



BIG HOLIDAY DEALS!

ONLY

1.99



6 OZ
CLAMSHELL

BLACKBERRIES product Mexico, or U.S.A.
RASPBERRIES product of Mexico, or U.S.A., no. 1 grade or
CANTALOUPE product of Guatemala or Honduras, no. 1 grade
mûres, framboises ou cantaloup
20139138001 SA/20051013001 SA/20167017001 SA

ONLY

.99



Foodland
ONTARIO



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20070125001 SA

SAVE UP TO 27%

2.88

2 LB BAG



325 G

ASPARAGUS product of Peru or Mexico, no. 1 grade
or **FARMER'S MARKET™**
LEMONS product of South Africa
asperges ou citrons
20191311001 SA/20181709001 SA

ONLY

.88



**ACORN, BUTTERNUT, BUTTERCUP, or
SPAGHETTI SQUASH**
product of Canada
courge potirée, butternut, musquée ou spaghetti
1.54/kg
20071263001 RD/2017208001 RD/20301900001 RD

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 4 TO WEDNESDAY, DECEMBER 10, 2025.

BIG HOLIDAY DEALS!

SAVE 48%

.77

CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
selected varieties
284 mL
soup
20175214004 SA



3-9 KG



ONLY

.99 LB

FLAMINGO TURKEY
selected varieties, frozen
daddy
2.18/kg
21041167 KO

WHILE QUANTITIES LAST

ONLY

4.99

NEILSON TRUTASTE MILK
selected varieties
4 L
lait
201746477 SA



SAVE 50%

1.99 LB

COOK'S PORTION HAM
portion
4.29/lb
20174647 KO

WHILE QUANTITIES LAST



ONLY

3.33

ACTIVIA YOGURT
selected varieties
450 g
yogourt
2020133001 SA/2020133003 SA



SAVE UP TO 47%

4.49

WONG WING or ASIAN INSPIRATION ENTRÉES
selected varieties, frozen
400 g
plats cuisinés
21040437 SA/21040719 SA



SAVE 44%

1.50

CATELLI GARDEN SELECT SAUCE
selected varieties
400 mL
sauce
21018387 SA/21018384 SA



SAVE UP TO 28%

\$2

CHRISTIE CRACKERS
selected varieties
180-200 g
croustilles
21030447 SA/21040504 SA



SAVE 33%

\$7

PC® DINNER ENTRÉES
selected varieties, frozen
507 g/1.13 lb
plats cuisinés
21030710 SA



WOW!

\$20

APP EXCLUSIVE OFFER*

Optimum®
EARN
5,000 pts = **\$5**
Back in points

PC® ROAST AND GROUND COFFEE 800-920 g
WHOLE BEAN 820/907 g or PODS 30's
selected varieties
café torréfié et moulu ou en grains ou capsules
21040446 SA/21030477 SA



SAVE 40%

\$9

SUNLIGHT 4 L or PUREX 4.08-4.42 L LAUNDRY DETERGENT
selected varieties
détergent à lessive
2004320002 SA/21040543 SA



SAVE UP TO 46%

4.75

POT OF GOLD CHOCOLATE BOX 345-345 g or **MERCI CHOCOLATE** 200 g or **PC ROLLED WAFERS** 400 g
selected varieties
chocolat ou gaufrettes roulées
21040704 SA/21040710 SA



WHILE QUANTITIES LAST

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY. (excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
Not applicable at 1022 King St. W., Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W., Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St., Toronto, 970 Upper Wentworth St., Hamilton, 671 Broadway St., Tillsonburg, 410 St. Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto; please see nofrills.ca for flyers for these stores.

nofrills.ca

01 NFO

PRICE DROP

4⁹⁵



GRADE A LARGE EGGS
18's
œufs
20814294001, SA/208122707001, SA

4⁹⁵



LACTANTIA BUTTER
selected varieties
454 g
beurre
206399736, SA

4⁹⁵



ARMSTRONG or PC SHREDDED CHEESE 250-320 g
ARMSTRONG or PC CHEESE 400 g
selected varieties
fromage râpé ou fromage
21386240, SA/21346749, SA

4⁵⁰



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

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20412237, SA/20412260, SA

FRESH AT LOW PRICES

3⁹⁹
EA/LB

BLUEBERRIES each,
product of Peru, no. 1 grade or
**RED or GREEN
SEEDLESS GRAPES**
8.80/kg, product of U.S.A., no. 1 grade
bleuets ou raisins rouges ou verts sans pépins
30060137001 EA/30412773001 KG

PINT

3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
2016097001 EA

1⁹⁹
LB

TOMATOES ON THE VINE
product of Canada or Mexico
tomates sur vigne
4.39/kg
30036793001 KG

3⁹⁹

10 LB BAG

**BEETS, FARMER'S
MARKET® CARROTS, or
YELLOW ONIONS**
product of Canada, Canada no. 1 grade
carottes ou betteraves ou oignons jaunes
20400930001 EA/20400991001 EA



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

3⁹⁹

**5 LB
BAG**

PKG OF 4

FARMER'S MARKET® SWEET POTATOES product of Canada
or **GREEN or RED PEPPERS** product of U.S.A.
patates douces ou poivrons verts ou rouges
20007310001 EA/20110020001 EA

1⁹⁹
LB

BARTLETT or BOSC PEARS
product of U.S.A., some honey grade
poires
4.39/kg
30117340001 KG/30087610001 KG

\$4

225 G

**PC® SALTED AND
PC® BLUE MENU®
UNSALTED PISTACHIOS**
product of U.S.A.
pistaches
3006033 EA / 3103109 EA

3⁹⁹

PKG OF 5

**HONEYDEW
AVOCADOS** product of Guatemala, Honduras or Mexico or
product of Mexico
avocats au melon doux
3006033 EA/3006033 EA

8⁹⁹

CASE

PC® KAKI PERSIMMONS
product of Spain
kaki phérogamons
3101100001 EA

.79
LB

GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
1.74/kg
3003600001 KG

3⁹⁹

3 LB BAG

**FARMER'S MARKET®
RED ONIONS**
product of Canada, Canada no. 1 grade
oignons rouges
3001100001 EA

5⁹⁹
LB

CHESTNUTS
product of Italy
châtaignes
13.21/kg
3006033 EA

1²⁹

RED MANGOES
product of Brazil or
ATAULPO MANGOES
product of Peru
mangues
3006033 EA/3103109 EA

2⁴⁹

POMEGRANATES
product of U.S.A.
grenades
3006033 EA

2⁹⁹

283 G

PKG OF 6

FARMER'S MARKET® GRAPE TOMATOES
product of Canada, Mexico or U.S.A. or
FARMER'S MARKET® MINI CUCUMBERS
product of Canada, Canada no. 1 grade
tomates raisins ou mini courcoubes
3006033 EA/3006033 EA

4⁹⁹

**3 LB
BAG**

4 LB BAG

**FARMER'S MARKET® AMEROSIA or GALA
APPLES** product of Ontario, Canada honey grade or
ORANGES product of South Africa
pommes de pomme ou oranges
3006033 EA/3006033 EA

3⁹⁹

680 G

**PC® LITTLE GEMS® RED, YELLOW or MIXED
MINI POTATOES** product of Canada, Canada no. 1 grade
mini pommes de terre
3006033 EA/3006033 EA

2⁴⁹



227 G

**PC® SLICED or WHOLE, WHITE or CREMINI
MUSHROOMS**
product of Ontario
champignons. Moins de croûtes collées.
emballés et/ou emballés 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

4.99
LB

SPLIT CHICKEN WINGS
fresh
cuisse de poulet séparées
11.00/lb
20761914, 80



\$13
LB

BEEF STIR FRY STRIPS
bonifera à sauté
28.66/kg
21189996, 30



\$4

LEAN GROUND PORK
fresh
450 g
porc haché maigre
21446100, 3A



7.99

MARCANGELO JUMBO SAUSAGE
selected varieties, frozen
500/675 g
20800348
21289731, 3A



1.50

SWIFT MEAT PIES
selected varieties, frozen
170 g
pâté à la viande
2117880, 3A



\$7

SEAQUEST® FILLETS
selected varieties, frozen, 400 g
filets de poisson
21242746, 3A



\$7

SEAQUEST® WHITE COLOSSAL SHRIMP 14/20 per lb, 350 g, SHRIMP RING 277 g or SMALL SCALLOPS 400 g
frozen
crevettes blanches colossales ou crevette ou crevette ou petits palourdes
20800348



\$2

ROOSTER® TOFU
selected varieties, 454 g
soja
21242746, 3A



\$3

ZIGGY'S® SALADS
selected varieties, 424 g
salades
20800348, 3A



\$5

NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB
120 g
saucisson de pepperoni ou salami ou saucisson d'été
20800348, 3A



\$12

PC® DOUBLE CREAM BRIE
400 g
brie double crème
20800348, 3A



1.75

PC® BLUE MENU® ENGLISH MUFFINS
selected varieties, 8 1/2
muffins anglais
20800348, 3A



2.50

WONDER BREAD 471 g or BUNS 2 x
selected varieties
pain ou petit pain
20800348, 3A



\$3

COUNTRY HARVEST BREAD BAGELS 4 x
selected varieties
pain ou bagel
20800348, 3A



3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties, 171 g
viande de boucherie
20800348, 3A



3.50

FARMER'S MARKET® CUPCAKES
selected varieties, 364/718 g
petits gâteaux
20800348, 3A



\$4

VACHON SNACKCAKES
selected varieties, 330-336 g
petits gâteaux
20800348, 3A



\$4

FARMER'S MARKET® BROWNIES 347 g or **MINI DOUGHNUTS** selected varieties, 400 g
brownies ou mini beignets
20800348, 3A



\$8

PC® S'MORES CREAM PIE
frozen, 730 g
pâté à la crème
20800348, 3A



BIG HOLIDAY DEALS!

SAVE UP TO 37%

\$10



HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen
425-400 g
Filets de poisson
30246294002 EA/30843016 EA

ONLY

3⁵⁰



OIKOS or ACTIVIA EXPERT YOGURT
selected varieties, 4x100 g
yogourt
30419713001 EA/20623053 EA

SAVE UP TO 24%

\$6



PC® WOOD-FIRED PIZZA 351-413 g or **TASTIEZ** 311 g
selected varieties, frozen
pizza ou macaroni au fromage
31340332 EA

ONLY

8⁴⁹



TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.63 L
jus
30119734001 EA



MARCANGELO SOUVLAKI KABOBS
selected varieties, 480/640 g
brochettes
31641731 EA

\$1



SWISS CHALET SAUCE 254 mL or **ST-HUBERT® SWISS CHALET DRY SAUCE MIX** 25-25 g
selected varieties
sauce ou poudre de sauce
3100001 EA/3100001 EA

\$2



CHEEZ-IT CRACKERS
selected varieties
25/250 g
craquelins
3100001 EA/3100001 EA

\$5



NESTLE DRUMSTICKS® - NOVELTIES 2.05 L or **CARAMILK CONFECTIONARY FROZEN DESSERT** 1.2 L
selected varieties, frozen
bonbons glacés ou dessert glacé
3100001 EA/3100001 EA

3⁵⁰



PC® CREAMY HORSERADISH or RED PEPPER JELLY 120 mL or **PEACH CHUTNEY** 240 mL
selected varieties
sauce au poivre ou gelée au piment
3100001 EA/3100001 EA

\$4



TOSTITOS TORTILLA CHIPS
selected varieties
300-240 g
craquelins de maïs
3100001 EA

3⁹⁹



NESTLE CHOCOLATE POUCHES MULTIPACK BARS 2 L
selected varieties
sachets de chocolat ou bonbons
3100001 EA

\$2



BARILLA PASTA
selected varieties
340/170 g
pâtes
3100001 EA/3100001 EA

\$4



PC® 100% CRANBERRY JUICE BLEND 1.89 L or **JUICE BOXES** 6x100 mL
selected varieties
boisson de jus ou jus
3100001 EA/3100001 EA

12⁹⁹



PEPSI or COCA-COLA SOFT DRINKS
selected varieties
34x330 mL
boissons gazeuses
3100001 EA/3100001 EA

4⁹⁹



JAMIESON VITAMINS C + D 75-540 L or **COLGATE TOOTHPASTE** 70-120 mL
3x120/120 mL or **MANUAL TOOTHBRUSH** 3x1
selected varieties
boisson ou dentifrice
3100001 EA/3100001 EA

3⁵⁰



KELLOGG'S CEREAL
selected varieties
340-320 g
céréales
3100001 EA/3100001 EA

8⁹⁹



TWINNINGS TEA
selected varieties
250 g
thé
3100001 EA/3100001 EA

11⁵⁰



PC® 100% PURE MAPLE SYRUP
100 mL
sirop d'érable
3100001 EA

NEW LOWER PRICES

\$6



PC® BACON
selected varieties
150 g
bacon
3100001 EA

3⁵⁰



CAVENDISH PREMIUM FRIES
selected varieties, frozen, 400-750 g
frites
3100001 EA

1⁷⁵



CARNATION EVAPORATED MILK
selected varieties, 234 mL
lait évaporé
3100001 EA/3100001 EA

3⁷⁷



OLD EL PASO DINNER KITS
selected varieties, 210-310 g
dinner kits
3100001 EA/3100001 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)

nfrills.ca



No plastic bottles and containers recycled paper





5⁹⁹

EARN 1,000 (pts)
Back in points

KRAFT PEANUT BUTTER
750 g/1 kg or **HAZELNUT SPREAD** 725 g
selected varieties
beurre d'arachide ou tartine de noisettes
20039381001 EA/21265418 EA



7⁹⁹

EARN 1,000 (pts)
Back in points

MAXWELL HOUSE or NABOB TASSIMO COFFEE DISCS
selected varieties
8-16's
capsules de café
200394954001 EA/20552948 EA

3⁹⁹

EARN 500 (pts)
Back in points

KRAFT SINGLES
410 g
tranches de fromage
21188654 EA/21189907 EA



3⁹⁹

EARN 500 (pts)
Back in points

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
20659606001 EA/20659606002 EA

3²⁷

EARN 300 (pts)
Back in points

CLASSICO PASTA SAUCE
selected varieties
410/400 mL
sauce pour pâtes
20325609006 EA/21618218 EA



\$4

EARN 500 (pts)
Back in points

CRAVE DINNER ENTRÉES
200-340 or **KRAFT DELUXE MAC & CHEESE** 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
21083515 EA/21353229 EA

3⁹⁹

EARN 500 (pts)
Back in points

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20641267 EA/20666924010 EA



4²⁹

EARN 500 (pts)
Back in points

KRAFT COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
garniture à dessert
20030369901 EA



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, 2023. 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 1:1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONE INFO FLAP 1

EVERYDAY ESSENTIALS AT LOW PRICES

1.39



**NO NAME®
VEGETABLES**
selected varieties
341/398 mL
légumes
20091337 EA/20201133 EA

\$3



ASTRO YOGURT
selected varieties
650/750 g
yogourt
20145324001 EA/20145324002 EA

\$10



SURAJ® BASMATI RICE
3.63 kg
riz basmati
20828921 EA

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.

BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 22%

3⁵⁰

**PILLSBURY
TOASTER STRUDEL** 226 g
or **SCRAMBLES** 204 g
selected varieties, frozen
pillsbury.ca
2017264004, SA/21474007, SA



SAVE UP TO 25%

\$6

**BLACK DIAMOND
CHEESTRINGS** or
SNACKS 232/236 g
or **CRACKER BARREL
CHEESE SHREDS** 220 g
selected varieties
fromage effilochable ou collations
de fromage râpé
20193047, SA/21290412, SA

SAVE 25%

\$3

PC® VEGETABLES
selected varieties, frozen
300-750 g
supermarket
20118115, SA



ONLY

\$10

**KICKING HORSE
ORGANIC
GROUND COFFEE**
selected varieties, 284 g
café moulu biologique
2000013000, SA/21701094, SA



ONLY

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g or
SIGGI'S 4x100 g YOGURT
selected varieties
yogourt
2015002007, SA/21309023, SA

\$9

CAVENDISH CLUB PACK
selected varieties, frozen, 1.5-2.5 kg
quartiers de pommes de terre
20193074, SA



3⁸⁸

**PC® ORANGE JUICE, TROPICANA
DRINKS, PURE LEAF TEAS** or
TROPICANA TROPICS
selected varieties, refrigerated, 1.26-1.73 L
jus d'orange ou boissons au fruit
2000013000, SA/21474007, SA



3⁹⁹

BECEL 427/454 g or
BECEL PLANT BASED BRICKS 434 g
selected varieties
végétariens ou végéto à base de plantes
2019307000, SA



3²⁵

HEILSON CREAM
5%/10% 1 L or 18%/35% 473 mL
selected varieties
crème
2019307000, SA/21474007, SA



4⁹⁹

**PHILADELPHIA
CREAM CHEESE PRODUCT**
selected varieties, 247 g
fromage à la crème
2000013000, SA



1²⁵

NO NAME® BROTH
selected varieties
100 mL
broillon
21474007, SA



11⁹⁹

STARBUCKS ROAST AND GROUND COFFEE
340 g, PODS 10x or **HOT CHOCOLATE** 340/300 g
selected varieties
café torréfié et moulu ou répertoire au chocolat chaud
2000013000, SA



\$5

BEN & JERRY'S ICE CREAM 473 mL or
MAGNUM NOVELTIES 1x
selected varieties, frozen
crème glacée ou bonbons glacés
2000013000, SA



2²⁹

QUAKER DIPPES or
CHEWY GRANOLA BARS
selected varieties
120-134 g
barres
2000013000, SA/21474007, SA



2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-227 g
croustilles
2000013000, SA/21474007, SA



3⁵⁰

OLD DUTCH POTATO 223 g or
TORTILLA 21x10cm, **CHIPS** or
HUMPTY DUMPTY SNACKS 100-200 g
selected varieties
croustilles ou grignolines
2000013000, SA



\$2

**CAMPBELL'S
READY TO SERVE** 312 mL or
HABITANT 750 mL
selected varieties
soupe
2000013000, SA/21474007, SA



\$1

**UNICO
TOMATO PASTE** 134 mL or
PIZZA SAUCE 212 mL
selected varieties
pâte de tomates ou sauce à pizza
2000013000, SA



\$3

OCEAN'S WHITE TUNA 170 g or
GOLD SEAL PINK SALMON 136/232 g
selected varieties
thon blanc ou saumon rose
2000013000, SA/21474007, SA



\$6

**HELLMANN'S
REAL MAYONNAISE**
selected varieties
710-890 mL
mayonnaise
2000013000, SA



7⁵⁰

NO NAME® CANOLA or
VEGETABLE OIL 2 L
huile végétale
2000013000, SA/21474007, SA



6⁵⁰

AHA SPARKLING WATER
selected varieties, 12x330 mL
eau pétillante
21474007, SA



\$2

V8 VEGETABLE COCKTAIL 4x150 mL or
ALLEN'S DRINK BOXES 4x200 mL
selected varieties
boisson de légumes ou boissons
2000013000, SA/21474007, SA



11⁹⁹

ROYALE TIGER TOWEL
selected varieties, 6x12 m/6
serviette tout usage
21474007, 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

4,000^{pts}

=\$4
Back in points

for every \$12*
spent on

**OASIS SMOOTHIES,
HEALTH-BREAK or
DEL MONTE BLENDS**
selected varieties, refrigerated, 1.54-2.5 L
boissons fourMins ou jus
21395006, SA/21322699, SA/21322910, SA



5⁵⁰

**GENERAL MILLS
FAMILY SIZE CEREAL**
selected varieties
475-778 g
céréales



3⁵⁰

FIBRE 1 BARS 125 g or
**NATURE VALLEY
GRANOLA BARS,
PROTEIN BARS** or
BISCUITS 148-210 g
selected varieties
barres



\$7

SOURCE 16x100 g or
LIBERTÉ GREEK 1 kg **YOGURT**
selected varieties
yogourt



\$3

OLD EL PASO COMPONENTS
selected varieties
94-334 g/243-398 ml
éléments pour tacos



\$3

DANONE DANINO YOGURT
selected varieties
6's
yogourt

\$4



ACTIVIA YOGURT
selected varieties
8's
yogourt



\$5

**INTERNATIONAL DELIGHT
COFFEE CREAMERS**
selected varieties
946 ml
colorant à café

2⁵⁰

BEATRICE BFIT MILKSHAKE
selected varieties
460 ml
lait frappé



4⁵⁰

**LACTANTIA
PURFILTRE MILK**
selected varieties
2 L
lait



\$4

**OLYMPIC
ORGANIC YOGURT**
selected varieties
650 g
yogourt

10⁷⁵

**BENEFUL DRY
DOG FOOD**
selected varieties
1.6/1.8 kg
nourriture sèche pour chiens



13⁵⁰

**PURINA ONE
DRY CAT FOOD**
selected varieties
1.45-1.8 kg
nourriture sèche pour chats



\$1

**FANCY FEAST PETITES
WET CAT FOOD**
selected varieties
79.4 g
nourriture humide pour chats

\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
391/828 mL
détergent liquide à vaisselle
20861400 EA/21004388 EA



9.99

GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21165477 EA



\$8

NO NAME® LAUNDRY DETERGENT 4.43 L, **FABRIC SOFTENER** 3.5 L or **SHEETS** 200's
selected varieties
détergent ou assouplissant
21540282 EA



12.50

TRU EARTH LAUNDRY DETERGENT ECO-STRIPS
selected varieties
32's
bandes de détergent à lessive
21423514 EA



\$15

GAIN LIQUID 4.25 L or **FLINGS** 42's
LAUNDRY DETERGENT
selected varieties
détergent à lessive
2089627 EA/21671135 EA



\$22

TIDE LIQUID 3.46/3.9 L or **PODS** or **FLINGS** 45/76's
LAUNDRY DETERGENT
selected varieties
détergent à lessive
21392670 EA/21592706 EA



\$4

MR. CLEAN ALL-PURPOSE CLEANER 1.21 L,
FEBREZE AIR 250 g, **BATHROOM AIR FRESHENER** 7.5 mL or **MAGIC ERASER** 2's
selected varieties
nettoyant ou déodorisant ou effaceur magique
21700198 EA/21005017 EA



\$17

AIR WICK SCENTED OIL REFILL or **KITS** 5x20 mL
selected varieties
recharges d'huile parfumée ou bousses
21298311 EA/21438370 EA



\$4

LYSOL MULTI SURFACE CLEANER 1.2 L or **SPRAYS** 650/950 mL
selected varieties
nettoyant multi-surface ou vaporisateur
20309473002 EA/20310677001 EA



\$20

FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875 EA/21361337 EA

BIG HOLIDAY DEALS!



\$5

BOURSIN CHEESE
selected varieties
150/220 g
fromage
20116794 EA



\$11

MINI BABYBEL
selected varieties
18's, 360 g
fromage
20573373 EA



\$11

THE LAUGHING COW CHEESE
selected varieties
535 g
fromage
20036297 EA



\$2

MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
saucisses fumées de poulet
20062713 EA



6.49

ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES
selected varieties
375/500 g
saucisses de poulet
21376210 EA



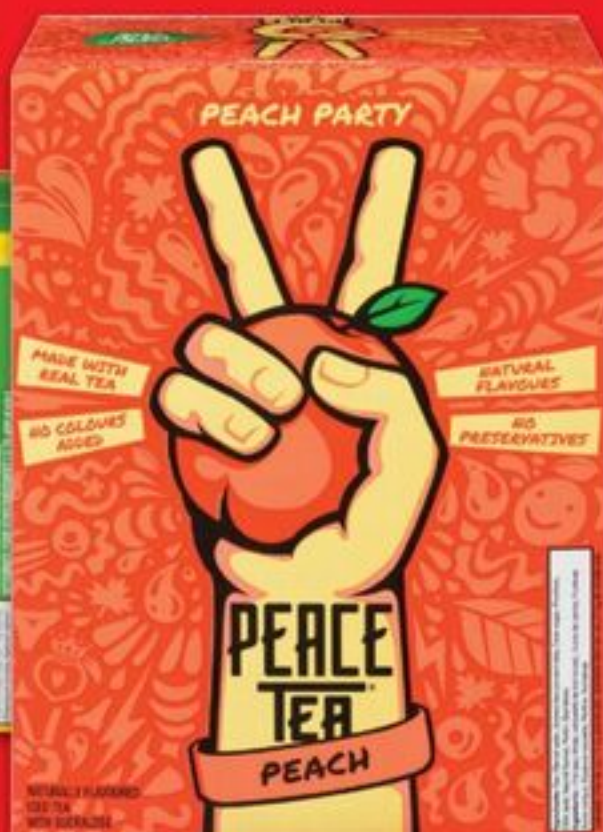
\$5

MAPLE LODGE ULTIMATE or ZABIHA HALAL SUPREME CHICKEN WIENERS
selected varieties
900 g
saucisses fumées de poulet
20671791 EA



6.99

FUZE or PEACE TEA ICED TEA
selected varieties
12x341 mL
the glacé
21645363, C12/21343429, C13



4.50

PEPSI SOFT DRINKS
selected varieties
8x710 mL
boissons gazeuses
2031054002, C06/2031054005, C06



6.29

BUBLY or MONTELLIER SPARKLING WATER
selected varieties, 10/12x355 mL
eau pétillante
21066722, C10/21067177, C12



1.50

GATORADE SPORT DRINKS
selected varieties
710 mL
boissons déshydratantes
2030577503 EA/21310707 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



CREST PRO-HEALTH - COMPLETE TOOTHPASTE
selected varieties, 100-120 mL
dentifrice
20190412 SA/1010404 SA

\$4



SENSODYNE - PRONAMEL TOOTHPASTE 75/100 mL or **POLIGRIP** 40 g
selected varieties
dentifrice au fluor pour profonds dentures
20190412 SA/1010404 SA

\$7



TRESEMME HAIR CARE
selected varieties
150-250 g/250-420 mL
soins capillaires
20190412 SA/1010404 SA

\$8



DOVE DRY SPRAYS DEODORANT 100/110 g or 75 g
selected varieties
déodorant à sec au déodorant
20190412 SA/1010404 SA

\$11



AVEENO LOTION
selected varieties
122 mL
lotion
20190412 SA/1010404 SA

\$7



VASELINE BODY LOTION
selected varieties
40-127 g/100-400 mL
lotion pour le corps
20190412 SA/1010404 SA

4⁵⁰



NIVEA BODY WASH 100 mL
DEODORANT ROLL-ON 50 mL or 30 g
selected varieties
savon pour le corps au déodorant à bille au antioxydant
20190412 SA/1010404 SA

\$5

IVORY BAR SOAP BODY WASH 100/90 g or 122 mL
selected varieties
pain de savon au moussant pour le corps
20190412 SA/1010404 SA



5⁵⁰



U BY KOTEX - KOTEX PADS LINERS 40-64 cm
TAMPONS 13/14 cm
selected varieties
serviettes hygiéniques ou tampons
20190412 SA/1010404 SA

\$15



CENTRUM MULTIVITAMINS
selected varieties and sizes
multivitamines
20190412 SA/1010404 SA

34⁹⁹



SIMILAC CALCIUM - IRON - REGULAR INFANT FORMULA 850 g
lait infant au fer ou préparation pour nourissons
20190412 SA/1010404 SA

\$12



BOOST READY TO DRINK SHAKES
selected varieties, 8.5 L
boisson
20190412 SA/1010404 SA

52⁹⁹



GOOD START PLUS POWDER BABY FORMULA
selected varieties, 942/1029 g
préparation pour nourissons en poudre
20190412 SA/1010404 SA

1⁷⁹



BABY GOURMET ORGANIC FRUIT - VEGETABLE BABY FOOD POUCHES - JARS
selected varieties, 112/123 mL
sachets ou pots de fruits ou légumes pour bébé
20190412 SA/1010404 SA

ALWAYS

\$1



PC® DISTILLED WATER
4 L
eau distillée
20190412 SA/1010404 SA

ALWAYS

\$4



LIFE BRAND® MOUTHWASH
selected varieties
1 L
rinçage-bouche
20190412 SA/1010404 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

7,500 pts

= \$7⁵⁰

Back in points

for every \$20* spent on

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

selected varieties and sizes
fibres, multivitamines, vitamine C, analgésique,
produit pour le rhume, antioxydant, dentifrice,
produit pour profonds dentures
20190412 SA/1010404 SA/201111040 SA/
20190412 SA/201111040 SA/201111040 SA/
20190412 SA/201111040 SA/201111040 SA/





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

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 OVENWARE



Insiders Report™

SLEIGH THE BRUNCH GAME

Level up your holiday breakfast routine for less with the PC® Holiday Insiders Report™ collection.



PC® DINO MELONS
product of Brazil
4.41/kg
melon
31688131001, EG

\$2 LB



PC® CIDER GROVE APPLES
product of Canada, Canada fancy grade
4.41/kg
pommes
31688027001, EG

\$2 LB



\$18

PC® PORCHETTA ROAST
fresh
1.2 kg
porchetta
31688448, EA



\$9

**PC® FRESH POT PIES
or QUICHE**
selected varieties
550-575 g
pâtés à la viande ou quiche frais
31682000, EA



PC® PROBIOTIC YOGURT
selected varieties
650 g
yogourt aux probiotiques
31684020 EA/31684234, EA

\$3.50



PC® LOADED PIEROGI BAKE
frozen
770 g
pierogis tout garnis
31688170, EA

\$11



PC® TEA or HERBAL TEA
selected varieties
20's
thé ou tisane
30308417, EA/30627912001, EA

\$3



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.

no name™ mobile

**get 30GB of data
for \$29 a month
with auto top-up**

find us at the checkout lanes
exclusively at **NOFRILLS**

*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.



**PC Optimum™
members can
save up to 35%[†]
on home and
auto insurance.**

Get started at pcinsurance.ca

[†] Conditions apply; for details, visit pcinsurance.ca.



**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, 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 911979 Alberta Ltd, used under license.

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^{*}

7,500^{pts}

Dec 4 - 10, 2025

\$7⁵⁰
Back in points

**for every \$50* spent
on Gap Inc. Brands
gift cards.**

OLD NAVY ATHLETA
BANANA REPUBLIC GAP

^{*}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 \$50 spent on Gap Inc. Brands gift cards in a single transaction in store or online at www.giftchoice.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.

†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 INFO MKT