

PRICE CUT EVENT

Get down with
lowered prices.



SAVE UP TO 60%

1.99

10 LB BAG

RUSSET or YELLOW POTATOES
product of Ontario, Canada no.1 grade
pommes de terre
2061102001 EA/20601017001 EA



SAVE 28%

2.88

2 LB BAG

FARMER'S MARKET™ LEMONS
product of Spain or Turkey
citrons
20795315001 EA



SAVE UP TO 37%

1.88

6OZ CLAMSHELL

BLACKBERRIES product of Mexico or
BLUEBERRIES product of Chile, Peru or Mexico, no. 1 grade
mûres ou bleuets
20051015001 EA/20153465001 EA



SAVE 33%

3.99

312 G

PC® BABY SPINACH or SPRING MIX
product of U.S.A.
jeunes épinards ou mélange fontanier
1704384 EA/21204385 EA

Get down with lowered prices.

PRICE CUT
EVENT

NOFRILLS

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



SAVE UP TO 57%

5.99

SCHNEIDERS
Sweet & Sticky
GARLIC FLAVOUR WINGS
615 g

SCHNEIDERS CHICKEN WINGS or SCHNITZELS
selected varieties, frozen
450/615 g
ailes de poulet ou escalopes
21279433 EA



CLUB SIZE

SAVE 26%

4.64
LB

CHICKEN BREAST
boneless, skinless
poitrines de poulet
10.23/kg
20654124 KU



3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties
175/300 g
charcuterie tranchées
21589532 EA/21392461 EA



APP EXCLUSIVE OFFER
Optimum
EARN 1,000 pts
PER PACKAGE = \$1 Value



SAVE 22%

.77

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



SAVE 37%

2.50

GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
légumes
21022277 EA/21022353 EA



SAVE 50%

3.99

HELUVA GOOD! FRENCH ONION DIP
680 g
trempeuse
2031278001 EA



SAVE UP TO 56%

3.50

ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
mouchoirs
20703419 EA



SAVE UP TO 50%

1.99

MADE GOOD COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES
110-150 g or **CHRISTIE CRACKERS** 175-200 g
selected varieties
biscuits ou carrés ou bouchées ou croquants
21351846 EA/21547034 EA



SAVE 25%

11.88

DAN-D PAK CASHEWS
selected varieties
noix de cajou
30314862001 EA/20314862002 EA

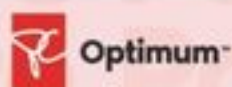
FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(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



Moredays™

4 days only!

Jan. 30 – Feb. 2

SURPRISE OFFER

Available for new and existing PC Optimum™ members.

You could get up to



back in (pts)

on almost everything instore



Open the app to get your offer!

*Members must open their PC Optimum™ App by February 2, 2025 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between January 30 and February 2, 2025, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App.

APP EXCLUSIVE OFFER*

Optimum
EARN
2,500 pts = **\$250**
Value

for every \$5*
spent on

KRAFT DINNER

selected varieties, 50-200 g
macaroni au fromage
21549526_EA



APP EXCLUSIVE OFFER*

Optimum
EARN
1,500 pts = **\$150**
Value

249

CHRISTIE CRISPERS

or **BITS & BITES**

selected varieties
145 g
craquelins ou collations
21358327_EA/21358333_EA

FRESH AT LOW PRICES



1 LB CLAMSHELL

4.99
LB/EA

CHERRIES 11.00/kg
product of Chile, no. 1 grade or
STRAWBERRIES each
product of U.S.A. or Mexico, no. 1 grade
cerises ou fraises
2015949001, RG/20049778001, EA

BROCCOLI CROWNS
product of U.S.A.,
each
couronnes de brocoli
21121560001, EA

1.99



3.99

CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade
chou-fleur
2013337001, EA



2.49
LB

ROMA TOMATOES
product of Canada, Mexico or U.S.A.,
no. 1 grade
tomates roma
5.49/kg
20143381001, RG



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



1.69

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
concombres anglais
20070132001, EA



3.99

PKG OF
5 OR 6

AVOCADOS
product of Mexico
avocats
2144493001, EA



4.99

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade
pommes
21307212001, EA/20176799001, EA



2.49

BUNCH SPINACH
product of U.S.A.
épinards en botte
20142840001, EA



4.49

PKG OF 4

RED or GREEN SWEET PEPPERS
product of Mexico
poivrons
20113333001, EA/20013209001, EA



6.99

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco,
Spain or Egypt
mandarines
20054023001, EA

PKG OF 2

2.99

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20082750001, EA



2.99

PINEAPPLE
product of Costa Rica or
RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
ananas ou framboises
20140992001, EA/20128938001, EA

6 OZ
CLAMSHELL



4.99

PC®, BLUE MENU® or WONDERFUL PISTACHIOS
selected varieties,
product of U.S.A.
200-225 g
pistaches
201403322, EA/20239219, EA

200-225 g
PISTACHIOS

200-225 g
CALIFORNIA PISTACHIOS
WITH SALT
CALIFORNIA PISTACHIOS
WITH SALT



2.49

227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou
cremini tranchés ou entiers
20175811, EA/20178229, EA



2.99

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Ontario,
Canada no. 1 grade
carottes ou oignons jaunes
2040027001, EA/2081194001, EA



4.99

3 LB BAG

FARMER'S MARKET™ NAVAL ORANGES
product of Morocco,
Spain or Turkey
oranges navet
20142945001, 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



3.49
LB

CHICKEN LEGS
back-attached
cuisses de poulet
7.69/kg
20634709_KG



3.99
LB

LEAN GROUND PORK
fresh
porc haché maigre
8.80/kg
20333851_KG



5.99

PC® SAUSAGES or MAPLE LODGE FARMS ULTIMATE MILD CHICKEN SAUSAGE
selected varieties
375/500 g
saucisses
21378310_EA/21384342_EA



6.99

PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
bûtonnets de pepperoni
ou bouchées de dinde fumée
21099286_EA/21099291_EA



5.99

SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES
375/450 g or
SCHNEIDERS BOLOGNA
375/500 g
selected varieties
saucisses ou bologna
20105411_EA



7.44
LB

EXTRA LEAN GROUND BEEF
fresh
boeuf haché extra maigre
16.40/kg
20337912_KG



10.99

SWISS CHALET PORK BACK RIBS
fully cooked,
selected varieties
600 g
côtes de dos de porc
21042780_EA



\$6

CASTELLO CHEESE
selected varieties
125-200 g
fromage
20428374_EA/20574963_EA



5.99

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
21314740_EA



6.99

SEAQUEST® COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g or
SMALL SCALLOPS
400 g
frozen
crevettes blanches colossales
cruces ou petits palourdes
21043887_EA



2.49

WONDER BREAD BUNS
675 g or
8's
selected varieties
pain ou petits pains
20376296_EA/20397453_EA



2.99

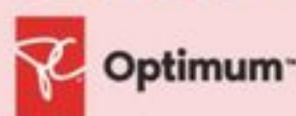
D'ITALIANO BREAD BUNS
600/675 g
or
6/8's
selected varieties
pain ou petits pains
20038335_EA/20634949_EA



\$5

FARMER'S MARKET COOKIES
selected varieties
12's
biscuits
20566295_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 cereals
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, including 2.85 kg desserts réfrigérés ou pâtisseries ou pizza
2021803401 EA/21505340 EA



APP EXCLUSIVE OFFER*

Optimum™
EARN
2,000 pts = **\$2** Value

APP EXCLUSIVE OFFER

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 tubs
20572077 EA

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20212227 EA/21377841 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
pizza
2071529 EA

APP EXCLUSIVE OFFER*

Optimum™
Members-Only Price™
499

Non-members
599

PC® CHOPPED SALAD KITS
selected varieties
product of U.S.A., 285-369 g
salades
21278021 EA/21440976 EA

APP EXCLUSIVE OFFER*

Optimum™
Members-Only Price™
899

Non-members
999

AVEENO BODY WASH
selected varieties
532 mL
savon pour le corps
202120962 EA

JAMIESON VITAMINS or SUPPLEMENTS
all sizes and varieties
vitamines ou suppléments
20229921 EA
20229922 EA

APP EXCLUSIVE OFFER*

Optimum™
EARN
8,000 pts = **\$8** Value

for every \$25* spent on

VH COOKING or DIPPING SAUCE
selected varieties
241-380 mL
sauce
2020072001 EA/20964013 EA

Optimum™
EARN
1,000 pts = **\$1** Value

350

SILK REFRIGERATED BEVERAGES, CREAMERS, CHEESES or YOGURTS
all sizes and varieties,
boissons ou yaourts à café ou fromages ou yaourts
202120961 EA/21243246 EA

Optimum™
EARN
3,000 pts = **\$3** Value

for every \$9* spent on

Optimum™
EARN
3,000 pts = **\$3** Value

649

BUTTERBALL TURKEY BACON
373 g
bacon de dinde
20018461 EA

KELLOGG'S or KASHI CEREAL
selected varieties
269-525 g
céréales
21426014 EA/20917673 EA

Optimum™
EARN
1,500 pts = **\$1.50** Value

Optimum™
EARN
1,000 pts = **\$1** Value

399

CHRISTIE OREO CAKESTERS 285 g or FAMILY SIZE COOKIES 374-488 g
selected varieties
biscuits
21248007 EA/21248103 EA

Optimum™
EARN
1,500 pts = **\$1.50** Value

399

CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
450-500 g
craquelins
2110904 EA

MAYNARDS CANDY
selected varieties
308/315 g
bonbons
21248009 EA

Optimum™
EARN
1,000 pts = **\$1** Value

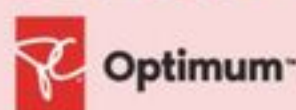
529

NO HST* For a complete list of eligible items, scan here

*HST 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 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.

Moredays Moredays Moredays



Moredays™

Jan. 30 - Feb. 5



Optimum
Members-Only Price**
188
Non-members
249

I CAN'T BELIEVE
IT'S NOT BUTTER
MARGARINE 427 g
or BECEL GARLIC
PLANT BUTTER 227 g
margarine ou beurre à l'ail à base de plantes
2004144901_EA



Optimum
Members-Only Price**
\$4
Non-members
449

INTERNATIONAL DELIGHT
COFFEE CREAMER 946 mL or
COLD FOAM 396 g
selected varieties
colorants à café ou mousse froide
2089548002_EA



Optimum
Members-Only Price**
299
Non-members
333

DANONE
ACTIVIA YOGURT
selected varieties
650 g
yogourt
2022312203_EA



Optimum
Members-Only Price**
\$3
Non-members
379

RIO MARE TUNA
SALAD BOWLS or TUNA IN OLIVE OIL
selected varieties
160 g
boîte de salade de thon
ou thon dans l'huile d'olive
20071501_EA



EARN **1,000** = \$1 Value
399

QUAKER CEREAL 330-500 g or
HARVEST CRUNCH 325-510 g
selected varieties
céréales ou granola
2007202_EA/2114034_EA



EARN **500** = 50¢ Value
450

FARMER'S MARKET
MINI DOUGHNUTS
selected varieties
400 g
mini-bûchettes
2112001_EA



Optimum
Members-Only Price**
399
Non-members
429

PHILADELPHIA
CREAM CHEESE PRODUCT
selected varieties
337-326 g
produit de fromage à la crème
2007207_EA/2008203_EA



EARN **500** = 50¢ Value
799

BEYOND MEAT
ITALIAN SAUSAGES
selected varieties
400 g
saucisses végétales à base de plantes
2100012_EA



EARN **500** = 50¢ Value
599

SIGGI'S
ICELANDIC SKYR YOGURT
selected varieties
450-720 g
yogourt skyr
2100012_EA



EARN **300** = 30¢ Value
249

BARILLA PASTA
selected varieties
340-410 g
pâtes
2007202_EA/2104002_EA



Optimum
Members-Only Price**
\$2
Non-members
249

BUSH'S BEST
BAKED BEANS 370 mL or
RO-TEL TOMATOES 382 g/264 mL
selected varieties
boîtes de haricots
200715001_EA/2103002_EA



EARN **500** = 50¢ Value
250

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
perogies
20071501_EA



EARN **500** = 50¢ Value
549

GIUSEPPE
THIN CRUST, RISING CRUST
selected varieties, frozen
420-793 g
pizza
2103001_EA



Optimum
Members-Only Price**
299
Non-members
399

HEINZ KETCHUP
selected varieties
233 mL
ketchup
2100012_EA/2100013_EA



EARN **500** = 50¢ Value
449

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
2008203_EA



EARN **1,000** = \$1 Value
499

ORVILLE REDENBACHER
MICROWAVE POPCORN 305-402 g or
KERNEL JAR 420 g
selected varieties
popcorn
20071501_EA



EARN **1,000** = \$1 Value
599

PAM COOKING SPRAY
selected varieties
450-570 g
pulvérisateur
2007202_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** = \$4.50 Value
for every \$10*
spent on



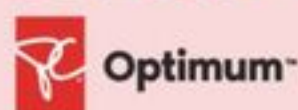
all Liberté and Yoplait items
excludes Yoplait YOP 12x200 mL
yogourt
20017317001_EA/20642273_EA

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



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

Moredays Moredays Moredays



Moredays™

Jan. 30 - Feb. 5

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
renforceur pour café
21338473_EA

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

6⁹⁹



Optimum
Members-Only Price**
3⁴⁹
Non-members
3⁹⁹



NEILSON CREAM
5/10% 1 L or
18/35% 473 mL
crème
20132609_EA/20774431_EA



Optimum
Members-Only Price**
3⁹⁹
Non-members
4⁹⁹



CHAPMAN'S PREMIUM ICE CREAM 2 L or
YUKON NOVELTIES 5-6's
selected varieties, frozen
crème glacée ou fraidises glacées
20323573001_EA/21012281_EA



EGGO WAFFLES
selected varieties, frozen
8's
gâfres
20320779_EA

Optimum
Members-Only Price**
2⁹⁹
Non-members
3⁴⁹

Optimum
Members-Only Price**
4⁹⁹
Non-members
5⁴⁹

SMUCKER'S JAM or JELLY
selected varieties
319-600 mL
confiture ou gelée
20080041_EA/20080041_EA



Optimum
Members-Only Price**
2⁴⁹
Non-members
2⁹⁹



NATURE VALLEY GRANOLA BARS, MOTT'S - BETTY CROCKER FRUIT SNACKS
selected varieties, 120-220 g
barres granolées ou collations aux fruits
20220020_EA/20220020_EA

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

LECLERC COOKIES 225-323 g
CHOCO MAX, MUFFIN MAX, NUGABAR or GO PURE BARS 140-223 g
selected varieties
biscuits ou barres granolées
20080721_EA/21009338_EA



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



BLUE DRAGON SAUCES
selected varieties, 124-230 mL
sauces
20070008_EA

EARN **300** ^{PM} = 30¢ Value

2⁴⁹

DARE CRACKERS, DRY BREADS or CRISPS
selected varieties
100-223 g
craquelins ou paines secs
20170041_EA/21000041_EA



EARN **100** ^{PM} = 10¢ Value

\$1

COLGATE or CREST TOOTHPASTE or MANUAL TOOTHBRUSH 1 or
selected varieties
dentifrice ou brosse à dents manuelle
200807007_EA/20070002_EA



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

BLUE DIAMOND ALMOND BREEZE BEVERAGE
selected varieties
946 mL
boisson à l'amande
20070008_EA



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

11⁴⁹

ZIPLOC STORAGE BAGS
selected varieties
60-270's
sacs de rangement
21000041_EA



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

5⁹⁹

TRESemme HAIR CARE
selected varieties
190-311 g/148-428 mL
soins capillaires
20080041_EA/21000041_EA



Optimum
Members-Only Price**
19⁹⁹
Non-members
23⁹⁹



TIDE LIQUID, PODS or FLINGS LAUNDRY DETERGENT
selected varieties
détergeant à lessive
21000041_EA/21000041_EA

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

13⁴⁹

FINISH AUTO DISH TABS 30-40's or
JET DRY 144 mL
selected varieties
repasants de détergent pour lave-vaisselle
ou repasants de détergent
21000041_EA/21000041_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.

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

Pringles Party Stack potato chips 194/203 g or **Mingles** 155 g
selected varieties
croustilles
21074284_EA/21428258_EA



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

Ben & Jerry's, Magnum, Breyers or Popsicle items
all sizes and varieties
crème glacée ou fraidises glacées
20301205006_EA/21428213_EA



JANUARY

**HIT
OF THE
MONTH**



\$2²⁵

GoGo Squeez Fruit Sauce

Selected varieties, 360 g
Limit: 4, over limit retail \$3.00
20322697002_EA



\$1⁵⁰

**Catelli Smart or
Healthy Harvest Pasta**

Selected varieties, 340 g/375 g
Limit: 6, over limit retail \$2.00
20527265_EA/20299819009_EA



\$4

Bolthouse Farms Smoothies or Juice

Selected varieties, 946 mL, Product of U.S.A.
Limit: 6, over limit retail \$6.00
20301788_EA/20325816_EA



Q-tips Cotton Swabs

400's
21216550_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid January 1st - 31st, 2025. *Member price only applicable to valid PC Optimum™ program members. To register as a member visit pc optimum.ca.



Always



Set low prices on select items.



ALWAYS

\$4

PC® SINGLE SERVE ENTRÉES

selected varieties, frozen
212-365 g
plats cuisinés
50218738 EA/50312233001 EA



ALWAYS

5⁵⁰

DANONE ACTIVIA YOGURT

selected varieties
12's
yogourt
50320412001 EA/20608924 EA



ALWAYS

\$5

PC® ORGANICS PEANUT BUTTER

selected varieties
500 g
beurre d'arachide biologique
50298178 EA



CLUB SIZE

ALWAYS

\$10

BUTCHER'S CHOICE® SAUSAGE

selected varieties
1.2 kg
saucisses
21363790 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

PRICE DROP

2⁹⁹

CATELLI GLUTEN FREE PASTA

selected varieties
300/340 g
pâtes sans gluten



PRICE DROP

5⁴⁹

GENERAL MILLS FAMILY SIZE CEREAL

selected varieties
475-775 g
céréales

GIUSEPPE EASY PIZZA

selected varieties, frozen
560-600 g
pizza



LIBERTÉ GREEK 650/750 g or YOPLAIT 16's or YOP NO SUGAR ADDED 2's, YOGURT

selected varieties
yogourt

PRICE DROP

5⁹⁹

PRICE DROP

6⁴⁹



PRICE DROP

2⁹⁹

KELLOGG'S RICE KRISPIES 174/176 g, POP TARTS 342 g, SPECIAL K 127 g or NUTRI-GRAIN 305 g BARS



PRICE DROP

2⁴⁹

LECLERC CELEBRATION COOKIES

selected varieties
240 g
biscuits



PRICE DROP

\$7

TRE STELLE CHEESE TWIN PACK

selected varieties
240-340 g
fromage



PRICE DROP

2²⁹

MAYNARD'S WERTHER'S CANDY

150/134 g or 116-132 g
bonbons



PRICE DROP

2⁶⁹

STAGG CHILI

selected varieties
425 g
c.h.



PRICE DROP

2⁴⁹

PALMOLIVE LIQUID DISH

selected varieties
591 mL
savon liquide à vaisselle



PRICE DROP

1⁵⁰

COCA-COLA SOFT DRINKS - PC SPRING WATER

selected varieties
1.5L/1.75L
boissons gazeuses
eau sans de sucre



PRICE DROP

\$2

NO NAME FRUIT BEVERAGES

selected varieties
1.5L
boissons sans sucre



PRICE DROP

\$4

EARTH'S OWN BEVERAGES

selected varieties
1.75L
boissons



PRICE DROP

\$4

TROPICANA TROPICS DRINKS

selected varieties
sublimés
1.36L/1.75L
boissons



PRICE DROP

2⁹⁹

MUTTI PASTE

150 mL
pâte de tomate



PRICE DROP

3⁵⁰

ITALPASTA LASAGNA

selected varieties
225-500 g
lasagne



PRICE DROP

3⁹⁹

MUTTI PASSATA

selected varieties
680 mL
passata

**LOW PRICES
ARE IN
THE AIR**



3⁹⁹

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



6⁹⁹

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



6⁹⁹

FERRERO HEARTS
100 g
chocolat
20131802001_EA
WHILE QUANTITIES LAST

MULTI BUY? TRY SINGLE BUY.



ONE FOR
279

BEN'S BISTRO RICE
selected varieties
240/250 g
FR
31405342 SA



ONE FOR
\$2

CAMPBELL'S BROTH
selected varieties
230/900 mL
bouillon
3022348001 SA/31347245 SA



ONE FOR
\$3

KRAFT SALAD DRESSINGS
selected varieties
425 mL
 vinaigrettes
21384830 EA/21384931 SA



ONE FOR
125

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnements
2104982 SA



ONE FOR
.90

FRISKIES or FANCY FEAST WET CAT FOOD
selected varieties, 85/156 g
nourriture humide pour chats
30219657007 EA/20254887001 SA



ONE FOR
399

LYSOL MULTI SURFACE CLEANER 1.2 L or SPRAYS 650-950 mL
selected varieties
nettoyant multi-surfaces ou vaporisateurs
30209873003 EA/30210677001 SA

1000s OF LOWERED PRICES EVERY DAY!



PRICE DROP

3⁴⁹

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
21041420 SA/21334924 SA

PRICE DROP

4⁹⁹

COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL or
MANUAL TOOTHBRUSH 2x
selected varieties
dentifrice ou brosse à dents
20110327002 SA/21144430 SA

PRICE DROP

3⁴⁹

GARNIER FRUCTIS HAIR CARE
selected varieties
334-370 mL
soins capillaires
21007181 SA/21007198 SA

PRICE DROP

6⁴⁹

SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
recharge de savon liquide pour les mains
21147194 SA

PRICE DROP

2⁹⁹

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247098 SA/21247099 SA

PRICE DROP

4⁴⁹

IVORY BAR SOAP or BODY WASH 421 mL
selected varieties
pain de savon ou nettoyant pour le corps
2024767002 SA
2046244001 SA

PRICE DROP

2⁹⁹

LADY or MEN'S SPEEDSTICK PREMIUM DEODORANT
selected varieties
45-85 g
déodorant
20248222001 SA
20447071 SA

PRICE DROP

4⁹⁹

ST. IVES BODY LOTION
selected varieties
600 mL
lotion pour le corps
21084161 SA/21084167 SA

PRICE DROP

4⁷⁹

ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS
selected varieties
10-72x
serviettes ou protège-découvert
en tampons
21444766 SA/21443009 SA

PRICE DROP

1⁷⁹

GERBER BABY FOOD JARS or ORGANIC BABY FOOD POUCHES
selected varieties
159-162 mL or
éléments pour bébé
21024074 SA/21044938 SA

PRICE DROP

4⁴⁹

GERBER INFANT CEREAL
selected varieties
227 g
céréales pour bébé
2004320494 SA/2004320007 SA

PRICE DROP

12⁹⁹

BOOST READY TO DRINK SHAKES
selected varieties
6x237 mL
boissons frappées prêtes à boire
20204429002 C04/204984341 C06

PRICE DROP

9⁹⁹

PEDIASURE COMPLETE
selected varieties
4x235 mL
supplément
20222414001 SA/20222414002 SA

PRICE DROP

7⁹⁹

HUGGIES 3X BABY WIPES
selected varieties
168-192x
lingettes pour bébé
20558404 SA

ALWAYS \$

PC® DISTILLED WATER
4 L
eau distillée
20797191 SA

ALWAYS 1²⁵

LIFE BRAND® MOUTHWASH
selected varieties
1 L
rince-bouche
21201386 SA/21201388 SA

ALWAYS \$4

BUDGETS LOVE YELLOW.

(So switch)

IMPERFECT APPLES, PERFECT PRICES

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



\$6

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Ontario
pommes
2084995001 EA



\$7

2.5 LB BAG

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
product of Canada or Mexico
poivrons variés
20921434001 EA



GROWN IN CANADA

\$6

3 LB BAG

NO NAME® NATURALLY IMPERFECT™ ENGLISH CUCUMBERS
product of Canada
concombres anglais
21046471001 EA



\$7

3 LB BAG

NO NAME® NATURALLY IMPERFECT™ AVOCADOS
product of Mexico
avocat
21064002001 EA



\$5

2 LB BAG

NO NAME® NATURALLY IMPERFECT™ LIMES
product of Mexico
limes
21124364001 EA



\$5

2.5 LB

NO NAME® NATURALLY IMPERFECT™ TOMATOES
product of Canada, U.S.A. or Mexico
tomates
21406704001 EA



GROWN IN CANADA

\$3

5 LB BAG

NO NAME® NATURALLY IMPERFECT™ CARROTS
product of Canada, Canada no. 2 grade
carottes
20945322001 EA

no name®



Optimum™ **Moredays™**

Jan. 30–Feb. 5

Bank & Save
Bank & Save
Bank & Save
Bank & Save
Bank & Save
Bank & Save
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.

APP EXCLUSIVE OFFER* *Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

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.



Optimum™

More days™

BONUS 30

pts

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

Jan. 30–Feb. 2



Mobil™

Open the app to get this offer.

*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