2100042_EA

Optimum
Members-Only Price**
2.50
Non-members
2.99

CHEEMO PEROGIES
selected varieties, frozen
745/907 g
2001007_EA

Optimum
Members-Only Price**
5.49
Non-members
5.99

GIUSEPPE
THIN CRUST, RISING CRUST
selected varieties,
frozen
429/783 g
2110001_EA

Optimum
Members-Only Price**
2.99
Non-members
3.99

HEINZ KETCHUP
selected varieties
375 mL
2017001_EA/2017002_EA

Optimum
Members-Only Price**
4.49
Non-members
4.99

KRAFT CHEEZ WHIZ
selected varieties
430 g
20040001_EA

Optimum
Members-Only Price**
4.99
Non-members
5.49

ORVILLE REDENBACHER
MICROWAVE
POPCORN KERNEL JAR
selected varieties
430 g
200120001_EA

Optimum
Members-Only Price**
6.49
Non-members
6.99

PAM COOKING SPRAY
selected varieties
143/170 g
2017001_EA

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.

Optimum
EARN
4,500 pts
for every \$10*
spent on

=\$4.50
Value

all Liberté and Yoplait items
excludes Yoplait YOP 12x200 mL
20317317001_EA/20642273_EA



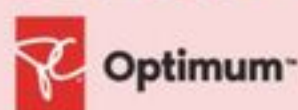
Optimum
EARN
3,000 pts
for every \$10*
spent on

=\$3
Value

Del Monte jugs
selected varieties
2.5 L
21437174_EA/21595736_EA



More days More days More days



More days™

Jan. 30 - Feb. 5

STARBUCKS COFFEE ENHANCER
selected varieties
228 mL
21438900_EA

EARN **1,000** ^{PM} = \$1 Value

6⁹⁹



Optimum
Members-Only Price™
2⁹⁹
Non-members
3⁴⁹

Optimum
Members-Only Price™
2⁹⁹
Non-members
3⁴⁹

Optimum
Members-Only Price™
3⁹⁹
Non-members
4⁹⁹

DAIRYLAND CREAM 10% 946 mL or **33%** 473 mL or **LACTANTIA CREAM 10%** 1 L or **35%** 473 mL
selected varieties
30072927_EA/21443331_EA

EGGO WAFFLES
selected varieties, frozen
8's
20302779_EA

CHAPMAN'S PREMIUM ICE CREAM 2 L or **YUKON NOVELTIES** 5-8's
selected varieties, frozen
2023372001_EA/21012283_EA

Optimum
Members-Only Price™
4⁹⁹
Non-members
5⁴⁹



SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
212-200 mL
200000001_EA/2001073800_EA

Optimum
Members-Only Price™
2⁴⁹
Non-members
2⁹⁹



NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
120-220 g
200000001_EA/200000001_EA

Optimum
EARN **3,000** ^{PM} = \$3 Value
for every \$10* spent on



LECLERC COOKIES 140-223 g **CHOCO MAX, MUFFIN MAX, NUGABAR or GO PURE BARS** 140-223 g
selected varieties
200000001_EA/210000001_EA

Optimum
EARN **2,000** ^{PM} = \$2 Value
for every \$10* spent on



BLUE DRAGON SAUCES
selected varieties
120-210 mL
200000001_EA/200100001_EA

EARN **300** ^{PM} = \$0.30 Value

2⁴⁹

DARE CRACKERS, DRY BREADS or CRISPS
selected varieties
100-223 g
200700001_EA/210000001_EA

EARN **100** ^{PM} = \$1 Value

.84

COLGATE TOOTHPASTE 50-95 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
200100001_EA/200100001_EA



Optimum
Members-Only Price™
2⁷⁹
Non-members
\$3



BLUE DIAMOND ALMOND BREEZE BEVERAGE
selected varieties
946 mL
200100001_EA

EARN **1,500** ^{PM} = \$1.50 Value

12⁹⁹

ZIPLOC MEGA STORAGE BAGS
selected varieties
40-279 L
210000001_EA



EARN **1,000** ^{PM} = \$1 Value

5⁹⁹

TRESEMMÉ HAIR CARE
selected varieties
190-211 g/230-238 mL
210000001_EA/210000001_EA



Optimum
Members-Only Price™
19⁹⁹
Non-members
23⁹⁹



TIDE LIQUID 3.9 L or **PODS or FLINGS** 43/57/70's
LAUNDRY DETERGENT
selected varieties
210000001_EA/210000001_EA

EARN **1,000** ^{PM} = \$1 Value

13⁹⁹

FINISH AUTO DISH TABS 30-32's or **JET DRY** 440 mL
selected varieties
210000001_EA/210000001_EA



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.

Optimum
EARN **1,000** ^{PM} = \$1 Value
for every \$5* spent on

Pringles Party Stack potato chips 194/203 g or **Mingles** 153 g
selected varieties
21074284_EA/21626362_EA



Optimum
EARN **4,000** ^{PM} = \$4 Value
for every \$10* spent on

Ben & Jerry's, Magnum, Breyers or Popsicle items
all sizes and varieties
20301205006_EA/21428403_EA



JANUARY

**HIT
OF THE
MONTH**



GoGo SqueeZ Fruit Sauce
Selected varieties, 360 g
20322697002_EA



**Catelli Smart or
Healthy Harvest Pasta**
Selected varieties, 340 g/375 g
20527265_EA/20299819009_EA



Bolthouse Farms Smoothies or Juice
Selected varieties, 946 mL, Product of U.S.A.
20301788_EA/20325816_EA



Q-tips Cotton Swabs
400's
21216550_EA

See in store for details.

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid January 1st - 31st, 2025. We reserve the right to limit quantities to reasonable family requirements.

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

2⁹⁹

CATELLI GLUTEN FREE PASTA
selected varieties
300/340 g
30794241 SA



PRICE DROP

5⁴⁹

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
31183492 SA



GIUSEPPE EASY PIZZI PIZZA
selected varieties, frozen
560-600 g
31399517 SA



LIBERTÉ GREEK 650/750 g or YOPLAIT 16's or YOP NO SUGAR ADDED 8's, YOGURT
selected varieties
3031717001 SA/30842073 SA

PRICE DROP

5⁹⁹

PRICE DROP

6⁴⁹



PRICE DROP

2⁹⁹

KELLOGG'S RICE KRISPIES 176/198 g, POP TARTS 304 g, SPECIAL K 131 g or NUTRI-GRAIN 291 g BARS
selected varieties
3033347007 SA/3033348001 SA



PRICE DROP

2⁴⁹

LECLERC CELEBRATION COOKIES
selected varieties
340 g
3063270001 SA/3063270073 SA



PRICE DROP

\$7

TRE STELLE CHEESE TWIN PACK
selected varieties
340-540 g
31700006 SA/31700008 SA



PRICE DROP

2²⁹

MAYNARD'S 130/154 g or WERTHER'S CANDY 110-130 g BARS
selected varieties
30394717 SA/31394718 SA

STAGG CHILI
selected varieties
423 g
30813001 SA

PRICE DROP

2⁶⁹



PRICE DROP

2⁴⁹

PALMOLIVE DISHWASHING LIQUID
selected varieties
391 mL
31000006 SA/31000008 SA



PRICE DROP

1⁵⁰

COCA-COLA SOFT DRINKS or PC® SPRING WATER 4 L
selected varieties
30399002 SA/31399001 SA



PRICE DROP

\$2

NO NAME® FRUIT BEVERAGES
selected varieties
2 L
3023470001 SA



PRICE DROP

\$4

EARTH'S OWN BEVERAGES
selected varieties
1.75 L
31017700 SA



PRICE DROP

4²⁹

OASIS SMOOTHIES or HEALTH BREAK
selected varieties
1.8 L
31022000 SA/31022001 SA



PRICE DROP

3⁴⁹

MUTTI PASTE
156 mL
30334001 SA



PRICE DROP

4²⁹

ITALPASTA LASAGNA
selected varieties
325-500 g
3031340001 SA



PRICE DROP

4⁴⁷

MUTTI PASSATA
selected varieties
480 mL
30334001 SA



**LOW PRICES
ARE IN
THE AIR**



3⁹⁹

HERSHEY'S KISSES 180 g or
**REESE'S PEANUT BUTTER
HEARTS** 161 g
selected varieties
21617827_EA/20078378_EA
WHILE QUANTITIES LAST



6⁹⁹

**REESE'S
MINIATURES HEARTS**
165 g
20275866001_EA
WHILE QUANTITIES LAST



6⁹⁹

FERRERO HEARTS
100 g
20131802001_EA
WHILE QUANTITIES LAST

MULTI BUY? TRY SINGLE BUY.



ONE FOR
279

BEN'S BISTRO RICE
selected varieties
240/250 g
31403342 EA



ONE FOR
\$2

CAMPBELL'S BROTH
selected varieties
250/900 mL
3022248001 EA/31347245 EA



ONE FOR
\$3

KRAFT SALAD DRESSINGS
selected varieties
425 mL
21584830 EA/21284931 EA



ONE FOR
125

OLD EL PASO SEASONING
selected varieties
24 g
21049483 EA



ONE FOR
.90

FRISKIES or FANCY FEAST WET CAT FOOD
selected varieties
85/156 g
3021943307 EA/2024868701 EA



ONE FOR
399

LYSOL MULTI SURFACE CLEANER 1.2 L or
SPRAYS 650-950 mL
selected varieties
30209673003 EA/20210677901 EA

1000s OF LOWERED PRICES EVERY DAY!



PRICE DROP

3.49

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
21041420 EA/21334024 EA

PRICE DROP

5.99

COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL or MANUAL TOOTHBRUSH 2%
selected varieties
20119237002 EA/21144430 EA

PRICE DROP

3.49

GARNIER FRUCTIS HAIR CARE
selected varieties
334-370 mL
21007181 EA/21007198 EA

PRICE DROP

6.49

SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
21167794 EA

PRICE DROP

2.99

HERBAL ESSENCES HAIR CARE
selected varieties
348 mL
23247998 EA/21327099 EA

PRICE DROP

4.49

IVORY BAR SOAP or BODY WASH 421 mL
selected varieties
20247887002 EA
2040340001 EA

PRICE DROP

2.99

LADY or MEN'S SPEEDSTICK DEODORANT
selected varieties
45-85 g
20348223001 EA
20847071 EA

PRICE DROP

4.99

ST. IVES BODY LOTION
selected varieties
600 mL
21084051 EA/21084107 EA

PRICE DROP

4.79

ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS
selected varieties
10-72's
21448764 EA
21420094 EA

PRICE DROP

1.79

GERBER BABY FOOD JARS 135-162 mL or **ORGANIC BABY FOOD POUCHES** 99 g/128 mL
selected varieties
21034094 EA/21484048 EA

PRICE DROP

4.49

GERBER INFANT CEREAL
selected varieties
227 g
2001832904 EA/2001832907 EA

PRICE DROP

12.99

BOOST READY TO DRINK SHAKES
selected varieties
6x237 mL
20304429002 C04/20984341 C04

PRICE DROP

9.99

PEDIASURE COMPLETE
selected varieties
4x235 mL
20222414001 EA/20222414002 EA

PRICE DROP

7.99

HUGGIES 3X BABY WIPES
selected varieties
168-192's
20558404 EA

ALWAYS \$4

LIFE BRAND MOUTHWASH
selected varieties
1 L
21201384 EA/21201406 EA

BUDGETS LOVE YELLOW.

(So switch)

IMPERFECT APPLES, PERFECT PRICES

Find beauty in our imperfections and enjoy our no name® Naturally Imperfect Apples (6LB).

\$7

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Western Provinces
2084993001_SA



\$7

2.5 LB BAG

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
product of Canada or Mexico
20921424001_SA



GROWN IN CANADA

\$6

3 LB BAG

NO NAME® NATURALLY IMPERFECT™ ENGLISH CUCUMBERS
product of Canada
21046471001_SA



3 LB BAG

NO NAME® NATURALLY IMPERFECT™ AVOCADOS
product of Mexico
2108A003001_SA

\$7



2 LB BAG

NO NAME® NATURALLY IMPERFECT™ LIMES
product of Mexico
21124368001_SA

\$5



4 LB BAG

NO NAME® NATURALLY IMPERFECT™ LEMONS
product of U.S.A.
21134488001_SA

\$6

no name®



Optimum™ **Moredays™**

Jan. 30–Feb. 5

**Bank & Save
Bank & Save
Bank & Save
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Bank & Save**



Get
\$150 in **pts***

Earn PC Optimum™ points for banking and now interest on your savings. Only with a **PC Money™ Account**.

pcfinancial.ca/wontbebeat

*Limited time offer. Conditions apply. For full details visit pcfinancial.ca/wontbebeat. PC Money™ Account is provided by President's Choice Bank.



Optimum™ **Moredays™**

Jan. 30–Feb. 5

**More Points
More Points
More Points
More Points
More Points
More Points
More Points**



Get up to
\$100 in **pts***

Earn unlimited PC Optimum™ points (that never expire) on all your everyday purchases with a no annual fee **PC® Mastercard®**.

pcfinancial.ca/nofrills

*Limited time offer. Conditions apply. For full details visit pcfinancial.ca/nofrills. PC® Mastercard® is provided by President's Choice Bank.

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January 30 - February 5, 2025

Earn*

15,000^{pts}

\$15
value

for every \$100* spent on any combination of Boston Pizza, DoorDash, Google Play, The Keg, and Ultimate Dining Card gift cards.



Google Play gift card purchases are subject to a \$200 limit. 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 any combination of Boston Pizza, DoorDash, Google Play, The Keg, and Ultimate Dining Card, Harvey's, and Swiss Chalet 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. All other trademarks are property of their respective owners.



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More days™

BONUS 30

pts

per litre of fuel
purchased at Esso™
or Mobil™ stations.*

Jan. 30–Feb. 2



Mobil™

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*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

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.

ONLINE NF MKT