

**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/20299819001\_EA



**Bolthouse Farms Smoothies or Juice**  
Selected varieties, 946 mL, Product of U.S.A.  
limit of 6, after limit \$6  
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.

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 23 TO WEDNESDAY, JANUARY 29, 2025.



**WOW!**  
**1.99**  
LB

**WHOLE PORK PICNIC**  
fresh, cryovac package  
4.39/kg  
21141819 KG

**WHILE QUANTITIES LAST**



**CLUB SIZE**

**SAVE 42%**  
**9.88**  
LB

**STRIPLOIN GRILLING STEAK**  
cut from Canada AA grade beef  
21.78/kg  
20102642 KG

**WHILE QUANTITIES LAST**



**SAVE 40%**  
**2.99**  
3 LB BAG

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



**PINT**

**SAVE 40%**  
**2.97**

**BLUEBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
20080125001 EA



**SAVE UP TO 47%**  
**8.99**

**SWISS CHALET® or MONTANAS®  
PORK BACK RIBS** fully cooked, 600/650 g or  
**JANES® BONELESS CHICKEN BREAST  
BITES or FILLETS** frozen, 710/720 g  
selected varieties  
21022221 EA/21200458 EA/21448240 EA



**SAVE UP TO 42%**  
**1.88**

**CAMPBELL'S® CHUNKY,  
READY TO SERVE** 515 ml or  
**HABITANT® SOUP** 796 ml  
selected varieties  
21479030 EA/21480647 EA



**TROPICANA®  
ORANGE JUICE** 1.36 L or  
**SILK® BEVERAGES** 1.74-1.89 L  
selected varieties  
20213009001 EA  
21422130 EA

**ONLY**  
**3.44**



**SAVE 37%**  
**\$3**

**CRAVE® DINNER ENTRÉES** 200-340 g or  
**KRAFT DELUXE® MAC AND CHEESE** 340 g  
selected varieties, frozen  
21085313 EA/21533229 EA



**SAVE 42%**  
**\$4**

**SAPUTO® FETA CHEESE**  
selected varieties  
170-200 g  
2027901 EA/2081124 EA



**8=24 ROLLS**  
**TRIPLES**

**SAVE UP TO 50%**  
**6.99**

**CHARMIN®  
BATHROOM TISSUE** or  
**BOUNTY® PAPER TOWELS**  
selected varieties  
21012808 EA/21049793 EA



**ONLY**  
**9.99**

**10 KG**

**NO NAME® FLOUR**  
selected varieties  
2022248 EA/2028848 EA



# 恭賀新禧



**27<sup>88</sup>**

**18 KG**

**JASMINE GOLD THAI JASMINE RICE**  
18 kg  
21330401. 1A



**SWANSON CHICKEN BROTH**  
selected varieties  
412 mL  
20042814. 1A

**.88**



**4<sup>48</sup>**

**MELONA FROZEN DESSERT BAR**  
selected varieties  
560 mL  
21432993. 1A/21432993. 1A



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

**TWO-BITE LUNAR NEW YEAR CUPCAKES** 300 g or  
**KIMBERLY LUNAR NEW YEAR FROSTED COOKIES** 383 g  
21431082. 1A



**9<sup>99</sup>**

**WANT WANT or DANISA GIFT SET**  
selected varieties  
240-550 g  
21419508. 1A/21432929. 1A  
WHILE QUANTITIES LAST

# FRESH AT LOW PRICES

**RED or GREEN SEEDLESS GRAPES**  
8.80/kg, product of Chile or South Africa, no. 1 grade,  
**PINEAPPLE**  
each, product of Costa Rica or  
**BLACKBERRIES**  
each, product of U.S.A. or Mexico  
2042377901, KG/20104992001, EA  
20031013001, EA

**6 OZ CLAMSHELL**

**3.99**  
LB/EA

**1 LB CLAMSHELL**

**5.99**

**STRAWBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
2004977901, EA

**2.99**  
LB

**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
6.59/kg  
20026161001, KG

**PKG OF 4**

**3.99**

**CAULIFLOWER**  
product of U.S.A. or Mexico, no. 1 grade or  
**GREEN or RED PEPPERS**  
product of Mexico  
20125377001, EA/20115333001, EA



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



**2.99**  
LB

**YELLOW NECTARINES or PEACHES**  
product of Chile, no. 1 grade  
6.59/kg  
20119433001, KG/2002344001, KG



**4.99**

**PKG OF 3**

**ROMAINE HEARTS**  
product of U.S.A.  
2006738901, EA



**6.99**

**3 LB BAG**

**PC MANDARINS**  
product of U.S.A. or Mexico  
2064961001, EA



**4.99**

**PKG OF 3**

**FARMER'S MARKET ENGLISH CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
2028481001, EA



**4.99**  
LB

**CHERRIES**  
product of Chile, no. 1 grade  
11.00/kg  
2013969001, KG



**4.99**

**10 LB BAG**

**RUSSET POTATOES**  
product of Western Provinces, Canada no. 1 grade  
2060102001, EA



**2.99**

**3 LB BAG**

**2 LB BAG**

**FARMER'S MARKET CARROTS or YELLOW ONIONS**  
product of Canada,  
U.S.A. or Mexico  
20000001, EA/20000001, EA



**3.99**

**680 G**

**PC LITTLE GEMS RED, YELLOW or MIXED MINI POTATOES**  
product of Western Provinces, Canada no. 1 grade  
21200001, EA/20000001, EA



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
014000001, EA



**18.88**

**3 TIER BAMBOO**  
20400001, EA



**\$3**

**283 G**

**FARMER'S MARKET GRAPE TOMATOES**  
product of Canada,  
U.S.A. or Mexico  
21000001, EA



**6.99**

**5 LB BAG**

**FARMER'S MARKET AMBROSIA or SPARTAN APPLES**  
product of Western Provinces, Canada heavy grade  
20000001, EA



**7.99**

**PC WONDERFUL NO SHELL PISTACHIOS**  
product of U.S.A.,  
135-170 g  
21000001, EA/21000001, EA



**\$10**

**2 KG PKG**  
**NO NAME PEANUTS**  
product of U.S.A.  
20000001, 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.

# BRANDS YOU LOVE AT LOW PRICES



**\$13**

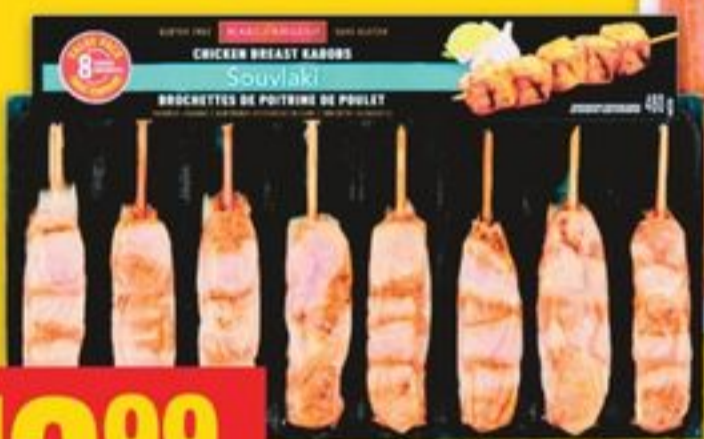
**MAPLE LEAF PRIME ASSORTED CHICKEN**  
selected varieties  
up to 880 g  
20448017 EA



**CLUB  
SIZE**

**749**  
LB

**EXTRA LEAN GROUND BEEF**  
fresh  
16.51/kg  
2091822 KG



**13.99**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
480/640 g  
21041732 EA



**3.99**  
LB/EA

**BREAKFAST BEEF & PORK SAUSAGES** 8.80/kg or  
**LILYDALE TURKEY BREAKFAST SAUSAGES** 375 g  
selected varieties  
20178401 EA/20842876 KG



**\$3**

**SMOKED STEELHEAD SALMON**  
pre-sliced, 50 g  
**GO SHRIMP RAW**  
\$1.70 per lb, 160 g  
**SEAQUEST® FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g or  
**YELLOWFIN TUNA STEAKS** 92 g  
frozen  
20792840 EA



**6.99**

**SEAQUEST® RAW SHELL ON SHRIMP** or **COOKED PEELED SHRIMP**  
36-45 per lb, 200 g or  
**SMALL SCALLOPS** 400 g  
frozen  
21042681 EA



**\$10**

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
21330511 EA



**3.49**

**MASTRO CAPOCOLLO MILD** or **HOT SAN DANIELE MORTADELLA**  
125 g or 175 g  
selected varieties  
20276743 EA/20277241 EA



**5.99**

**SCHNEIDERS BACON, JUICY JUMBOS** or **SMOKED SAUSAGES**  
selected varieties  
375-500 g  
20103611 EA



**\$10**

**SAPUTO MINI FRIULANO CHEESE**  
500 g  
20708961 EA



**2.99**

**DELI WORLD LIGHT RYE**  
selected varieties  
500 g  
20087436 EA



**\$3**

**COUNTRY HARVEST BREAD** 600/650 g or  
**BAGELS** 6's  
selected varieties  
21178371 EA/21178642 EA



**4.50**

**PC® MINI MUFFINS**  
selected varieties  
12's  
21488279 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.

**Y-Optimum EARN 3,000** when you spend \$10\* on

**= \$3 Value**

**D'Italiano bread** 475 g or buns 6/12's or  
**Wonder bread** 375 g or buns 12's or  
**Wonder wraps** 10 each 640 g or  
**Casa Mendosa** 7 or 10 each tortillas 340-640 g  
selected varieties  
200822 EA/201718 EA/202029 EA/202030 EA/202031 EA/202032 EA



**Y-Optimum EARN 2,000** when you spend \$10\* on

**= \$2 Value**

**Marcangelo deli meat** 100-200 g  
selected varieties  
200822 EA/201718 EA/202029 EA



# BRANDS YOU LOVE AT LOW PRICES



**Optimum**  
EARN **500** pts  
= **50¢** Value

**GREEN GIANT VEGETABLES**  
selected varieties, frozen  
400-750 g  
2102270 SA



**DANONE ACTIVIA** 8's or  
**TWO GOOD TUBS** 635 g  
selected varieties  
2022344002 SA/21477313 SA

**ONLY**  
**3.99**



**DEL MONTE JUGS**  
selected varieties, refrigerated  
2.5 L  
21437174 SA



**LIBERTÉ MÉDITERRANÉE** 4's, 500 g  
or **GREEK 4's YOGURT**  
selected varieties  
21384655 SA/20801732003 SA

**ONLY**  
**6.50**

**ONLY**  
**2.99**



**GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL**  
selected varieties  
300-437 g  
2132320 SA/2109944 SA



**KRAFT PEANUT BUTTER 750 g/1 kg or HAZELNUT SPREAD 725 g**  
selected varieties  
20097090 SA/2128416 SA



**TETLEY TEA 216's or MCCAFÉ ROAST AND GROUND COFFEE 340 g or PODS 12's**  
selected varieties  
2122400 SA/2101790 SA

**3.99**      **5.99**      **\$10**



**OLD DUTCH POTATO TORTILLA CHIPS or HUMPTY DUMPTY SNACKS** 230-290 g  
selected varieties  
2126748 SA/2140000 SA



**LAY'S POTATO CHIPS 130 g or POPPABLES 130 g**  
selected varieties  
2124028 SA/2140404 SA



**JAMIESON VITAMIN C or D VITAMINS**  
selected varieties  
75-240's  
209996 SA/208214801 SA

**3.49**      **3.79**      **\$6**



**DOWNY FABRIC SOFTENER 780 mL/1.21 L PURIFYING RINSE SCENT BOOSTERS BOUNCE DRYER SHEETS 40/80's**  
selected varieties  
2021461201 SA/2144971 SA



**NO NAME ALUMINUM FOIL 25 L**  
2110964 SA



**4 all-purpose cellulose sponges tout-usage sponges en cellulose**  
212's  
2021029 SA



**LYSOL MULTI SURFACE CLEANER SPRAYS 1.2 L or 450-450 mL**  
selected varieties  
20207282 SA/20207282 SA

**\$5**      **\$2**      **\$3**      **3.99**



**SPARKLING ICE FLAVOURED WATER 1023 mL or MONTPELLIER CARBONATED WATER 1 L**  
selected varieties  
2022204 SA/2022204 SA



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

**RED BULL ENERGY DRINKS**  
selected varieties  
4x250 mL  
2134217001 SA/2134217001 SA



**COCA-COLA PEPSI SOFT DRINKS**  
selected varieties  
4x710 mL  
2021240002 SA/2021240002 SA



**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
24x233 mL  
2020479001 SA/2020479001 SA

**\$1**      **8.99**      **3.99**      **11.99**

## BETTER AS A MEMBER

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

**Optimum**  
EARN **4,000** pts  
for every **\$12\*** spent on

**=\$4** Value



**CADBURY CHOCOLATE MAYNARD'S CANDY** 33-240 g or 150/154 g  
selected varieties  
21343334 SA/2022193001 SA

**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.

# BRANDS YOU LOVE AT LOW PRICES

**ONLY**  
**179**

**CAMPBELL'S BROTH**  
selected varieties  
250/500 mL  
3022348002 SA/21347361 SA

**ALWAYS**  
**\$3**

**NO NAME® FRUIT**  
selected varieties, frozen  
300/400 g  
21543097 SA/21543106 SA

**SAVE UP TO 24%**  
**349**

**DAIRYLAND SOUR CREAM**  
selected varieties  
450/500 mL  
3027594001 SA

**ONLY**  
**279**

**BEN'S ORIGINAL BISTROT EXPRESS**  
selected varieties  
240/250 g  
21404895 SA/21404876 SA

**EARTH'S OWN OAT BEVERAGES**  
946 mL or  
**VITA COCO** 1 L  
selected varieties  
21109025 SA/20222923 SA

**\$2**

**CLOVER LEAF ALBACORE TUNA**  
170 g or **FLAKED PINK SALMON**  
142 g  
selected varieties  
20147171 SA/21176402 SA

**250**

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

**899**

**KELLOGG'S JUMBO CEREAL**  
selected varieties  
730 g 1.3 kg  
30072764 SA/20072320 SA

**FRENCH'S MUSTARDS**  
selected varieties  
325/400 mL  
20043328 SA/2014304001 SA

**229**

**HELLMANN'S REAL MAYO**  
selected varieties  
710-890 mL  
2041827009 SA/2042732902 SA

**599**

**NO NAME® CANOLA or VEGETABLE OIL**  
946 mL  
20716640 SA/21316649 SA

**499**

**NESTLÉ TABLETS**  
selected varieties  
97-120 g  
21247064 SA

**225**

**LINDT SWISS CLASSIC CHOCOLATE**  
selected varieties  
100 g  
2016430001 SA

**329**

**LINDT LINDOR CHOCOLATE**  
selected varieties  
150 g  
21200291 SA

**699**

**COLGATE TOOTHPASTE**  
70-130 mL or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
21114480 SA/20230412001 SA

**EARN 500 = 50¢ Value**

**299**

**VIM CLEANING CREAM SPRAY** 500 mL or **FLOOR** 1 L  
selected varieties  
20613226 SA/21302649 SA

**399**

**DAWN POWERWASH STARTER KIT FEBREZE FABRIC REFRESHER**  
473 mL FEBREZE 700/900 mL or **SMALL SPACES** 2%  
selected varieties  
21218641 SA/21424026 SA

**649**

## BETTER AS A MEMBER

**EARN 3,500 = \$3.50 Value**  
for every \$10\* spent on

**Fleischmann's yeast** 24-450 g,  
**bread booster** 100 g,  
**baking powder** 340 g or  
**cornstarch** 450 g/1 kg  
selected varieties  
20400401 SA/20100401 SA

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

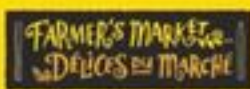
**Lysol cleaners**  
all sizes and varieties  
21449926 SA/21232861 SA

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

# OUR BRANDS Made by us, loved by you.



no name®



**\$10**

**SUFRA® HALAL BREADED CHICKEN**  
selected varieties, frozen  
568-840 g  
21179706 EA



**\$7**

**FARMER'S MARKET™ PIES**  
selected varieties  
580 g/1 kg  
21297367 EA



**5.99**

**PC® CREAMY YOGURT**  
selected varieties  
16x100 g  
2049923002 EA



**\$4**

**PC® ORANGE JUICE**  
selected varieties, refrigerated  
1.54 L  
21430531 EA



**1.79**

**NO NAME® EVAPORATED MILK**  
selected varieties  
354 mL  
21040310 EA/21040343 EA



**3.79**

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
20412257 EA



**3.50**

**PC® 100% JUICE BOXES**  
selected varieties  
10x200 mL  
21061913 EA



**\$5**

**PC® GLUTEN-FREE PANCAKE MIX**  
400 g  
20796973 EA



**\$13**

**PC® ORGANICS BIOLOGIQUE MEDIUM WHOLE BEAN COFFEE**  
selected varieties  
454 g  
21405351 EA



**6.49**

**NO NAME® CRANBERRIES, RAISINS or WHOLE PITTED DATES**  
selected varieties  
750 g/1 kg  
20647325 EA



**\$3**

**PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL**  
selected varieties, 1.89 L  
2020702001 EA/20200449002 EA



**\$10**

**SURAJ® BASMATI RICE**  
3.63 kg  
20824921 EA



**3.50**

**PC® LEMONADE, TEAS or DRINKS**  
selected varieties, refrigerated  
1.54 L  
21430542 EA/21430567 EA



**2.50**

**NO NAME® CROUTONS 1.45 g or SALAD DRESSINGS 475 mL**  
selected varieties  
2062849001 EA/21096223 EA



**\$5**

**PC® BLUE MENU® or M'AQUA SPARKLING WATER**  
selected varieties  
6/12x355 mL  
20648034002 CE1/21196649 CE6



**1.79**

**LIFE BRAND® LIQUID HAND SOAP**  
selected varieties  
340 mL  
2135742004 EA



# MULTI BUY? TRY SINGLE BUY.



ONE FOR  
**2.29**



**BETTY CROCKER POTATOES or HAMBURGER HELPER**  
selected varieties  
141-220 g  
20296218002 SA/21391094 SA



ONE FOR  
**\$3**

**CLASSICO PASTA SAUCE**  
selected varieties  
410/500 mL  
21418217 SA



ONE FOR  
**1.79**

**KNORR'S SIDE KICKS**  
selected varieties  
121-162 g  
20221430011 SA



ONE FOR  
**3.99**

**OLD EL PASO DINNER KITS**  
selected varieties  
250-510 g  
20793404 SA



**PC® SALAD DRESSINGS**  
selected varieties  
475 mL  
2042848001 SA

ONE FOR  
**2.75**



**KD FLANKERS**  
selected varieties  
175 g  
21549589 SA

ONE FOR  
**1.79**



**DIANA** 500 mL or **BULL'S-EYE** 425 mL SAUCE  
selected varieties  
20547634005 SA/21164617 SA

ONE FOR  
**\$3**

# NEW LOWER PRICE

## NEW WAY TO SAVE



**\$5**

**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-18's  
20111332 EA



**\$5**

**PC ASIAN SOUPS or ENTRÉES**  
selected varieties, frozen  
300 g  
2165889 EA



**NO NAME® PEROGIES**  
selected varieties, frozen  
907 g  
20817240 EA

**\$2**



**ALFA PUFF PASTRY**  
850 g  
2160998 EA

**5<sup>50</sup>**



**HIGH LINER FAMILY FAVOURITES FISH or SHRIMP**  
selected varieties, frozen  
330-700 g  
300220001 EA

**\$7**



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

**3<sup>50</sup>**



**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties, frozen  
204-288 g  
21622288 EA

**5<sup>50</sup>**



**PC ORGANICS FROZEN FRUITS**  
selected varieties, 600 g  
20149290 EA/20431483003 EA

**\$7**

**LOW PRICES  
ARE IN  
THE AIR**



**1.25**

**HERSHEY'S or NESTLÉ CHOCOLATE BUNNIES**  
selected varieties  
25-43 g  
21553600 SA/21634741 SA  
**WHILE QUANTITIES LAST**



**2.99**

**KINDER SURPRISE VALENTINE**  
40 g  
20718076 SA  
**WHILE QUANTITIES LAST**



**5.99**

**CADBURY or NESTLÉ EASTER CHOCOLATE**  
selected varieties  
97-200 g  
20073442 SA  
**WHILE QUANTITIES LAST**



**7.99**

**NESTLÉ SMARTIES or KITKAT**  
selected varieties  
30's  
21000923 SA/21630932 SA  
**WHILE QUANTITIES LAST**

**HAPPY  
LUNAR  
NEW  
YEAR**

**恭賀新禧**



**2<sup>88</sup>**  
LB

**WHITE FLESH NECTARINES**  
product of Chile, no. 1 grade  
4.35/kg  
30218349001\_KO



**1<sup>98</sup>**  
LB

**GINGER ROOT** product of China or  
**JAPANESE SWEET YAMS** product of U.S.A.  
4.37/kg  
30179038001\_KO/30534933001\_KO



**1<sup>98</sup>**  
LB

**PAPAYA**  
product of Mexico  
4.37/kg  
30817066001\_KO



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

**GUAVA**  
product of Taiwan  
8.55/kg  
30163300001\_KO



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

**SIWIN TOSINO or  
LONGANISA SAUSAGE**  
373 g  
30344965\_SA



**BASA STEAKS**  
uncooked, frozen  
1 kg  
30170467\_SA

**7<sup>88</sup>**

**SQUID BRAND  
FISH SAUCE**  
725 mL  
21982212\_SA



**2<sup>88</sup>**

**KIKKOMAN  
SOY SAUCE**  
selected varieties  
591 mL  
30172373\_SA



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



**1<sup>88</sup>**

**GARDEN  
CREAM  
WAFERS**  
selected varieties  
200 g  
30312830002\_SA

**UFC REFRESH  
COCONUT  
WATER**  
1 L  
30570004\_SA



**3<sup>28</sup>**



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

**CHAROEN  
POKPHAND  
AUTHENTIC  
ASIA ENTRÉES**  
selected varieties, frozen  
250-350 g  
30194324\_SA

**KOSA  
RICE  
FLOUR**  
selected  
varieties  
400 g  
31452794\_SA



**.88**



**2<sup>88</sup>**

**INDOMIE  
INSTANT  
NOODLES**  
selected varieties  
400 g  
30666719\_SA/31094981\_SA



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

**HEREFORD  
CHUNKY  
CORNEED BEEF**  
340 g  
21333328\_SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

  
**HAPPY  
LUNAR  
NEW  
YEAR**

# HOT SAVINGS ON HOT POT ESSENTIALS



**2<sup>88</sup>**  
LB

**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY or GAI LON**  
product of Mexico  
6.35/kg  
3048227601, 80/7090340401, 80



**GROWN IN CANADA** 

**1<sup>98</sup>**

**340 G**

**BEAN SPROUTS**  
product of Canada  
3093173301, 8A



**GROWN IN CANADA** 

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

**100 G**

**PC<sup>®</sup> ORGANICS SHITAKE MUSHROOMS or PC<sup>®</sup> OYSTER MUSHROOMS**  
product of Canada  
3063629, 8A/2079103, 8A



**200 G**

**2<sup>88</sup>**

**SNAP or SNOW PEAS**  
product of China or Guatemala  
2702341001, 8A/2702333301, 8A



**12<sup>88</sup>**

**T&T<sup>®</sup> SLICED BEEF PLATE ROLLS**  
340 g  
21375478, 8A



**11<sup>88</sup>**

**T&T<sup>®</sup> SLICED BEEF ROLLS**  
340 g  
21375238, 8A



**13<sup>88</sup>**

**T&T<sup>®</sup> LAMB SHOULDER ROLLS**  
fresh  
340 g  
21379410, 8A



**.88**

**LEE KUM KEE SEAFOOD HOTPOT SOUP BASE**  
selected varieties  
40 mL  
21384551, 8A



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

**LEE KUM KEE CHIU CHOW CHILI OIL**  
205 g  
21387031, 8A



**2<sup>48</sup>**

**LEE KUM KEE HOISIN SAUCE**  
445 mL  
20043042, 8A



**LEE KUM KEE HOISIN SAUCE SAUCE HOISIN**  
445 mL



**1<sup>88</sup>**

**SUNRISE MEDIUM FIRM TOFU**  
454 g  
20022239, 8A

**T&T<sup>®</sup> SOY SAUCE**  
light or dark  
500 mL  
20498142, 8A

**1<sup>88</sup>**



**1<sup>88</sup>**

**T&T<sup>®</sup> SWEET POTATO VERMICELLI**  
selected varieties  
400 g  
21447369, 8A

# BUDGETS LOVE YELLOW. YELLOW. (So switch)

## GET EVERYTHING FOR LESS

Toast up a symphony of flavours for breakfast for less, with no name® Everything Bagels (6 pk).



**2.49**

**NO NAME® BAGELS**  
selected varieties  
6's  
21297821 EA

**NO NAME® ENGLISH MUFFINS**  
selected varieties  
6's  
21297790 EA



**2.69**



**\$5**

**NO NAME® BACON**  
REGULAR or SALT REDUCED  
500 g  
20150771 EA



**4.29**

**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
2029493001 EA/21430545 EA

**NO NAME® INSTANT COFFEE**  
selected varieties  
150 g  
21180125 EA

**\$5**



Naturally Imperfect  
Naturellement imparfaits

seed strawberries  
fraises

400 g CANADA B

**\$3**

**NO NAME® FRUIT**  
selected varieties, frozen  
300/400 g  
21543104 EA



**3.99**

**NO NAME® STIRRED YOGURT**  
selected varieties  
12's  
2065574001 EA/2065574002 EA

**no name®**

# THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



**FRESH  
GUARANTEE**

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



**RAIN  
CHECK**  
+ pts

We'll honour a current flyer deal  
if we're sold out, plus give you **10%**  
back in PC Optimum™ points.



**THROW  
BACK  
PRICES**

Deals from the past  
on select items.

The  **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).

NEW MKT