

SAVE UP TO 34%

2.97



ASTRO or iögo YOGURT TUBS
selected varieties
650/750 g
20165226001 EA/21659463 EA

SAVE UP TO 33%

\$6



HIGH LINER FAMILY FAVOURITES FISH FILLETS
selected varieties, frozen
315-700 g
20303200001 EA

SAVE 33%

\$5



BOURSIN CHEESE
selected varieties
150/220 g
20116794 EA

SAVE UP TO 41%

\$5



PILLERS KOLBASSA 375 g or **SLICED PEPPERONI** 250 g or
MARCANGELO SLICED DELI MEAT 85 g or
SLICED PEPPERONI 175 g or **COOKED CHICKEN BITES** 200 g
selected varieties
20308469 EA/21706089 EA

ONLY

\$3



APP EXCLUSIVE OFFER*

EARN
1,000

=\$1
Back in points

PC® DIPS 200/227 g or
NAAN DIPPERS 200 g
selected varieties
20584212 EA/21092033 EA

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 18 TO WEDNESDAY, DECEMBER 24, 2025.

BIG HOLIDAY DEALS!



SAVE 41%

6⁹⁹
LB

SIRLOIN TIP ROAST
cut from Canada AA grade beef or higher, cryovac

15.41/kg
20032657_KG

WHILE QUANTITIES LAST

SAVE 20%

\$6

APP EXCLUSIVE OFFER*

EARN 2,000 = \$2
Back in points



FARMER'S MARKET™ PIES
selected varieties
580 g/1 kg
21297365_EA/21297367_EA



PIKIN CITROUILLE



HALAL

ONLY

4⁹⁹
LB

NEW ZEALAND SHORT CUT LAMB LEG
frozen
11.00/kg
20143253_KG

WHILE QUANTITIES LAST

SAVE 70%

.74
LB



SWEET POTATOES
product of U.S.A.
1.63/kg
20127708001_KG



3 LB BAG

SAVE 47%

1⁵⁸

FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade
20811994001_EA

SAVE 40%

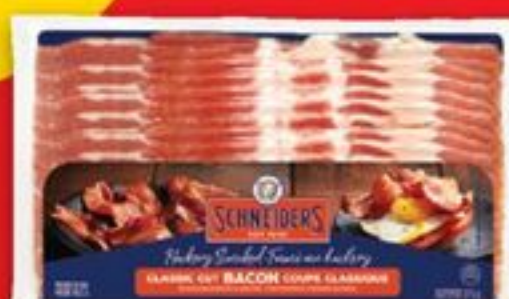
\$3



LEAN GROUND PORK
fresh
450 g
21705797_EA

SAVE 33%

\$4



SCHNEIDERS or MAPLE LEAF BACON
selected varieties
65-375 g
20772671_EA

PRICE DROP

4⁹⁵



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g,
ARMSTRONG CHEESE 400 g, selected varieties or
BRAR'S MALAI PANEER 375 g
21348747_EA/20283104_EA

SAVE 22%

3⁵⁰



MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties
1.89 L
2030006008_EA/20318955002_EA

ONLY

3⁴⁷



RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
20296100001_EA/20296424004_EA

ONLY

\$6

SEAQUEST® RAW WHITE SHRIMP
16-20 per lb 300 g,
SHRIMP RING 227 g
or **RAY SCALLOPS**
400 g
frozen
20080289_EA/21043887_EA



SAVE 59%

4⁴⁹



NESTLE TURTLES 150 g
or **QUALITY STREET CHOCOLATE**
BOX 148 g
selected varieties
21701328_EA

WHILE QUANTITIES LAST

ONLY

4⁹⁹



LINDT EXCELLENCE CHOCOLATE BAR
selected varieties
105/100 g
20212527505_EA/20212527501_EA

WHILE QUANTITIES LAST

ONLY

10⁹⁹



PC® BELGIAN CHOCOLATE BISCUIT COLLECTION
500 g
20061791_EA

WHILE QUANTITIES LAST

WOW!

APP EXCLUSIVE OFFER*
4 DAYS ONLY
THURSDAY, DECEMBER 18 -
SUNDAY, DECEMBER 21

EARN 4⁹⁹
Members-Only Price

Nonmembers
6⁹⁹

Members save
\$2



LIMIT 4, AFTER LIMIT \$6.99

ROYALE BATHROOM TISSUE
selected varieties
15-30 rolls
21572800_EA

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

SAVE UP TO 48%

1⁵⁰



COCA-COLA or PEPSI SOFT DRINKS
2 L
2029939002_EA/20314050002_EA

ONLY

\$3



REAL CANADIAN NATURAL SPRING WATER
34x300 mL
20154975_C24

SAVE UP TO 38%

7⁹⁹



TIDE SIMPLY LIQUID LAUNDRY DETERGENT 2.77 L or **FLEECY FABRIC SOFTENER** 3.3 L or **DRYER SHEETS** 200's
selected varieties
21311729_EA/21671005_EA

nofrills.ca

01 ET NFV

DECEMBER

HIT OF THE MONTH



🍁 Prepared in Canada

Christie Mini Cookies

Selected varieties, 144 g - 200 g

6672102879 / 6672102886_EA



🍁 Prepared in Canada

Planters Cashew Halves, 200 g, Cocktail Peanuts, 200 g or Mixed Nuts, 225 g

5871699357_EA / 5871699276_EA



🍁 Prepared in Canada

PC® Cinnamon Raisin Bread

675 g

4913535_EA



Softsoap Liquid Hand Refill

Selected varieties, 1.47 L

7418245992_EA / 7418245993_EA



San Pellegrino carbonated flavoured water

Selected varieties, 6 x 330 mL

055000201421_EA / 055000201483_EA

See in-store for retails

LOWEST PRICES BEST DEALS

As compared to other major grocery retailers within your local trade areas. Offer valid December 1st - 31st, 2025 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

FRESH AT LOW PRICES

3⁹⁹

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
20051015001_EA/20128938001_EA



3⁹⁹
LB

GREEN or RED SEEDLESS GRAPES
product of Peru, no. 1 grade
8.80/kg
20425775001_KG/20159199001_KG

2⁹⁹
LB

BROCCOLI CROWN product of U.S.A. or Mexico or
BRUSSELS SPROUTS product of Canada or U.S.A.
6.59/kg
20026161001_KG/20036155001_KG



PKG OF 5 OR 6

4⁹⁹

PINT

BLUEBERRIES
product of Peru, Mexico, or Morocco,
no. 1 grade or
AVOCADOS
product of Mexico, Peru, or Colombia
20080137001_EA/21644936001_EA



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

6⁹⁹

3 LB BAG

FARMER'S MARKET™ MANDARINS
product of Peru or South Africa
2084961001_EA



5⁹⁹

10 LB BAG

RUSSET, RED or YELLOW POTATOES
product of Canada, Canada no. 1 grade
20401020001_EA/20401017001_EA/20401013001_EA



2⁹⁹
EA/LB

ROMA TOMATOES 6.59/kg,
product of Canada or Mexico, no. 1 grade or
FARMER'S MARKET™ CARROTS
each, product of Canada, Canada no. 1 grade
20143381001_KG/20143381001_EA



2 LB BAG

4⁹⁹

PKG OF 3

ROMAINE HEARTS
product of U.S.A.
2002789001_EA



4⁹⁹

PINEAPPLE
product of Costa Rica or Mexico
2014092001_EA



4⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
2028461001_EA



5⁹⁹

907 G

PKG OF 11

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or Mexico or
MINI CUCUMBERS product of Canada, Canada no. 1 grade
2044003001_EA/21070679001_EA



5⁹⁹

HONEYDEW product of Guatemala, Honduras or Mexico or
MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, Costa Rica, Mexico or Brazil
each
20043276001_EA/20143279001_EA



2⁴⁹

POMEGRANATES product of Egypt or Israel or
BUNCH SPINACH product of Mexico or U.S.A.
20134767001_EA



1⁹⁹

KALE
product of Mexico or U.S.A.
2013880001_EA



6⁹⁹

5 LB BAG

BARTLETT PEARS
product of U.S.A., extra fancy grade or
FARMER'S MARKET™ ROYAL GALA
or **MCINTOSH APPLES**
product of Western provinces, Canada fancy grade
2042330001_EA/21190879001_EA



5⁹⁹

3 LB BAG

FARMER'S MARKET™ LEMONS
product of South Africa or
ORANGES product of Morocco or Spain
2079881001_EA/201432943001_EA



3⁹⁹

680 G

CELERY product of U.S.A., no. 1 grade or
PC® LITTLE GEMS™ MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade
21347301001_EA/21347399001_EA/20163119001_EA



3⁹⁹

454 G

PKG OF 4

PC® WHOLE WHITE or CREMINI MUSHROOMS product of Canada or
RED or GREEN PEPPERS product of U.S.A.
20181272_EA/20748571_EA



\$4

225 G

PC® SALTED or PC® BLUE MENU® UNSALTED PISTACHIOS
product of U.S.A.
20940032_EA/20940034_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

\$13

MAPLE LEAF PRIME ASSORTED CHICKEN
selected varieties
up to 1.24 kg
21683882 EA



5-11 KG

249⁹⁹ LB

GRADE A FRESH TURKEYS
selected varieties
5.49/kg
20022497 KG



\$14

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties
730/900 g
21603234 EA



12⁵⁰ LB

BEEF STIR FRY STRIPS
27.56/kg
20127070 KG



10⁹⁹

SCHNEIDERS HAM
selected varieties
700 g
21045476 EA
WHILE QUANTITIES LAST



4⁹⁹ EA/LB

LILYDALE TURKEY BREAKFAST SAUSAGES 375 g or **BREAKFAST BEEF & PORK SAUSAGE** selected varieties, 11.00/kg
20178401 EA/20483979 KG



CLUB SIZE

\$6

WATSON RIDGE CHICKEN STRIPS or NUGGETS
Frozen
800 g
21302349 EA



\$4

SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
20948940 EA



3⁵⁰

SMOKED STEELHEAD SALMON pre-iced, 50 g, **GO SHRIMP** now, \$1.70 per lb or cooked, 61/90 per lb, 160 g, **SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 227 g or **YELLOWFIN TUNA STEAKS** 92 g
201778401 EA/21208391 EA



9⁵⁰

SEAQUEST® WHOLE TILAPIA 1.36 kg or **WHOLE POMPANO** 800 g
Frozen
21391947 EA/21392084 EA



\$10

ZIGGY'S® SUCCED DELI MEAT
selected varieties
400 g
21648501 EA



\$6

AGROPUR BRIE or CAMEMBERT CHEESE 170 g, **CASTELLO CHEESE** 125-200 g, **APETINA FETA CUBES** or **HENRI WILLIG GOUDA** or **TRE STELLE HALLOUMI** 200 g
selected varieties
201777401 EA/20274603 EA



\$3

MANDARIN FRESH NOODLES
selected varieties
454 g
20142847 EA



2⁵⁰

DELI WORLD LIGHT RYE
500 g
20977434 EA



\$3

D'ITALIANO BREAD
620/675 g
20038332 EA



4⁵⁰

PC® CHUNKY GUACAMOLE 227/228 g, selected varieties or **PC® PICO DE GALLO SALSA MILD** 300 g
21648076 EA/20209473 EA



\$5

FARMER'S MARKET® BUTTER CROISSANTS
selected varieties
260-336 g
20172943 EA



BIG HOLIDAY DEALS!

ONLY

4.99



HÄAGEN-DAZS ICE CREAM 400-450 mL
or **NOVELTIES** 3/4's
selected varieties, frozen
30302296005, EA/21513347, EA

ONLY

2.50



NO NAME® DINNER ROLLS
selected varieties
12's
21431242, EA



SAVE UP TO 26%

3.50

DAIRYLAND CREAM 10% 946 mL or 33% 473 mL
LACTANTIA CREAM 10% 1 L or 35% 473 mL
selected varieties
30072927, EA/20962887, EA



ONLY

3.99

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20441267, EA/2086624010, EA

4.29



PC® ORANGE JUICE, TROPICANA TROPICS DRINKS or PURE LEAF TEAS
selected varieties, refrigerated
1.36-1.73 L
21430021, EA/2075373002, EA

\$5



INTERNATIONAL DELIGHT COFFEE WHITENER or COLD FOAM 946 mL or 370 g
selected varieties
30974480025, EA/2130982, EA

\$10



HIGH LINER PAN-SEAR® BATTERED FISH FILLETS
selected varieties, frozen
425-600 g
3026296003, EA

\$12



NO NAME® FROZEN FRUIT
selected varieties
2 kg
21032134, EA

1.25



CAVENDISH HASHBROWNS
frozen
800 g
21404102, EA

\$4



TOSTITOS TORTILLA 205-295 g or **RUFFLES POTATO CHIPS** 180-220 g
selected varieties
31006073, EA/21341002, EA

1.27



STOVE TOP STUFFING
selected varieties
120 g
3012000001, EA

2.50



CHRISTIE CRACKERS
selected varieties
175-200 g
21030047, EA/21547054, EA

.79



FRANCO AMERICAN GRAVY
selected varieties
284 mL
20663334, EA

1.59



GREEN GIANT VEGETABLES 341/298 mL or **OCEAN SPRAY CRANBERRY SAUCE** 348 mL
selected varieties
3002282001, EA/21021485, EA

\$10



PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
30121729, C12

\$23



VAN HOUTTE® MCCAFÉ GROUND COFFEE PODS
selected varieties
30's
21340978, EA

\$2



PC® SEAFOOD SAUCE
selected varieties
250 mL
30023348002, EA

1.69



CAMPBELL'S BROTH
selected varieties
250/900 mL
30023348001, EA/21347245, 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 3,500 pts

= 3.50 Back in points

for every \$15* spent on

CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING
all sizes and varieties
20061848, EA/20302816001, EA/20323721001, EA



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. **Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



this product contains post consumer recycled paper



BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
21631628_EA



SAVE 25%

\$3

PC® VEGETABLES 300-750 g or
CATCH OF THE DAY 350 g
selected varieties, frozen
20318915_EA



ONLY

\$3

YOPLAIT SOURCE 630 g,
TUBES 8's, **MINIGO** 6's or
PROTEIN 4's **YOGURT**
selected varieties
21547595_EA/21619318_EA



ONLY

\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
21531415_EA



6⁹⁹

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
20084892_EA



\$2

MCCAIN FRIES
selected varieties, frozen
800 g
21521173_EA



3⁵⁰

PILLSBURY TOASTER STRUDEL or SCRAMBLES
selected varieties, frozen
204/326 g
2017266-0001_EA/21474507_EA

EARN 500 pts
\$50 back in points



\$8

TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.62 L
20119734001_EA



\$5

PC® DRY ROASTED PEANUTS 700 g or
CASHEWS 300 g
selected varieties
20057990003_EA/21054943_EA



\$3

PRINGLES PARTY STACK POTATO CRISPS 194/203 g or **MINGLES** 155 g
selected varieties
210740384_EA/21620358_EA



\$2

DARE CRACKERS
selected varieties
100-225 g
21230066_EA/211330701_EA



\$6

HELLMANN'S REAL MAYO
selected varieties
710-890 mL
2011577001_EA



2⁵⁰

TIM HORTONS SOUP
selected varieties
540 mL
21332118_EA



\$2

PRIMO PASTA SAUCE
selected varieties
680 mL
20162006_EA



\$5

POST FAMILY SIZE CEREAL
selected varieties
525-650 g
21340452_EA/21575229_EA



\$3

TETLEY TEA or HERBAL TEA
selected varieties
20/24's
20111134_EA/21643442_EA



3⁵⁰

PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
203067020001_EA/20306849003_EA



\$6

GATORADE SPORT DRINKS 6x391 mL or
POWDERS 560 g
selected varieties
20300318003_C06/203236724001_EA



6⁵⁰

PC® CARBONATED SOFT DRINKS
selected varieties
12x355 mL
20218887001_C12/20890671002_C12



BETTER AS A MEMBER

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EARN

3,000 pts

for every \$12*
spent on

=\$3
Back in points



BEN'S ORIGINAL RICE
selected varieties
68 g - 4 kg
21404900_EA/21405476_EA/21535549_EA/21680683_EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

\$4

SIMPLY DRINKS
selected varieties, refrigerated
1.54 L

EARN
1,000
Back in points



POGO
selected varieties, frozen
20's
20065234002, EA

ONLY

\$15

SAVE 20%

\$2



PILLSBURY REFRIGERATED WRAPS
selected varieties
200-227 g
20305424002, EA/21505340, EA

ONLY

\$3



**BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT** 410 g or
LACTANTIA CREAM CHEESE 227 g
selected varieties
21232564, EA/21673558, EA

SAVE 33%

3.99



KRAFT CHEESE WHIZ
450 g
20659606001, EA

\$3



TOWNHOUSE 247-391 g or
CHEEZ IT SNAP'D CRACKERS 213 g
selected varieties
21107480, EA/21431181, EA

\$5



**NUTELLA B-READY
HAZELNUT SPREAD** 132 g or
375 g
20430998, EA/21457401, EA

\$4



GENERAL MILLS CHEX or
NATURE VALLEY GRANOLA CEREAL
selected varieties, 300-360 g
20449233, EA/21333025, EA

3.49



**HERSHEY'S CHOCOLATE
POUCHES**
selected varieties
160-230 g
20302770004, EA

3.50



MINUTE MAID, FIVE ALIVE or
FUZE DRINK BOXES
selected varieties
8/10x200 mL
20327042001, EA/21444710, C10

2.25



PC® 100% JUICE 1 L or
NO NAME® FRUIT BEVERAGES 2 L
selected varieties
2032049006, EA/21422812, EA

\$6



NO NAME® NAPKINS
500's
20304897, EA

\$9



**PALMOLIVE DISHWASHING
LIQUID**
selected varieties
4.27 L
21514497, EA

3.50



DUNKAROOS 168 g or
**NATURE VALLEY MUFFIN
or DIPPED GRANOLA BARS** 132/175 g
selected varieties
21428403, EA/21449804, EA

3.50



GENERAL MILLS CEREAL
selected varieties
300-427 g
21104047, EA/21313642, EA

\$6



PILLSBURY PIZZA POPS or BITES
selected varieties, frozen
493/760 g
21405051, EA

\$5



BEN & JERRY'S ICE CREAM
selected varieties, frozen, 473 mL
21428403, EA

\$5



MAGNUM NOVELTIES
selected varieties, frozen, 2's
20930739, EA

4.50



**BREYERS CREAMERY STYLE
ICE CREAM**
selected varieties, frozen, 1.41 L
21405149, EA

OUR BRANDS

Made by us,
loved by you.



no name®



\$6

**PC® FREE FROM®
SLICED DELI MEAT** 175 g
or **ZIGGY'S® PEPPERONI
STICKS** 300 g
selected varieties
20682966 EA/21665209 EA



250

**NO NAME®
WHIPPED TOPPING**
225 g
20017493 EA

450

**NO NAME®
STIRRED YOGURT**
12's
20685574001 EA/20685574002 EA



250

**NO NAME®
NORTHPOLE-ITAN
ICE MILK**
frozen
1.65 L
21688287 EA

388

**PC® LEMONADE or
TEA**
selected varieties, refrigerated
1.54 L
21430542 EA



250

**NO NAME®
SOUR CREAM**
selected varieties
500 mL
20299657 EA



499

**NO NAME®
NATURAL
CHEESE SLICES**
selected varieties
210/230 g
21614277 EA



\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
2031225001 EA



250

PC® SWISS STICKS
selected varieties
100 g
20538543002 EA/21348623 EA



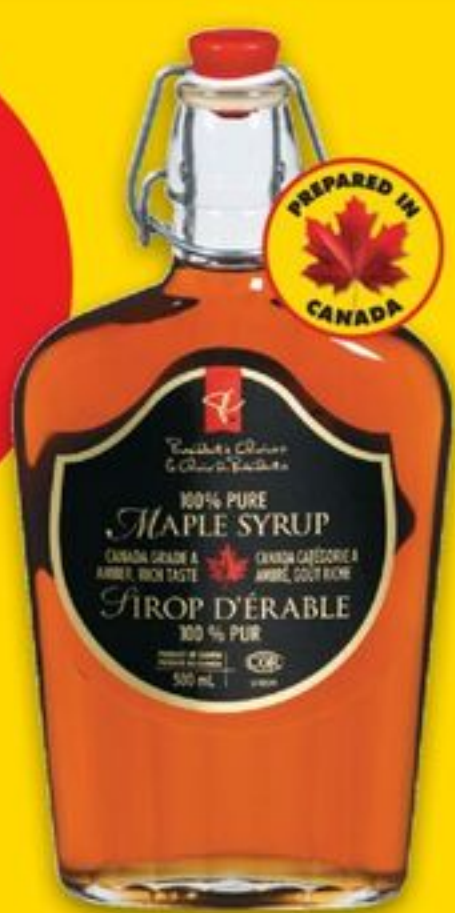
450

PC® CEREAL 570-725 g or
PUFFED WHEAT 400 g or
**CRUNCHY
ALMOND CEREAL** 475 g
selected varieties
20049139 EA/20781434 EA



\$11

**PC® 100% PURE
MAPLE SYRUP**
500 mL
20049221 EA



\$20

**PC® ROAST AND
GROUND COFFEE** 800-930 g,
WHOLE BEAN 820/907 g or
PODS 30's
selected varieties
21668446 EA/21668491 EA



\$2

NO NAME® PASTA
selected varieties
900 g
20315613001 EA/20315613003 EA



\$4

PC® VINAIGRETTE
selected varieties
350 mL
21072440 EA/21683167 EA



275

PC® CROUTONS 140 g
or **PC® SALAD
DRESSING** 475 mL
selected varieties
20628488001 EA/20796248002 EA





Insiders
Report™

holiday

Hacks and Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g

Get
750 ^{pts}
with digital
coupon



**PC®
BLACK
LABEL
CHEESE**
200 - 250 g

Get
1,500 ^{pts}
with digital
coupon



**PC®
DINO
MELON**

Get
500 ^{pts}
with digital
coupon



**PC®
READY TO
BAKE
CROISSANTS**
312 - 360 g

Get
750 ^{pts}
with digital
coupon



**PC®
PORCHETTA**
1.2 kg

Get
3,000 ^{pts}
with digital
coupon



**PC®
JUICE
SHOTS**
4 x 60 mL

Get
1,000 ^{pts}
with digital
coupon



**PC®
HOT
PEPPERS**
50 - 226 g

Get
500 ^{pts}
with digital
coupon



**PUFF
PASTRY
HORS
D'OEUVRES
COLLECTION**
720 g

Get
3,000 ^{pts}
with digital
coupon



**PC®
CRANBERRY
BRIE
PASTRY
BITES**
288 g

Get
2,000 ^{pts}
with digital
coupon



**PC®
FLATBREAD**
selected varieties
frozen
340 g

Get
2,500 ^{pts}
with digital
coupon



**PC®
BRIOCHE
MINI ROLLS**
12's

Get
2,000 ^{pts}
with digital
coupon



**PC® 100%
CRANBERRY
JUICE BLEND**
1.89 L

Get
1,500 ^{pts}
with digital
coupon



**PC®
DULCE
DE LECHE
SPREAD**
450 g

Get
2,000 ^{pts}
with digital
coupon



**PC®
GINGER
ALE**
2 L

Get
500 ^{pts}
with digital
coupon



**NO NAME®
CREAM
CHEESE**
250 g

Get
1,000 ^{pts}
with digital
coupon



**NO NAME®
APPETIZERS**
454 - 900 g

Get
2,500 ^{pts}
with digital
coupon

BIG HOLIDAY DEALS!



Mondelēz
International



Optimum
Members-Only Price**
2.25

Non-members
\$3

CADBURY FAMILY SIZE CHOCOLATE BAR
selected varieties
80-100 g
21648577_EA/21648701_EA

\$2

MAYNARDS CANDY
selected varieties
135-154 g
21545554_EA/21694186_EA



MARCANGELO
MEDITERRANEAN QUALITY / QUALITÉ MÉDITERRANÉENNE



\$4

\$11

\$12

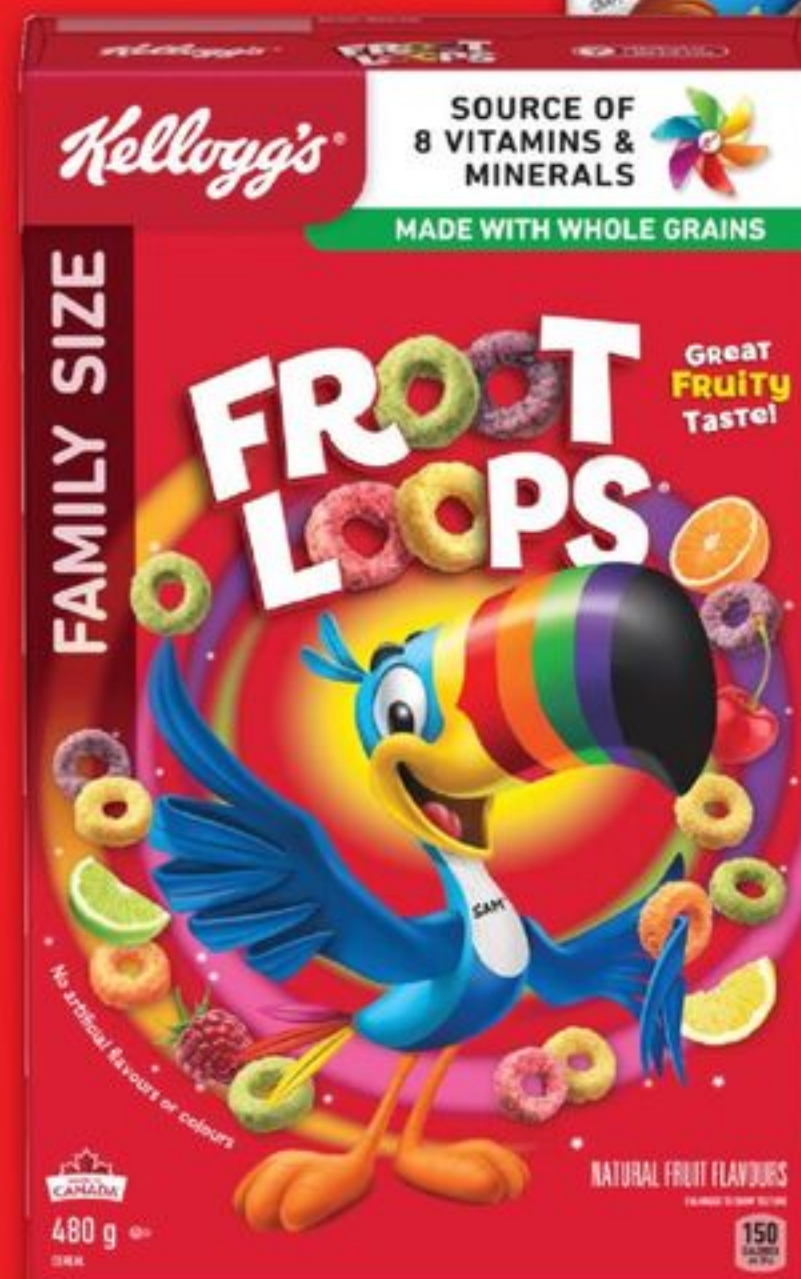
MARCANGELO MORTADELLA
110 g
21707188_EA

MARCANGELO CACCIATORE SALAMI CHUB
300 g or **SLICED DELI MEAT** 150/175 g
selected varieties
21021491_EA/21021493_EA

MARCANGELO SLICED DELI MEAT
selected varieties, 200 g
21206369_EA/21313142_EA



Kellogg's



\$4

\$5.50

KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 317-383 g or **MINI-WHEATS** 377-460 g **CEREAL**
selected varieties
21607207_EA/21653774_EA

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
21449784_EA/21651640_EA

EVERYDAY ESSENTIALS AT LOW PRICES

\$2

SURAJ® JUICE

selected varieties
1 L
21001004_EA



\$1

NO NAME® GRAVY MIXES

selected varieties
25 g
21687251_EA/21687380_EA

\$5

SURAJ® NAAN

selected varieties
10's
20342261_EA



\$10

SURAJ® BASMATI RICE

3.63 kg
20838931_EA

\$5

NO NAME® PIE FILLING

selected varieties
540/796 mL
21662314_EA/21667990_EA



1.29

NO NAME® SAUCE

selected varieties
398 mL
20185228001_EA



\$1

PC® ORGANICS BABY FOOD POUCH

selected varieties
128 mL
20646167007_EA/21055125_EA



\$5

PC® ORGANICS PEANUT BUTTER

selected varieties
500 g
20298178_EA



2.29

NO NAME® CHOCOLATE BAR

selected varieties
100 g
20580726_EA/20580737_EA



1.25

NO NAME® SOUP MIX

selected varieties
56-166 g
21099689_EA



\$3

PC® WATER CRACKERS

125 g
20431236_EA



1.50

NO NAME® SPINACH

selected varieties, frozen
300 g
20611796_EA



\$2

NO NAME® DISHWASHING LIQUID

800 mL
21309894_EA



1.50

ROOSTER® INSTANT EGG NOODLES

400 g
20096297_EA



1.50

ROOSTER® COCONUT MILK

selected varieties
398 mL
21378707_EA



GLOBAL FOODS AT LOW PRICES

1⁹⁹
LB

GINGER ROOT

product of China
4.39/kg
20179038001_KG



1⁴⁹

CHAYOTE SQUASH

product of Mexico
20167837001_EA

1⁴⁹
LB

OPO SQUASH

product of Dominican Republic, Mexico, or Honduras
3.28/kg
20142035001_KG



2⁹⁹
LB

JAPANESE SWEET YAMS

product of U.S.A.
6.59/kg
20524922001_KG

5⁵⁰
LB



CHICKEN LIVER

fresh
12.13/kg
20142027_KG

5⁶⁶
LB



PORK BELLY PORTIONS

fresh
12.48/kg
21614914_KG

11⁸⁸



T&T SLICED BEEF PLATE ROLLS

340 g
21570476_EA

2⁵⁰



BYBLOS PITA

6's
20132183_EA

5⁵⁰



SEAQUEST SEAFOOD MEDLEY

frozen
340 g
21592029_EA

\$15



BYBLOS BAKLAVA

725 g
21708090_EA

2⁷⁹



LA COSTEÑA CHIPOTLE PEPPERS

186 mL or REFRIED BEANS 346 mL
selected varieties
20004075001_EA/201318080_EA

3⁹⁹



ROOSTER JASMINE RICE or THAI SWEET RICE

2 kg
20102054_EA/20144395_EA

4⁵⁰



NANAK PANEER

selected varieties
341 g
21706138_EA

7⁹⁹



ALFA ROLLINI

selected varieties, frozen
1 kg
21600986_EA

1⁵⁰



HALDIRAM'S INDIAN SNACKS

selected varieties
150/160 g
20209425_EA/20209977_EA

1⁶⁸



AROY-D COCONUT MILK

selected varieties
400 mL
20063864_EA

4⁹⁹



ALFA PUFF PASTRY

selected varieties
1 kg
21600988_EA

8⁹⁹



MASECA INSTANT CORN MASA FLOUR

1.8 kg
21607445_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

COLLECT & SAVE! BIG IS BACK

Get one stamp for
every \$20* spent.

Collect 20 stamps and
get 60-80% off*
one piece of high-quality
Kuhn Rikon Swiss
design ovenware!

SAVE
60-80%*
OFF EACH



Opt-in digitally
in the PC Optimum™
App and get
8 bonus stamps*

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

ONLINE OVEN FLAP



Optimum™

**SCRATCH TO
UNWRAP**



Scratch and match
all 3 cards for
a chance to win
exclusive deals
and PC Optimum™
points!*

Dec. 4th - 24th

OPEN THE APP TO PLAY



*NO PURCHASE NECESSARY to enter and win. Open to Canadian residents who are PC Optimum members and PC Optimum app users 14 years or older at the time of entry. Contest ends at 11:59:59pm ET on December 24th, 2025. To enter, open your PC Optimum App, log in with your PC™ id and follow the instructions to play the Game within the Eligible Play Period (Thursday to Wednesday). 182,422 Bonus Offer Prizes and 151,515 Discount Offer Prizes available to be won at the onset of the contest (ARV: \$0.40 to \$5.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing question. If all Prizes are claimed/redeemed, your odds of winning a Prize are 926 in 1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONLINE GAME FLAP

HO-HO-HOST WITH THE MOST

Impressing your guests without breaking the bank?
That's what the PC® Holiday Insiders Report™ collection is for.



\$4.50

**PC® M'AQUA™
COCKTAIL FLAVOURED
SPARKLING WATER**
selected varieties
6x355 mL
21718238_C06



\$4.50

**Optimum
EARN
2,000^{pts}
Back in points**

**PC® THE DECADENT®
COOKIE**
selected varieties
280/300 g
20612257_EA/20612260_EA



\$3

PC® CRACKERS
selected varieties
185 g
20603888003_EA



\$10

PC® HOT CRAB & LOBSTER DIP
360 g
21682673_EA/21682613_EA



\$7

PC® PORTUGUESE CUSTARD TARTS
frozen
360 g
21686419_EA



\$10

PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
20121729_C12



\$11

PC® LOADED PIEROGI BAKE
frozen, 770 g
21686110_EA



\$11

PC® CHEESECAKE
selected varieties, frozen
600 g
216867935_EA



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**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

That's up to **\$75** in points!

SHOP NOW



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Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

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.

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*
10,000 pts
\$10
Back in points

Dec 18 - 24, 2025

for every \$100* spent on any combination of Ultimate Dining Card, Harvey's, and Swiss Chalet gift cards.



*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 Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction in store or online at www.giftofchoice.ca/en. Must be a registered PC Optimum member and use email associated with PC Optimum account if purchased online. Cannot be combined with any other gift card offers. One offer per PC Optimum account. Not valid on prior purchases. No cash value. PC Optimum points cannot be redeemed toward the purchase of gift cards. We are not obligated to award points based on errors or misprints. Points will be awarded within 2 weeks of qualifying online transactions. Subject to change.



**Flu shot?
Think Pharmacist.**

Talk to your Pharmacist or book now*
at pchealth.ca/flu

*Subject to vaccine availability. Pharmacists can administer flu shots to children aged: 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy.
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a SIM card**

Limited time Boxing Week
savings for PC Optimum™
members.

exclusively at **NOFRILLS**



*Offer valid Nov. 27 - Dec. 3. Subject to change. Conditions apply. Visit nonamemobile.ca for full details.
**Must be a registered PC Optimum™ member to get this offer.

MORE WAYS TO SAVE



Enjoy these price
drops for longer.



We'll honour a current deal
if we're sold out, and give
10% in PC Optimum points.



Count on low
everyday prices.



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

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.

ONL NFW MKT