

NOFRILLS®

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

BIG HOLIDAY DEALS!



ONLY

\$10

CHICKEN BREAST
fresh, boneless, skinless
4 pack
21457133, EA

WHILE QUANTITIES LAST

ONLY

2.49
LB

PORK HALF LOIN
fresh, boneless
5.49/kg
20554257, 30

WHILE QUANTITIES LAST



PRICE DROP

4.95

ARMSTRONG - PC® SHREDDED CHEESE
200-320 g
ARMSTRONG CHEESE 400 g
selected varieties
21108018, 24/21104747, EA

ONLY

5.99

MANDARINS
product of China
20086110001, EA



5 LB BAG



10 LB BAG

SAVE UP TO 50%

4.49

FARMER'S MARKET® CARROTS, YELLOW ONIONS or BEETS
product of Canada, Canada no. 1 grade
21102990, EA/2046000001, EA/2046000001, EA

WHILE QUANTITIES LAST

SAVE 42%

1.44

SUNRYPE 100% JUICE
selected varieties
900 mL / 1 L
20194073001, EA



SAVE UP TO 50%

1.75

DAIRYLAND or BEATRICE CHOCOLATE MILK
selected varieties
946 mL
20197708, EA/20194100, EA



SAVE UP TO 39%

6.99

LOU'S KITCHEN - MANDARIN ENTRÉES or ST-HUBERT - SWISS CHALET PIES
selected varieties, frozen
20197007, EA/20194074, EA



SAVE 26%

1.69

ITALPASTA
selected varieties
730 g
2019410001, EA/2019410001, EA



SAVE UP TO 33%

\$3

GREEN GIANT VEGETABLES 400-750 g or MCCAIN SUPERFRIES - SPECIALTY FRIES 434-800 g
selected varieties, frozen
21000000, EA/2019410001, EA



SAVE 26%

3.50

LACTANTIA CREAM 10%, 35% 473 mL, DAIRYLAND CREAM 0-18% 946 mL or 33% 473 mL
selected varieties
20197007, EA/20194074, EA



SAVE 37%

1.44

UNICO TUNA
198 g
20111241, EA



SAVE 33%

\$2

CAMPBELL'S CHUNKY SOUP
selected varieties
513 mL
21400437, EA



ONLY

6.44

NESCAFÉ or TASTER'S CHOICE - SWEET & CREAMY INSTANT COFFEE
selected varieties
2040011001, EA/20007000, EA



ONLY

6.99

LINDT CHOCOLATE BOX or PC® SUISSSE CHOCOLATE BAR
selected varieties
20197007, EA/20194074, EA



WHILE QUANTITIES LAST

SAVE UP TO 25%

\$6

SEAQUEST COOKED or RAW SHRIMP SHRIMP RING
20-30 per lb, 300 g, or 227 g, frozen
21000000, EA



ONLY

2.29

NO NAME® WHITE VINEGAR
Club Size
4 L
20197007, EA



SAVE 55%

\$4

ROYALE FACIAL TISSUE
selected varieties
2x72/120 sheets
20194100, EA



ONLY

9.97

NO NAME® FLOUR
selected varieties
20 lb
20194100, EA/20194074, EA



FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](https://www.nofrills.ca)

01 NFW

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.

ONE NEW FLAP 1

327

Optimum
EARN
500

50¢
Back in profits

**CLASSICO
PASTA SAUCE**
selected varieties
410/600 mL
20225609001 SA/21618217 SA



SAVE 37%

250

**ZIGGY'S®
SALADS 454 g or
FRESH PASTA 350 g**
selected varieties
20084305 3A/21302270 SA



ONLY

350

**NO NAME® ORIGINAL
GARLIC TOAST**
638 g
21361140 3A



FRESH AT LOW PRICES

5⁹⁹

10 LB BAG

**RED, YELLOW, or
RUSSET POTATOES**
product of Canada, Canada no. 1 grade
20001013001, 5A/2000103001, 5A/20001017001, 5A



3⁹⁹
LB

**RED or GREEN
SEEDLESS GRAPES**
product of Peru or U.S.A., no. 1 grade
8.80/kg
20425775001, 80/20159199001, 80

3⁹⁹

BLACKBERRIES
product of Mexico, or U.S.A. or
RASPBERRIES
product of Mexico, or U.S.A., no. 1 grade
20001013001, 5A



**6 OZ
CLAMSHELL**

PINT

4⁹⁹

BLUEBERRIES
product of Peru, no. 1 grade
20123M5001, 5A



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

4⁴⁹

CANTALOUPE
product of Guatemala or Honduras, no. 1 grade
20001017001, 5A



1⁴⁹
LB

SWEET POTATOES
product of Canada
5.25/kg
2012720001, 80



2⁴⁹
LB

BRUSSELS SPROUTS
product of Canada or U.S.A., no. 1 grade
5.49/kg
2000103001, 5A



5⁹⁹

PKG OF 3

ROMAINE HEARTS
product of U.S.A. or Canada
20001013001, 5A



3⁹⁹

PKG OF 4

RED or GREEN PEPPERS
product of U.S.A.
201220001, 5A/2000103001, 5A



.99
LB

GREEN CABBAGE
product of Canada, Canada No. 1 Grade
5.16/kg
2000103001, 5A



\$7

6" POINSETTIA
in assorted colours
20001013001, 5A



\$4

225 G

**PC® SALTED or
PC® BLUE MENU®
UNSALTED PISTACHIOS**
product of U.S.A.
21210001, 5A/20001013001, 5A



4⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico, Peru or Colombia
20001013001, 5A



6⁹⁹

1 LB BAG

CHESTNUTS
product of Italy
201220001, 5A



1⁹⁹

RED MANGOES
product of Brazil
20001013001, 5A



6⁹⁹

5 LB BAG

**FARMER'S MARKET® AMBROSIA or
ROYAL GALA APPLES**
product of British Columbia, Canada farm grade or
BARTLETT PEARS
product of U.S.A., extra large grade
20001013001, 5A/20001017001, 5A/20001017001, 5A



5⁹⁹

3 LB BAG

FARMER'S MARKET® LEMONS
product of Spain, Mexico
20001013001, 5A



3⁹⁹

680 G

CELERY
product of U.S.A., no. 1 grade or
**PC® LITTLE GEMS® RED, YELLOW, or
MIXED MINI POTATOES**
product of Canada, no. 1 grade
20001013001, 5A/20001017001, 5A/20001017001, 5A



3⁹⁹

**GROWN IN THE
WESTERN
PROVINCES**
All British Columbia
and Alberta produce
is proudly Canadian

454 G

**PC® WHOLE CREMINI or WHITE
MUSHROOMS**
product of Western Provinces
20001013001, 5A



*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

3-5 kg
\$18
each

5-7 kg
\$23
each

7-9 kg
\$30
each

9-11 kg
\$35
each



TURKEY
selected varieties, frozen
3-11 kg
21209181 SA

WHILE QUANTITIES LAST

Sides not included, but they are recommended

779

MARCANGELO CHICKEN BREAST PORTIONS
selected varieties
300 g
21706318 SA



CLUB SIZE

779
LB

EXTRA LEAN GROUND BEEF
17.17/kg
30991822 RD

599

BEYOND MEAT PLANT BASED STEAK, BURGERS, SAUSAGE & CHICKEN TENDERS
selected varieties, frozen
226-400 g
21706318 SA



1549

NO NAME® HONEY & BLACK FOREST HAM
1.3 kg
20400000 SA



350

FONTAINE SANTÉ HUMMUS 360/282 g
or **PC® NAAN DIPPERS** 350 g
selected varieties
20201120, 21706318 SA



350

SEAQUEST® FLAVOURED ALASKA POLLOCK 80 g
GO SHRIMP 100 g
YELLOWFIN TUNA STEAKS 92 g
selected varieties
20704010, 21706318 SA



\$10

SEAQUEST® WHOLE TILAPIA 1.26 kg or
WHOLE POMPANNO 800 g
frozen
21706318, 21706319 SA



\$5

ZIGGY'S® FRESH FILLED TWIN PACK PASTA 500 g or
LADLES OF LOVE SOUP 454 mL
selected varieties
21200010, SA, 21706318 SA



\$7

BALDERSON CHEESE
selected varieties
236/280 g
21706318 SA



750

NAPOLI PIZZA
selected varieties
500-543 g
21200010 SA



350

NATURAL BAKERY RYE BREAD
500 g
20201120 SA



250

WONDER BREAD 270 g or **BUNS** 12x
selected varieties
20201120, 21706318 SA



\$5

FARMER'S MARKET® COOKIES 12x or
LOAF CAKES 340-400 g
selected varieties
20201120, 21706318 SA



\$10

PC® MINI ÉCLAIRS & PROFITEROLES
selected varieties, frozen
490-710 g
20201120, 21706318 SA



BIG HOLIDAY DEALS!

SAVE UP TO 33%

\$5

**GIUSEPPE THIN CRUST
or RISING CRUST PIZZA**
selected varieties, frozen
429/785 g
21/04/047 EA



**ONLY
6⁵⁰**

**LIBERTÉ GREEK or
ACTIVIA EXPERT
YOGURT**
selected varieties
650/730 g
20/04/043 1001 EA/21/04/043 001 EA

**ONLY
6²⁵**

DEL MONTE JUGS
selected varieties, refrigerated
2.5 L
21/04/057 3M EA



**ONLY
\$4**

**CHAPMAN'S SUPER PREMIUM PLUS
ICE CREAM** 500 mL or **CANADIAN COLLECTION** 8¹
21/04/147 EA/20/04/037 5/001 EA

\$7

**STARBUCKS
COFFEE ENHANCER**
selected varieties
828 mL
21/04/013 EA



6⁹⁹

**BECHEL
MARGARINE**
selected varieties
637/850 g
20/04/040 002 EA



1²⁵

TINA'S BURRITO
selected varieties, frozen
112 g
21/04/047 EA



3⁵⁰

LECLERC CELEBRATION COOKIES
selected varieties
200-300 g
21/04/013 EA/21/04/013 EA



\$4

**MISS VICKIE'S POTATO CHIPS
or CHEETOS SNACKS** 170-283 g
selected varieties
21/04/013 EA/21/04/013 EA



\$3

**KELLOGG'S RICE KRISPIES
POP TARTS 304 g SPECIAL K
NUTRI-GRAIN 293 g BARS**
selected varieties
20/04/040 001 EA/21/04/013 EA



8⁹⁹

**UNICO VEGETABLE
OIL** 3 L
21/04/013 EA



5⁷⁹

**SMUCKER'S JAM, JELLY or
MARMALADE**
selected varieties
210-300 mL
20/04/040 001 EA/20/04/040 001 EA



\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
20/04/040 001 EA/20/04/040 001 EA



1⁵⁹

**GREEN GIANT VEGETABLES
or OCEAN SPRAY CRANBERRY
SAUCE** 343/398 mL
selected varieties
20/04/040 001 EA/21/04/013 EA



1²⁷

**STOVE TOP
STUFFING**
selected varieties
120 g
20/04/040 001 EA



\$27

**MCCAFÉ ROAST
AND GROUND COFFEE**
selected varieties
840-900 g
21/04/047 EA



7⁵⁰

NESTEA ICED TEA
selected varieties
12x341 mL
21/04/013 EA



3⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x120 mL
20/04/040 001 EA/20/04/040 001 EA



14⁹⁹

**BUDWEISER ZERO
NON-ALCOHOLIC BEER**
12x355 mL
21/04/013 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 typographic 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



See product labels and packaging for more info



04 NFW



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.

ON: NFW GAME FLAP

BRANDS YOU LOVE AT LOW PRICES

SAVE 38%

\$4



COOL WHIP TOPPING
selected varieties, frozen
1 L
200000001, 2A

SAVE 42%

\$6



HIGH LINER FAMILY BATTERED FISH FILLETS
selected varieties, frozen
315-700 g
200000001, 2A

PRICE DROP

5.99



LACTANTIA BUTTER
selected varieties
454 g
200000001, 2A

ONLY

3.50



iöco NANO YOGURT 4x93 mL or **PILLSBURY REFRIGERATED DOUGH**
selected varieties
200000001, 2A/200000002, 2A

ONLY

3.50



NO NAME® PIZZA
selected varieties
330-431 g
200000001, 2A

3.50



GAY LEA WHIPPED CREAM
200 g or
LACTANTIA DAIRYLAND 18% CREAM
500 mL/16 FL OZ
200000001, 2A

3.99



SIMPLY DRINKS or **MINUTE MAID ZERO SUGAR BEVERAGES**
selected varieties
1.5 L
200000001, 2A/200000002, 2A

\$6



BLACK DIAMOND CHEESTRINGS - SNACKS 200/234 g or
CRACKER BARREL CHEESE SHREDS 230 g
selected varieties
200000001, 2A/200000002, 2A

\$2



CHEEZ-IT CRACKERS
selected varieties
171/230 g
200000001, 2A/200000002, 2A

1.79



KNORR SIDEKICKS
selected varieties
120-142 g
200000001, 2A/200000002, 2A

7.99



PC® CHOCOLATE COVERED NUTS - FRUITS
selected varieties
230-400 g
200000001, 2A/200000002, 2A

\$4



NO NAME® BACON BITS
selected varieties
82 g
200000001, 2A

5.99



BICK'S PICKLES
selected varieties
1 L
200000001, 2A

1.69



UNICO BEANS 240 mL or
TOMATOES 750 mL
selected varieties
200000001, 2A/200000002, 2A

16.99



TIMOTHY'S, KRISPY KREME® DONUT HOUSE COFFEE PODS
selected varieties
20 pods
200000001, 2A/200000002, 2A

\$9



MONSTER 4x473 mL or
RED BULL 4x250 mL
ENERGY DRINKS
200000001, 2A/200000002, 2A

1.25



POWERADE SPORT DRINKS
selected varieties
230 mL
200000001, 2A/200000002, 2A

\$3



FIBRE 1 BARS 101 g or **NATURE VALLEY GRANOLA BARS** 144-210 g
selected varieties
200000001, 2A/200000002, 2A

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

= \$3
Back in points

FRENCH'S MUSTARD, FRANK'S RED HOT, THICK - SQUEEZE SAUCE or CHOLULA SAUCE
selected varieties
120 mL/1 L
200000001, 2A/200000002, 2A/200000003, 2A



Optimum EARN
1,000 pts
for every \$6*
spent on

ORVILLE REDENBACHER MICROWAVE POPCORN
selected varieties
700-492 g or **KERNEL JAR** 830 g
200000001, 2A/200000002, 2A



BRANDS YOU LOVE AT LOW PRICES

11⁹⁹



EARN 3,000
Back in points

CADBURY CELEBRATIONS TIN
353 g
21479773 EA

10⁴⁹



KINDER MAXI
selected varieties
116/150 g
20479744 EA

3¹⁹



CARNABY SWEET CANDY CANES
selected varieties
16's
20406744 EA/20410903 EA

11⁹⁹



MERCI BOXED CHOCOLATE
400 g
21194024 EA

2⁹⁹



PC® DUSTED TRUFFLES 200 g or
NERDS GUMMY CLUSTERS
CHERRY RASPBERRY 142 g
selected varieties
21294140 EA

\$9



GILLETTE or VENUS DISPOSABLE RAZORS
selected varieties
1-6's
20179414001 EA/20444407 EA

\$6



POISE PADS or LINERS
selected varieties
14-48's
20113446 EA/21293307 EA

\$11



ALWAYS LINERS
92-100's, **PADS** 27-32's or
TAMPAX TAMPONS 22-34's
selected varieties
20413494 EA/21030073 EA

3⁵⁰



SOFTSOAP HOLIDAY LIQUID HAND SOAP PUMPS
selected varieties
232 mL
21400003 EA/21400041 EA

\$15



BATISTE DRY SHAMPOO HOLIDAY GIFT PACK
selected varieties
240/300 mL
21400075 EA

\$11



NIVEA PERSONAL CARE HOLIDAY GIFT PACK
selected varieties
1 set
21400140 EA

\$10



TREE HUT HOLIDAY SUGAR SCRUB or FOAMING GEL WASH
selected varieties
210 g/320 mL
21400043 EA/21400075 EA

\$14



CASCADE AUTO DISHWASHER TABS
selected varieties
30-48's
21400100 EA/21400104 EA

\$11



TIDE LIQUID 1.42/1.66 L or **PODS** 31/38's
LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.66/2.5 L, **DOWNY or GAIN SCENT BOOSTERS**
BOUNCE DRYER SHEETS 130/200's
selected varieties
21400100 EA/21400104 EA

7⁴⁹



NO NAME® PAPER TOWELS
4x12 rolls
21400140 EA

\$5



PC® BEVERAGE NAPKINS
selected varieties
60's
21400140 EA/21400143 EA

\$3



TEMPTATIONS CAT TREATS
PUREES 40 g or **SPOONS** 40 g
selected varieties
20204101004 EA/21479403 EA

5⁵⁰



FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
20479403 EA

\$9



NO NAME® CAT LITTER
selected varieties
18 kg
2017740003 EA

\$10



PEDIGREE DENTASTIX DOG TREATS
selected varieties
200 g - 1.9 kg
21400177 EA

DEALS ON BABY ESSENTIALS

Optimum[®]
EARN
10,000 pts

=\$10
Value

when you
spend \$50* on

HUGGIES IN THE BABY DEPARTMENT
selected varieties and sizes
21456640_EA/21401195_EA/21371199_EA/21173500_EA



Optimum[®]
EARN
10,000 pts

=\$10
Value

when you
spent \$50* on

PAMPERS IN THE BABY DEPARTMENT
selected varieties and sizes
21551525_EA/21551661_EA/21089365_EA/20304474001_EA





Insiders
Report™

holiday

Hacks and
Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g

Get
750¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



**PC®
DINO
MELON**

Get
500¢
with digital
coupon



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

Get
750¢
with digital
coupon



**PC®
PORCHETTA**
1.2 kg

Get
3,000¢
with digital
coupon



**PC®
JUICE
SHOTS**
4 x 60 mL

Get
1,000¢
with digital
coupon



**PC®
HOT
PEPPERS**
50 - 226 g

Get
500¢
with digital
coupon



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

Get
3,000¢
with digital
coupon



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

Get
2,000¢
with digital
coupon



**PC®
FLATBREAD**
selected varieties
340 g

Get
2,500¢
with digital
coupon



**PC®
BRIOCHE
MINI ROLLS**
12's

Get
2,000¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



**PC®
DULCE
DE LECHE
SPREAD**
450 g

Get
2,000¢
with digital
coupon



**PC®
GINGER
ALE**
2 L

Get
500¢
with digital
coupon



**NO NAME®
CREAM
CHEESE**
250 g

Get
1,000¢
with digital
coupon



**NO NAME®
APPETIZERS**
454 - 900 g

Get
2,500¢
with digital
coupon

BIG HOLIDAY DEALS!



\$4

GENERAL MILLS CHEX or NATURE VALLEY GRANOLA CEREAL
selected varieties
300-360 g
21333223 SA



1.89

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, SNACK SIZE MIX 184/212 g or FROSTING 340/450 g
selected varieties
20543441007 SA/21547638 SA



2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
20216187001 SA



\$7

OKA CHEESE
selected varieties
190 g
20927279 SA



\$5

MONSIEUR GUSTAV GOUDA
selected varieties
170 g
21287420 SA



\$5

AGROPUR BRIE or CAMEMBERT CHEESE
selected varieties, 170 g
20016313 SA/20177193 SA



3.50

MASTRO CAPOCOLLO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
20576743 SA/20577341 SA



\$5

MASTRO SALAMI 150 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
20581660 SA/21061099 SA



\$6

MASTRO SALAMETTI CHUB
selected varieties
300 g
20046481 SA/20032790 SA

**NEW
LOWER
PRICES**



\$3

**THE LAUGHING
COW CHEESE**
selected varieties
133 g
20319107 EA

250



**HOSTESS
SNACKCAKES**
selected varieties
203-231 g
21283752 EA



\$10

**PC® GARLIC &
HERB RAW
GRILLING
SHRIMP**
frozen
340 g
21100993 EA

\$7



**PILLER'S
PEPPERETTES or
TURKEY BITES**
selected varieties
300-500 g
21099386 EA/21099391 EA



\$6

PC® BACON
selected varieties
500 g
20132629 EA

\$3



LIBERTÉ GREEK YOGURT
selected varieties
4x100 g
2080173200 EA

\$4



**GIUSEPPE
GARLIC FINGERS**
frozen
317 g
21164021 EA

125



NEILSON MILKSHAKES
selected varieties
310 mL
21040942 EA

\$4



PC® COLD BREW COFFEE
selected varieties, refrigerated
900 mL
21022342 EA/21397931 EA

\$6



ALFA ROLLINI
selected varieties, frozen
1 kg
21040986 EA/21040987 EA

\$7



KRAFT SINGLES
825 g
21188312 EA

225



QUAKER CRISPY MINIS
selected varieties
100-199 g
20347085 EA/20347086 EA

\$3



**PILLSBURY
PIZZA POPS**
selected varieties, frozen
4's, 380 g
21430471 EA

\$4



**TENDERFLAKE
PIE SHELLS**
selected varieties, frozen
255-397 g
2030284001 EA

\$5



ROYALE BATH TISSUE
selected varieties
8-16 rolls
21040974 EA

**NEW
LOWER
PRICES**



1⁵⁰

**MICHELINA'S
DINNER
ENTRÉES**
selected varieties, frozen
155-284 g
31709614 EA

\$4

**PC® ORGANICS
FROZEN
VEGETABLES**
selected varieties
300-500 g
2041849P001 EA/2041849P002 EA



3⁵⁰

**CAVENDISH
PREMIUM FRIES**
selected varieties frozen
400-750 g
31044813 EA

\$5

**CHAPMAN'S
PREMIUM ICE CREAM**
selected varieties, frozen
2 L
20333373001 EA



4⁵⁰

**CHAPMAN'S
YUKON or SUPER
NOVELTIES**
selected varieties, frozen
5-8's
31012283 EA

1⁷⁵

MAPLE LEAF FLAKES
selected varieties
156 g
3096571001 EA



\$7

NO NAME® OLIVE OIL
selected varieties
730 mL
30047713 EA



1⁷⁵

PC® PASTA
selected varieties
454 g
21001071 EA/21001081 EA



3⁷⁷

OLD EL PASO DINNER KITS
selected varieties
230-510 g
30991034 EA/30991036 EA



1⁷⁵

**CARNATION
EVAPORATED MILK**
selected varieties
154 mL
30996112 EA/30996107 EA



\$6

**MAXWELL HOUSE
INSTANT COFFEE**
130 g
31036044 EA



\$10

**KICKING HORSE
ORGANIC GROUND
COFFEE**
selected varieties
234 g
3099730001 EA/31701091 EA



3⁵⁰

EXCEL GUM MULTIPACK
3's, 7's, 7's 7's
21430011 EA/21430014 EA



2⁵⁰

**LIPTON®
SOUP MIX**
selected varieties
113-238 g
301300001 EA



\$3

**VH COOKING or
DIPPING SAUCE**
selected varieties
241-280 mL
3099730001 EA/30996113 EA



EVERYDAY ESSENTIALS AT LOW PRICES

6⁵⁰

ACTIVIA YOGURT
selected varieties
12x100 g
20303413001 SA/20608934 SA



5⁵⁰

NESTLÉ DRUMSTICK
selected varieties, frozen, 4's
2032230003 SA



7⁵⁰

MCCAIN FAMILY SIZE
selected varieties, frozen
1.45-1.9 kg
21049522 SA



6²⁹

**BUBLY or MONTELLIER
SPARKLING WATER**
selected varieties
10/12x355 mL
21094722 C19/21097177 C12

1²⁵

PEACE TEA 695 mL or
MONTELLIER CARBONATED 1 L
selected varieties
20642284 SA/21080330 SA



\$3

**ALANI ENERGY or
CELSIUS ENERGY DRINKS**
selected varieties, 355 mL
21579464 SA/21594434 SA



6⁹⁹

FUZE or PEACE TEA ICED TEA
selected varieties
12x341 mL
21443563 C12



.90

FANCY FEAST 85 g or **FRISKIES** 156 g
WET CAT FOOD
selected varieties
20219457006 SA/20548467901 SA



1²⁵

CARNABY SWEET CANDY BAG
selected varieties, 125 g
21219409 SA/21219522 SA



\$5

TIDE PODS 16%
DOWNY FABRIC SOFTENER 0.78/1.31 L
PURIFYING RINSE 473 mL or **SCENT BOOSTERS**
143/150 g • **BOUNCE DRYER SHEETS** 40/80%
CASCADE AUTO DISHWASHER TABS 10-15%
or **RINSE AID** 473 mL
21349771 SA



DEALS ON BABY ESSENTIALS

34⁹⁹

**HUGGIES
ECONO PACK
DIAPERS**
selected varieties
size N-8, 60-208's
21456435 EA/21463748 EA



65⁴⁷

**ENFAMIL A+
NEUROPRO AND
GENTLESE POWDER
REFILLS**
selected varieties
862/890 g
21589079 EA/21589205 EA



13⁹⁹

**EARN
3,000⁰⁰**
Back in points

**AQUAPHOR HEALING
BABY OINTMENT**
85 g
21463433 EA



24⁹⁹

**PAMPERS SWADDLERS,
CRUISERS or BABY-DRY
SUPER BIG PACK DIAPERS**
selected varieties
38-120's
21370843 EA/21370844 EA

27⁹⁹

**HUGGIES SUPER
BIG PACK DIAPERS**
size N-7, selected varieties
36-128's
21572000 EA/21371074 EA



32⁹⁹

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-180's
21551461 EA



8⁹⁹

**PEDIASURE
COMPLETE**
selected varieties
4x235 mL
20323414001 EA/20323414002 EA



4⁵⁰

GERBER INFANT CEREAL
selected varieties
227 g
20358329006 EA/20574110001 EA



NATURAL FOODS AT LOW PRICES

6⁹⁹

**NATURE'S BAKERY
FIG & BROWNIE BAR**
selected varieties
175/240 g
31349432 SA



4⁵⁰

KIND HEALTHY GRAINS BARS 175 g or
BREAKFAST BARS 200 g
selected varieties
30934432 SA/31314333 SA



\$8

**BOB'S
GLUTEN FREE OATS**
selected varieties
907 g
31107034 SA



\$4

ELAN TRAIL MIX
selected varieties
133/130 g
31044147 SA



5⁴⁹

BELSOY PUDDING
selected varieties
4x123 g
3011704803 SA



4⁹⁹

**FREEYUMM
COOKIES & BARS**
selected varieties
135/134g
31046333 SA/31046340 SA



\$11

**RX BAR
MINIS** or
5 PACK
selected varieties
208/275 g
31046099 SA/31046097 SA



\$5

**TRADITIONAL MEDICALS
ORGANIC HERBAL TEA**
16 count, selected varieties
31307444 SA



\$4

HARDBITE CHIPS
selected varieties
138/130 g
31107016 SA



\$18

**KICKING HORSE
ORGANIC WHOLE BEAN COFFEE**
selected varieties
454 g
31050412 SA



5⁹⁹

**CHICKAPEA
HIGH PROTEIN
GLUTEN FREE PASTA**
selected varieties
337 g
31307444 SA



\$3

KETTLE BRAND CHIPS
selected varieties
154/198 g
31046333 SA/31046340 SA



\$7

**BOB'S RED MILL 1:1
BAKING FLOUR**
434 g
31107034 SA



8⁹⁹

**DAIYA PIZZA
GLUTEN FREE**
selected varieties, frozen
334-530 g
31046333 SA



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design ovenware!

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RIKON**
SWISS DESIGN

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ONLINE OVEN FLAP



Insiders Report™

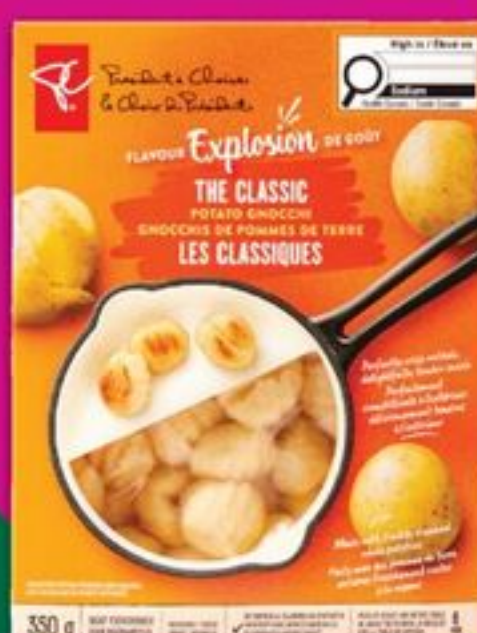
SNACKINGS OF COMFORT AND JOY

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



\$3⁵⁰

PC® HUMMUS
selected varieties
227 g
2014/09/17 EA



\$5

PC® FRESH GNOCCHI
selected varieties
280/350 g
2148/1345 EA



\$6

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

PC® DOUBLE CREAM BRIE
200 g
2078/1327 EA



\$6⁵⁰

PC® CREAM FIRST™ ICE CREAM
selected varieties, frozen
1.5 L
2073/137002 EA



\$9

PC® FRESH POT PIES OR QUICHE
selected varieties
550-575 g
2148/1345 EA



\$11

PC® CHOCOLATE BASQUE CHEESECAKE
frozen
600 g
2148/7925 EA



\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
2153/1415 EA



\$4⁵⁰

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

PC® THE DECADENT™ COOKIE
selected varieties
280/300 g
2041/1231 EA/2041/12317 EA

SHOP HOME ESSENTIALS

\$5 OR LESS

\$2



**EVERYDAY ESSENTIALS™
12" BAMBOO SKEWERS**
20329425, EA



**EVERYDAY ESSENTIALS™
SMALL SPICE SHAKER**
21142854, EA



**EVERYDAY ESSENTIALS™
NYLON SLOTTED TURNER**
21314142, EA

\$3



**LIFE AT HOME™
ECLIPSE SOAP
DISPENSER**
20651642, EA



**PC® RIBBED
SPECKLE
SPOON REST**
21481723, EA



**PC® MASON
JAR**
0.5 L
20943222, EA

\$4



**EVERYDAY ESSENTIALS™
OIL AND VINEGAR
BOTTLE**
21142847, EA



**EVERYDAY ESSENTIALS™
FRIDGE PITCHER**
20654309, EA



**EVERYDAY ESSENTIALS™
GARLIC PRESS**
21213660, EA



**EVERYDAY ESSENTIALS™
STAINLESS STEEL
TONGS**
2 pack
21421691, EA

\$5



**EVERYDAY ESSENTIALS™
JUMBO MUFFIN PAN**
20816738, EA



**EVERYDAY ESSENTIALS™
LARGE COOKIE SHEET**
20649162, EA



**PC® SOFT GRIP
NYLON SPOON**
21331109, EA



**EVERYDAY ESSENTIALS™
NYLON MEAT CHOPPER**
21429056, EA

JOE FRESH

HOLIDAY DEALS

25% off

Adult & Children's Sleep Styles*

Select Styles | Regular Price Only
December 11 - 24



NOW
\$18

~~\$24~~
Toddler Girls' Fair Isle Sweater



25% off

Children's Sweater Styles*

Select Styles | Regular Price Only
December 11 - 24

25% off

Women's Intimates & Hosiery*

Select Styles | Regular Price Only
December 11 - 17



Women's Sleep Sets

NOW \$25*

Regular \$35 - \$44 | December 11 - 24

Children's Microfleece Jackets

NOW \$10*

Regular \$19 - \$22 | December 11 - 17

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STRAIGHT TO YOUR EMAIL

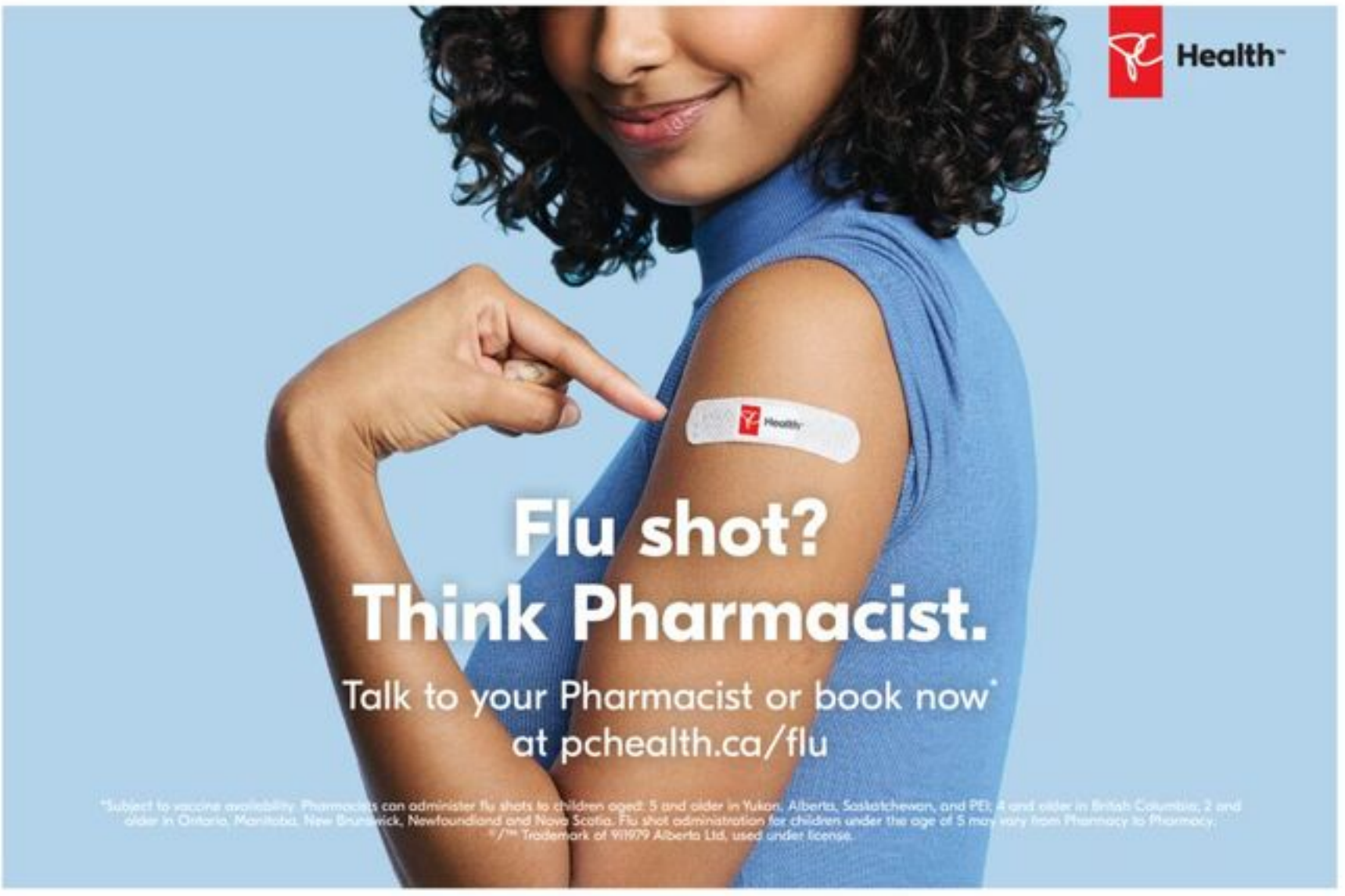
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*Standard message and data rates may apply.



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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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PRICES**

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drops for longer.



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+ 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/W

ONL INFO MKT