



BIG HOLIDAY DEALS!

SAVE ^{UP TO} 33%

3⁹⁹



10 LB BAG

RED, YELLOW, or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre rouges, jaunes ou Russet
20401013001 5A/20401020001 5A

ONLY

1⁷⁷



BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121540001 5A

ONLY

3⁹⁹
EA/LB



PINEAPPLE
each, product of Costa Rica or
ASPARAGUS
8.50/kg, product of Mexico or Peru,
no. 1 grade
asperges ou asperges
30119813001 5A/20174381001 8Q

ONLY

.69
LB



GREEN CABBAGE or RUTABAGAS
product of Canada, Canada no. 1 grade
1.52/kg
chou vert ou rutabagas
30793034001 8Q/20144543001 8Q

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 11 TO WEDNESDAY, DECEMBER 17, 2025.

BIG HOLIDAY DEALS!



WOW!

\$10

CHICKEN BREAST
à parts, brossées, skinned, fresh
poitrine de poulet
3100737 00

WHILE QUANTITIES LAST

SAVE 45%

10⁹⁹

**MAPLE LEAF SUNRISE
LARGE WAX BOLOGNA**
2 kg
bologna
30011345 00



ONLY

2⁴⁹
LB

PORK HALF LOIN
fresh, boneless
5.45/lb
demi longe de porc
30007 00

WHILE QUANTITIES LAST

ONLY

\$1

GRAVES APPLE JUICE 1 L or
SPARKLING ICE 302 mL
selected varieties
30011345 00



SAVE 41%

1³³

ITALPASTA
selected varieties
750 g
pâtes
30011345 00

SAVE 37%

1⁴⁴

UNICO TUNA
198 g
thon
30113745 00



SAVE UP TO 33%

\$2

**CAMPBELL'S
CHUNKY SOUP**
selected varieties
215 mL
soupe
3140047 00



SAVE UP TO 25%

\$6

**SEAQUEST® COOKED or
RAW SHRIMP
SHRIMP RING** 227 g
from
crevettes cuites ou crues ou crevettes de crevettes
3140047 00



SAVE 40%

1⁵⁰

**NO NAME®
WHITE VINEGAR**
6L Size
4 L
Vinaigre blanc
30011345 00



ONLY

\$5

**SCOTSBURN or
BAXTER
CHOCOLATE MILK**
selected varieties
2 L
lait au chocolat
30011345 00



PRICE DROP

3²⁵

**FARMERS CREAM 10%, SCOTSBURN CREAM
5/10% or NORTHUMBERLAND CREAM 18% 1 L
SCOTSBURN or CENTRAL DAIRIES CREAM 35%**
473/500 mL, selected varieties
brand and size varies by region
30011345 00



SAVE 52%

4²⁵

**ROYALE
FACIAL
TISSUE**
selected varieties
60/70 sheets
mouchoirs
30011345 00



ONLY

6⁴⁴

**NESCAFÉ® TASTER'S CHOICE
SWEET & CREAMY
INSTANT COFFEE**
selected varieties
sachet
30011345 00



ONLY

6⁹⁹

**LINDT CHOCOLATE BOX
PC® SUISSÉ CHOCOLATE BAR** 400 g
selected varieties
chocolat
30011345 00



SAVE 36%

11⁹⁹

**ROBIN HOOD ALL PURPOSE
FLOUR**
15 kg
farine tout usage
30011345 00



**PRICE
DROP**

\$4



GRADE A LARGE EGGS
72's
30011345 00

4⁹⁵



ATLANTIC BUTTER
selected varieties
454 g
beurre
30011345 00

4⁹⁵



**ARMSTRONG or
PC® SHREDDED
CHEESE** 300-320 g
**ARMSTRONG
CHEESE** 400 g
selected varieties
fromage
30011345 00

FLYER PRICES EFFECTIVE AT 240 DUFFERIN STREET, BRIDGEWATER, NS B4V 2G7,
3695 HIGHWAY 3 BARRINGTON PASSAGE, NS, BOW 1P0

nofrills.ca
01 NFA M

3²⁷



EARN 500

=50¢
back in points

CLASSICO PASTA SAUCE
selected varieties
410/400 mL
sauce pour pâtes
2023040001, 2421418237, 5A



SAVE 37%

2⁵⁰

ZIGGY'S® SALADS 454 g or
FRESH PASTA 350/360 g
selected varieties
salades ou pâtes fraîches
202304055, 5A/213331148, 5A



ONLY

3⁵⁰

NO NAME® ORIGINAL GARLIC TOAST
638 g
toast à l'ail
21361140, 5A



2⁷⁵

MCCAIN SUPERFRIES® or SPECIALTY FRIES
454-750 g or **GREEN GIANT VEGETABLES**
400-750 g
selected varieties, frozen
frites ou légumes
21002302, 5A
20234338002, 5A



FRESH AT LOW PRICES

3.99

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
net wt. 6 oz./170 g

6 OZ CLAMSHELL

2 LB BAG

FARMER'S MARKET
LEMONS
CITRONS

4.99

CAULIFLOWER
product of Mexico or U.S.A., no. 1 grade
AVOCADOS
product of Mexico, Peru or Colombia or
FARMER'S MARKET
LEMONS
product of South Africa
clear fruit no sprouts or stems
net wt. 2 lb./907 g

PKG OF 5

1.49
LB

SWEET POTATOES
product of Canada
net wt. 2.25 lb./1.02 kg

GROWN IN CANADA

227 G

GROWN IN CANADA

2.49

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Canada
cleaned, stems removed
net wt. 2.25 lb./1.02 kg

FRESH GUARANTEE

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

2.99
EA/LB

PKG OF 6

BRUSSELS SPROUTS 4.5 lb./2 kg
product of U.S.A. or the Philippines or
FARMER'S MARKET MINI CUCUMBER
each, product of Canada, Canada no. 1 grade
chou de Bruxelles ou mini courgettes
net wt. 4.5 lb./2 kg

4.99

4 LB BAG

FARMER'S MARKET ROYAL GALA or MONTOSH APPLES
product of Ontario, Ontario, Canada honey grade
net wt. 4 lb./1.81 kg

5.99

567 G

PC® AXIANY or MIXIANY TOMATOES
product of Canada or Mexico
net wt. 567 g

4.99

2 LB BAG

FARMER'S MARKET MANDARINS
product of South Africa
mandarins
net wt. 2 lb./907 g

2.99

3 LB BAG

FARMER'S MARKET CARROTS, or YELLOW ONIONS
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
net wt. 3 lb./1.36 kg

3.99

680 G

PC® LITTLE GEMS® MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
net wt. 680 g

4.99

PKG OF 4

SWEET PEPPERS
product of Canada or U.S.A.
net wt. 4.99

\$7

6" POINSETTIA

imported cuttings
net wt. 6"

4.49
LB

CLUB SIZE

LEAN GROUND PORK
fresh
net wt. 4.49 lb./2.03 kg

\$4

NO NAME® STUFFED CHICKEN
seasoned vegetables, frozen, 204 g
net wt. 204 g

PREPARED IN CANADA

\$6

PC® BLUE MENU® GROUND CHICKEN or MINCED TURKEY
434 g
ground chicken or turkey in broth or dry
net wt. 434 g

PREPARED IN CANADA

\$7

BALDERSON CHEESE
cheddar, 200-280 g
net wt. 200-280 g

PREPARED IN CANADA

\$3

WONDER BREAD 275-375 g or BUNS 12
selected varieties
net wt. 275-375 g or 12 buns

PREPARED IN CANADA

\$5

FARMER'S MARKET COOKIES 125 or LOAF CAKES 340-400 g
selected varieties
net wt. 125 or 340-400 g

PREPARED IN CANADA

\$7

SEAQUEST® FILLETS
selected varieties, frozen, 400 g
filets de poisson
net wt. 400 g

*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

ONLY

4⁵⁰

OASIS HEALTH-BREAK™ SMOOTHIE
selected varieties, refrigerated, 1.6 L
between bottles
2100000, SA/2100000, SA



SAVE UP TO 33%

\$5



GIUSEPPE THIN CRUST™ RISING CRUST PIZZA
selected varieties, frozen, 490-730 g
pizza
2100000, SA

ONLY

3⁵⁰

iögo nano YOGURT 4x73 mL or
PILLSBURY REFRIGERATED DOUGH 340-444 g
selected varieties
imported as pills refrigerated
2100000, SA/2100000, SA



SAVE UP TO 45%

\$6



HIGH LINER FAMILY BATTERED FISH
selected varieties, frozen
315-700 g
between 4x100 g
2100000, SA/2100000, SA

\$6

BLACK DIAMOND CHEESTRINGS™ SNACKS 315/324 g or
CRACKER BARREL CHEESE SHREDS 330 g
selected varieties
between 4x100 g or 4x100 g
2100000, SA/2100000, SA



1²⁵

POWERADE SPORT DRINKS
selected varieties, 710 mL
between 4x100 g
2100000, SA/2100000, SA



\$2

CHEEZ-IT CRACKERS
selected varieties, 191/200 g
crackers
2100000, SA/2100000, SA



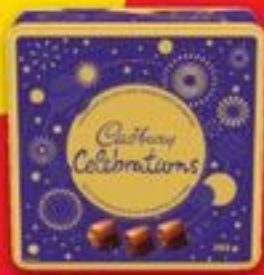
3⁵⁰

LECLERC CELEBRATION COOKIES
selected varieties, 200-225 g
between 4x100 g
2100000, SA/2100000, SA



11⁹⁹

CADSBURY CELEBRATIONS TIN
325 g
both chocolate
2100000, SA



10⁴⁹

KINDER MAXI
selected varieties, 116/130 g
between 4x100 g
2100000, SA/2100000, SA



3¹⁹

CARNARY SWEET CANDY CANES
selected varieties, 18 g
between 4x100 g
2100000, SA/2100000, SA



11⁹⁹

MERCI BOXED CHOCOLATE
400 g
between 4x100 g
2100000, SA



\$14

CASCADE AUTO DISHWASHER TABS
selected varieties, 30-40 x
between 4x100 g or 4x100 g
2100000, SA/2100000, SA



4⁵⁰

DAWN DISHWASHING LIQUID
selected varieties, 473-483 mL
between 4x100 g or 4x100 g
2100000, SA/2100000, SA



6⁹⁹

NO NAME® PAPER TOWELS
4x11 rolls
between 4x100 g or 4x100 g
2100000, SA



1⁷⁹

KNORR SIDEKICKS
selected varieties, 130-140 g
between 4x100 g
2100000, SA



\$9

NO NAME® CAT LITTER
selected varieties, 18 kg
between 4x100 g or 4x100 g
2100000, SA



\$10

DENTASTIX DOG TREATS
selected varieties, 300 g/1.9 kg
between 4x100 g or 4x100 g
2100000, SA



\$23

PEDIGREE DRY DOG FOOD
selected varieties, 6.35/7 kg
between 4x100 g or 4x100 g
2100000, SA



BIG HOLIDAY DEALS!

ONLY

6⁹⁹

BECER MARGARINE
selected varieties
637/850 g
margarine
20297818002, SA



ONLY

6⁵⁰

LIBERTÉ GREEK or ACTIVIA EXPERT YOGURT
selected varieties
650/750 g
yogourt
20442273, SA/21448305, SA

SAVE 21%

5⁵⁰

MCCAIN CAKES
selected varieties, frozen
510 g
gâteaux
20310120003, SA



NO NAME® PIZZA
selected varieties, frozen
350-411 g
pizza
11341429, SA

ONLY

3⁵⁰

4⁵⁰

NEILSON ULTRAFILTERED MILK
selected varieties
1 L
lait
21442296, SA



\$4

COOL WHIP TOPPING
selected varieties, frozen
1 L
mousse fraîche
20244401, SA



2⁷⁹

LANTIC GRANULATED SUGAR
2 kg
sucre granulé
20144051, SA



\$4

MISS VICKIE'S POTATO CHIPS
190/200 g or **CHEETOS SNACKS** 170-343 g
selected varieties
croustilles ou grignolines
21442296, SA/21442297, SA



\$3

KELLOGG'S RICE KRISPIES 174/198 g, **POP TARTS** 364 g, **SPECIAL K NUTRI-GRAIN** 250 g, **BARS**
selected varieties
barres
20144401, SA/21442297, SA



2⁹⁹

PC® DUSTED TRUFFLES 300 g or **HERDS GUMMY CLUSTERS** 140 g
selected varieties
truffettes
21442296, SA



8⁹⁹

UNICO VEGETABLE OIL
2 L
huile végétale
20244401, SA



\$2

FRASER FARM GRAVY AND MEATBALLS 425 g or **PURITAN STEW** 410 g
selected varieties
sauce et boulettes de viande
20144224, SA



1⁵⁹

GREEN GIANT VEGETABLES or OCEAN SPRAY CRANBERRY SAUCE 343 mL
selected varieties
légumes ou sauce aux cranberries
20144401, SA/21442224, SA



\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties
30-47 g
mélange à sauce déshydraté
20244401, SA/20242210, SA



1²⁹

KRAFT STOVE TOP STUFFING 120 g
selected varieties
farce
20144401, SA



5⁹⁹

RICK'S PICKLES
1 L
cornichons
21442296, SA



3⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
6x710 mL
boissons gazeuses
20144401, SA/20144402, SA



\$27

MCCAFÉ ROAST AND GROUND COFFEE
selected varieties
840-900 g
café moulu et torréfié
21442296, SA



16⁹⁹

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties
30's
capsules de café
21442296, SA/21442297, SA



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 points
for every \$6* spent on

ORVILLE REDENBACHER MICROWAVE POPCORN 345-492 g or **KERNEL JAR** 610 g
selected varieties
maïs à déshydrater au micro-ondes
20144401, SA/20144402, SA



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

FRENCH'S MUSTARD, FRANK'S RED HOT, THICK or SQUEEZE SAUCE or CHOLULA SAUCE
selected varieties, 150 mL - 1 L
moutarde ou sauce piquante
20144401, SA/20144402, SA/21442297, SA



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



No paper, plastic and metal waste





Insiders
Report™

holiday

Hacks and
Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g
croquellins

Get
750[¢]
with digital
coupon



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

Get
1,500[¢]
with digital
coupon



**PC®
DINO
MELON**
melon

Get
500[¢]
with digital
coupon



**PC®
READY TO
BAKE
CROISSANTS**
312 - 360 g
croissants prêts à cuire

Get
750[¢]
with digital
coupon



**PC®
PORCHETTA**
1.2 kg
porchetta

Get
3,000[¢]
with digital
coupon



**PC®
JUICE
SHOTS**
4 x 60 mL
shots de jus

Get
1,000[¢]
with digital
coupon



**PC®
HOT
PEPPERS**
50 - 226 g
piments forts

Get
500[¢]
with digital
coupon



**PUFF
PASTRY
HORS
D'OEUVRES
COLLECTION**
720 g
hors-d'œuvre
en pâte feuilletée

Get
3,000[¢]
with digital
coupon



**PC®
CRANBERRY
BRIE
PASTRY
BITES**
288 g
bouchées de pâtisserie

Get
2,000[¢]
with digital
coupon



**PC®
FLATBREAD**
selected varieties, frozen
340 g
pain plat

Get
2,500[¢]
with digital
coupon



**PC®
BRIOCHE
MINI ROLLS**
12+
mini-petit pains

Get
2,000[¢]
with digital
coupon



**PC® 100%
CRANBERRY
JUICE BLEND**
1.89 L
mélange de jus de
canneberges

Get
1,500[¢]
with digital
coupon



**PC®
DULCE
DE LECHE
SPREAD**
450 g
tartinade

Get
2,000[¢]
with digital
coupon



**PC®
GINGER ALE**
2 L
soda au gingembre

Get
500[¢]
with digital
coupon



**NO NAME®
CREAM
CHEESE**
250 g
fromage à la crème

Get
1,000[¢]
with digital
coupon



**NO NAME®
APPETIZERS**
454 - 900 g
hors-d'œuvre

Get
2,500[¢]
with digital
coupon

BIG HOLIDAY DEALS!



\$4

GENERAL MILLS CHEX® & NATURE VALLEY GRANOLA CEREAL
selected varieties
300-360 g
céréales
31533233, SA



1.89

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, SNACK SIZE MIX 184/212 g or FROSTING 340/430 g
selected varieties
mélanges à gâteau ou mélanges à cuisson au glaçage
30562641007, SA/31347938, SA



2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
macaroni au fromage
30316187001, SA



\$7

OKA CHEESE
190 g
fromage
30970734, SA



\$5

AGROPUR BRIE
170 g
brie
30177793, SA



\$5

MONSIEUR GUSTAV GOUDA
selected varieties
170 g
gouda
31397332, SA



\$11

MASTRO GENOA SALAMI CHUB
selected varieties
600 g
saucisson de salami
30181136, SA



\$5

MASTRO SALAMI 150 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
salami ou prosciutto
30381860, SA/31361099, SA



3.50

MASTRO CAPOCOLLO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou mortadella
30376743, SA/30307743, SA



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 11:59:59 p.m. ET on December 17, 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). 250,000 Bonus Offer Prizes and 391,667 Discount Offer Prizes available to be won at the onset of the contest (ARY: \$0.50 to \$1.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing questions. If all Prizes are claimed/redeemed, your odds of winning a Prize are 1/90 to 1/1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONE NFA GAME FLAP

DECEMBER

HIT
OF THE
MONTH



\$2

Prepared in Canada

Christie Mini Cookies

Selected varieties, 144 g - 200 g

Limit: 6, over limit retail \$2.75

6672102879 / 6672102886_EA



\$2.50

Prepared in Canada

Planters Cashew Halves, 200 g,

Cocktail Peanuts, 200 g or Mixed Nuts, 225 g

Limit: 6, over limit retail \$3.50

5871699357_EA / 5871699276_EA



\$2.85

Prepared in Canada

PC® Cinnamon Raisin Bread

675 g

Limit: 6, over limit retail \$4.00

4913535_EA



\$4.50

Softsoap Liquid Hand Refill

Selected varieties, 1.47 L

Limit: 6, over limit retail \$5.50

7418245992_EA / 7418245993_EA



\$5

**San Pellegrino carbonated
flavoured water**

Selected varieties, 6 x 330 mL

Limit: 6, over limit retail \$6.00

055000201421_EA / 055000201483_EA

**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. No rainchecks.

ONE NFA FLAG

**NEW
LOWER
PRICES**



\$6

PC® BACON
selected varieties
500 g
bacon
20153629 SA

2.50

**HOSTESS
SNACKCAKES**
selected varieties
202-231 g
petits gâteaux
21283752 SA



\$7

**PILLER'S
PEPPERETTES or
TURKEY BITES**
selected varieties
300-500 g
bâtonnets ou bouchées de saucisson
21099386 SA/21099391 SA



\$3

**THE LAUGHING
COW CHEESE**
selected varieties
133 g
fromage
20219107 SA



\$10

PC® HERB & GARLIC SHRIMP
340 g
crevettes
21102891 SA



\$4

**GIUSEPPE GARLIC
FINGERS**
317 g
bâtonnets à l'ail
21164227 SA



1.25

**NEILSON MILKSHAKE
or MILK2GO**
selected varieties
232 mL
lait frappé
21049711 SA/21049742 SA



\$4

PC® COLD BREW COFFEE
selected varieties, refrigerated
900 mL
café infusé à froid
21022342 SA/21022347 SA



\$3

LIBERTE GREEK YOGURT
selected varieties
4x150 g
yaourt grec
2108172002 SA



\$7

KRAFT SINGLES
825 g
fromage en tranches
21186212 SA



2.25

QUAKER CRISPY MINIS
selected varieties
100-199 g
petites céréales
2016370002 SA/2016370001 SA



\$4

TENDERFLAKE PIE SHELLS
selected varieties, frozen
235-297 g
croustilles à torte
2010264001 SA



\$3

PILLSBURY PIZZA POPS
selected varieties, frozen
380 g
pizza
21400071 SA



\$5

ROYALE BATH TISSUE
selected varieties
8x16 rolls
papier hygiénique
21162174 SA



**NEW
LOWER
PRICES**

\$4

**PC[®] ORGANICS
FROZEN
VEGETABLES**
selected varieties
500 g
légumes surgelés
2041686P001 3A/2041686P002 3A



1.50

**MICHELINA'S
DINNER
ENTRÉES**
selected varieties, frozen
156-284 g
plats cuisinés
21208614 3A



\$5

**CHAPMAN'S
PREMIUM ICE CREAM**
selected varieties, frozen
2 L
crème glacée
20223372001 3A



4.50

**CHAPMAN'S
YUKON or SUPER
NOVELTIES**
selected varieties, frozen
5-8's
friandises glacées
21012283 3A

\$7

NO NAME[®] OLIVE OIL
selected varieties
750 mL
huile d'olive
20047711 3A



3.50

**CAVENDISH
PREMIUM FRIES**
selected varieties, frozen
400-750 g
frites
21104077 3A



3.77

OLD EL PASO DINNER KITS
selected varieties
230-310 g
repas congelés
20395313 3A/20395314 3A



1.75

PC[®] PASTA
selected varieties
454 g
pâtes
21001075 3A/21001084 3A



1.75

MAPLE LEAF FLAKES
selected varieties
156 g
flakes
2029573001 3A



1.75

**CARNATION
EVAPORATED MILK**
selected varieties
234 mL
lait évaporé
20394813 3A/20394807 3A



\$6

**MAXWELL HOUSE
INSTANT COFFEE**
selected varieties
150 g
café instantané
21010408 3A



\$10

**KICKING HORSE
ORGANIC GROUND COFFEE**
selected varieties
254 g
café moulu
2000734001 3A/21070191 3A



3.50

EXCEL GUM MULTIPACK
selected varieties
2x, 75-77 g
gommes
21400613 3A/21400614 3A



2.50

LIPTON or KNORR SOUP MIX
selected varieties
113-328 g
mélange à soupe
2011080903 3A/2011080901 3A



\$3

**VH COOKING or
DIPPING SAUCE**
selected varieties
241-380 mL
sauce à cuisson ou à trempage
2000734001 3A/2000734002 3A



EVERYDAY ESSENTIALS AT LOW PRICES

6⁵⁰

ACTIVIA YOGURT
selected varieties, 12x100 g
yogourt
30303413001 5A/30303413002 5A



5⁵⁰

NESTLÉ DRUMSTICK
selected varieties, frozen, 4's
friandises de crème glacée
30323380003 5A

7⁵⁰

MCCAIN FAMILY SIZE
selected varieties, frozen, 1.45-1.9 kg
frites et pommes de terre
21049522 5A



6²⁹

**BUBLY or MONTELLIER
SPARKLING WATER**
selected varieties, 10/12x355 mL
eau pétillante
21094722 C10/21097177 C12

1²⁵

PEACE TEA 695 mL or **MONTELLIER
CARBONATED** 1 L
selected varieties
thé glacé ou eau pétillante
20643284 5A/21090320 5A



\$3

**ALANI ENERGY or CELSIUS ENERGY
DRINKS**
selected varieties, 355 mL
boissons énergisantes
21579466 5A/21596434 5A



6⁹⁹

FUZE or PEACE TEA ICED TEA
selected varieties, 12x341 mL
thé glacé
21443562 C12



.90

FANCY FEAST 85 g or **FRISKIES** 156 g
selected varieties
nourriture humide pour chats
20303294012 5A/20319457905 5A



1²⁵

CARNABY SWEET CANDY BAG
selected varieties, 125 g
sac de friandises
21219409 5A/21219532 5A



\$5

TIDE PODS 16's
DOWNY FABRIC SOFTENER 6.78/1.31 L
PURIFYING RINSE 473 mL or
SCENT BOOSTERS 141/150 g
BOUNCE DRYER SHEETS 40/80's
détergent ou assouplissant ou rehausseur de parfum au sèche-linge ou
capsules de détergent pour lave-vaisselle ou aide au rinçage
30301481201 5A/21353274 5A



DEALS ON BABY ESSENTIALS

34⁹⁹



HUGGIES ECONO PACK DIAPERS

size N-8, selected varieties
60-208's
couches

21456748 EA/21463768 EA

32⁹⁹



PAMPERS ECONO PACK DIAPERS

selected varieties
size N-8, 58-180's

couches
21551325 EA/21692736 EA

8⁹⁹



PEDIASURE COMPLETE

selected varieties
4x235 mL

supplément
20552414001 EA/21371922 EA

Optimum[®]

EARN

10,000^(pts)

= \$10
Back in points

when you spend
\$50' or more on

BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES

all varieties and sizes

couches ou lingettes ou préparation pour nourrisson

ou aliments ou articles ou accessoires

21371922 EA/21024946 EA/21407971 EA/21456748 EA

21463768 EA/21551325 EA/21692736 EA



3⁵⁰

CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
190-130 ml
dentifrice
2044425 EA/2134404 EA

\$4

SENSODYNE or PRONAMEL TOOTHPASTE 75/100 ml or **POLIGRIP** 40 g
selected varieties
dentifrice ou adhésif pour prothèses dentaires
2035177001 EA/20734073 EA

\$7

TRESemmé HAIR CARE
selected varieties
199-311 g/148-828 ml
soins capillaires
2021220004 EA/2179900 EA

PRICE DROP

\$8

DOVE DRY SPRAYS 107/113 g or **DEODORANT** 74 g
selected varieties
déodorant à sec ou déodorant
2044707 EA/2044503 EA

\$11

AVEENO LOTION
selected varieties
332 ml
lotion
2010202001 EA/2010202003 EA

\$7

VASELINE BODY LOTION
selected varieties
40-227 g/100-400 ml
lotion pour le corps
2100007 EA/2100000 EA

4⁵⁰

NIVEA BODY WASH 500 ml, **DEODORANT ROLL-ON** 50 ml, or **ANTIPERSPIRANT** 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou antiodorifique
20321421004 EA/21140999 EA

\$5

IVORY BAR SOAP 10x90 g or **BODY WASH** 421 ml
selected varieties
pain de savon ou nettoyant pour le corps
20347807003 EA/20860349001 EA

5⁵⁰

U BY KOTEX or KOTEX PADS LINERS 40-64's or **TAMPONS** 15/16's
selected varieties
serviettes ou protège-dosssus ou tampons
20992700 EA/213361990 EA

\$15

CENTRUM MULTIVITAMINS
selected varieties and sizes
multivitamines
21235884 EA/21235897 EA

\$12

BOOST READY TO DRINK SHAKES
selected varieties
6's
boissons frappées prêtes à boire
20304429002 C06/20946361 C06

34⁹⁹

SIMILAC CALCIUM or IRON or REGULAR INFANT FORMULA
850 g
préparation pour nourrisson
20755571003 EA/20755571003 EA

52⁹⁹

GOOD START PLUS POWDER BABY FORMULA
selected varieties
942/1020 g
préparation pour nourrisson
21599403 EA/21599414 EA

1⁷⁹

LITTLE or BABY GOURMET POUCHES or JAR
selected varieties
92-128 ml
sachets ou pots d'aliments pour bébé
20368074007 EA/21123983 EA

ALWAYS

\$1

PC® DISTILLED WATER
4 L
eau distillée
20797191 EA

ALWAYS

\$4

LIFE BRAND® MOUTHWASH
selected varieties
1 L
rinçor-bouche
21201386 EA/21201406 EA

BETTER AS A MEMBER

Optimum

EARN

7,500^{pts}

=7⁵⁰

Back in points

when you spend \$20* on

BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE, POLIDENT PRODUCTS

selected varieties and sizes

fibres ou multivitamines ou vitamine C ou analgésique ou produit pour le rhume ou antioxydant ou dentifrice ou produits pour prothèses dentaires

21235884 EA/20907357 EA/21111046 EA/21373442 EA/20516899001 EA/20334634001 EA/21233300 EA/20437569902 EA/20301179903 EA/21661561 EA

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

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. 13, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 31, 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-transferable. 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 stamp/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, FAQs and complete offer details, visit pcoptimum.ca/collectandsave.

ONLINE OVEN FLAP



Insiders Report™

SNACKINGS OF COMFORT AND JOY

Salty, sweet, naughty or nice, the PC® Holiday Insiders Report™ has tasty treats for every kind of craving (and budget).



\$3⁵⁰

PC® HUMMUS
227 g
hummus
30584097 EA



\$5

PC® GNOCCHI
selected varieties
280/350 g
gnocchi
31481515 EA



\$6

APP EXCLUSIVE OFFER:
E-Optimum
EARN 1,500 = \$1.50
Back in points

PC® DOUBLE CREAM BRIE
200 g
brie double crème
30747227 EA



\$6⁵⁰

PC® CREAM FIRST™ ICE CREAM
selected varieties, frozen
1.5 L
crème glacée
3073715002 EA



\$9

PC® FRESH POT PIES OR QUICHE
selected varieties
550-575 g
pâtés à la viande ou quiche frais
31483000 EA



\$11

PC® CHOCOLATE BASQUE CHEESECAKE
frozen
600 g
gâteau au fromage au chocolat basque
31487931 EA



\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
pizza
31331413 EA



\$4⁵⁰

APP EXCLUSIVE OFFER:
E-Optimum
EARN 2,000 = \$2
Back in points

PC® THE DECADENT™ COOKIE
selected varieties
280/300 g
biscuits
30472331 EA/30472337 EA



Express™

**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



No Frills® delivery is available at select stores.

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.



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.
®/™ Trademark of W1979 Alberta Ltd, used under license.

MORE WAYS TO SAVE

**NEW
LOWER
PRICES**

Enjoy these price
drops for longer.

**RAIN
CHECK
+ pts**

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

ALWAYS

Count on low
everyday prices.

**FRESH
GUARANTEE**

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 NFA MKT