

NOFRILLS

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

BIG HOLIDAY DEALS!



SAVE 50%

1.99
LB

COOK'S PORTION HAM
4.39/lb
2024045 KO
WHILE QUANTITIES LAST

SAVE 22%

10.88



LEAN GROUND BEEF BRICK
grass fed
2x650 g
21416302 EA

ONLY

4.88



RASPBERRIES
product of Mexico, or USA,
no. 1 grade
2024046701 EA

SAVE 22%

\$7

**NO NAME® NATURALLY IMPERFECT™
RED & RUSSSET
POTATOES**
product of Canada, Canada no. 2 grade
2024045701 EA/2025157001 EA

SAVE 44%

1.50



**CATELLI GARDEN
SELECT SAUCE**
selected varieties
500 mL
21416307 EA/21416340 EA

SAVE 40%

4.49



ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen
400 g
21047278 EA

SAVE UP TO 28%

\$2



CHRISTIE CRACKERS
selected varieties
180-200 g
21030647 EA/21547034 EA

SAVE UP TO 33%

\$7



PC® DINNER ENTRÉES
selected varieties, frozen
907 g-1.13 kg
20230334 EA

ONLY

3.33



ACTIVIA YOGURT
selected varieties
650 g
202325132001 EA/202325132003 EA

ONLY

5.50



**LACTANTIA
PUR FILTRE
FREE MILK**
selected varieties
2 L
20201823001 EA/21434994 EA

WOW!

\$20

APP EXCLUSIVE OFFER*
Optimum
EARN 5,000^{pts}
= \$5
Back in points

SAVE UP TO 46%

4.98



POT OF GOLD CHOCOLATE BOX
243-245 g or **MERCI CHOCOLATE** 200 g or
PC® ROLLED WAFERS 400 g
selected varieties
21547044 EA/21044250 EA
WHILE QUANTITIES LAST

SAVE UP TO 50%

\$9



SUNLIGHT 4 L or
PUREX 4.08-4.43 L
LAUNDRY DETERGENT
selected varieties
20201823001 EA/21437042 EA

PC® ROAST AND GROUND COFFEE 800-920 g,
WHOLE BEAN 820/907 g or
PODS 30/
selected varieties
21048446 EA/21030477 EA



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

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 details

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

**NEW
LOWER
PRICES**

1⁷⁵

**CARNATION
EVAPORATED MILK**
selected varieties
354 mL
20896872 5A/20896887 5A



\$6

PC® BACON
selected varieties
500 g
20152629 5A



3⁵⁰

**CAVENDISH
PREMIUM FRIES**
selected varieties, frozen
454-750 g
210948 15 5A



3⁷⁷

**OLD EL PASO
DINNER KITS**
selected varieties
250-510 g
20791534 5A/20791536 5A



FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A.
2021013001 EA

PKG OF 5 OR 6



4⁹⁹

PINT



BLUEBERRIES
product of Peru, no. 1 grade or
AVOCADOS
product of Mexico, Peru or Colombia
20080137001 EA/31644930001 EA

3⁹⁹



PKG OF 4

454 G

RED or GREEN PEPPERS
product of U.S.A., or
PC® WHOLE CREMINI or WHITE
MUSHROOMS product of Canada
20776329 EA/20813308001 EA



PKG OF 3

4⁹⁹
EA/LB

ASPARAGUS 11.00/kg,
product of Mexico, or Peru, no. 1 grade or
FARMER'S MARKET™
ENGLISH CUCUMBERS
product of Canada or USA, no. 1 grade
2082841001 EA/20174381001 KG



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

2⁹⁹
EA/LB



3 LB BAG

2 LB BAG

BROCCOLI CROWNS 4.29/kg, product of Canada, Mexico or U.S.A., or
FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
200000001 EA/20813308001 EA/2000010001 EA

\$10

CASE

PC® KAKI PERSIMMONS
product of Spain
2121 000001 EA



6⁹⁹

3 LB BAG

FARMER'S MARKET™ MANDARINS
product of Peru or South Africa
200000001 EA



5⁹⁹



HONEYDEW or MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, or Mexico
each
2002270001 EA/20140270001 EA

.99
LB

GREEN CABBAGE
product of Western Provinces, Canada no. 1 grade
5.38/kg
207900001 EA



1⁹⁹

POMEGRANATE
product of U.S.A.
201400001 EA



4⁹⁹



PINEAPPLE
product of Costa Rica or Mexico
each
201400001 EA

4⁹⁹

TAYLOR FARMS CHOPS SALAD KITS
product of U.S.A.
210-2802 y
2100001 EA/2100001 EA



\$7

6" POINSETTIA IN ASSORTED COLOURS
20000001 EA



6⁹⁹



5 LB BAG

BARTLETT PEARS
product of U.S.A., some honey grade or
FARMER'S MARKET™ ROYAL GALA
or MCINTOSH APPLES
product of Western Provinces, Canada honey grade
200000001 EA/200000001 EA/200000001 EA

5⁹⁹



3 LB BAG

FARMER'S MARKET™ LEMONS or ORANGES
product of Spain, Mexico
200000001 EA/200000001 EA

3⁹⁹



680 G

PC® LITTLE GEMS™ MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade
210000001 EA/210000001 EA



\$4

225 G

PC® SALTED AND PC® BLUE MENU™ UNSALTED PISTACHIOS
product of U.S.A.
200000001 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

\$7

**PC® BLUE MENU®
GROUND CHICKEN
or MINCED TURKEY**
454 g
21100092, EA



\$11 LB

BEEF BONELESS STEW
24.25/kg
20106117, KG



3.99 LB

PORK COMBO CHOP
fresh, bone-in
8.80/kg
20074982, KG



**CLUB
SIZE**

HALAL

\$17

**AUSTRALIAN LEAN
GROUND LAMB**
fresh
2x, 700 g
21603483, EA



1.40

**MCOF
MEAT PIES**
selected varieties, frozen
190 g
21481628, EA



\$7

SEAQUEST® FILLETS
selected varieties, frozen
400 g
21314740, EA



\$7

SEAQUEST® WHITE COLOSSAL SHRIMP 16/20 per lb, 300 g,
SHRIMP RING 22/27 g or **BAY SCALLOPS** 400 g
frozen
21042887, EA



\$2

ROOSTER® TOFU
selected varieties, 454 g
21474781, EA



3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties, 170 g
2100071, EA



\$5

**NO NAME® PEPPERONI, SALAMI
or SUMMER SAUSAGE CHUBS**
200 g
20104124, EA



\$13

HYGAARD MINI SUBS FAMILY PACK
2,000⁰⁰ = \$2
selected varieties, 770-830 g
20100044, EA



1.75

**PC® ENGLISH
MUFFINS**
12
20107794, EA



2.50

WONDER BREAD 170 g or **BUNS** 12x
selected varieties
20100007, EA



\$3

COUNTRY HARVEST BREAD
selected varieties, 400 g
21172840, EA



\$12

PC® DOUBLE CREAM BRIE
450 g
20107794, EA



3.50

FARMER'S MARKET® CUPCAKES
selected varieties
12x120 g
21040001, EA



\$4

VACHON SHACKCAKES
selected varieties, 230-236 g
20100001, EA



4.50

FARMERS MARKET® BROWNIES 3x2 g
or **MINI DOUGHNUTS** selected varieties, 400 g
21000001, EA



\$8

PC® S'MORES CREAM PIE
frozen, 710 g
21000001, EA



BIG HOLIDAY DEALS!



SAVE UP TO 25%

\$6

ONLY

3⁵⁰



OIKOS or
ACTIVIA EXPERT YOGURT
selected varieties, 4x100 g
30419713001 SA/204230453 EA



PC® WOOD-FIRED PIZZA 351-413 g or
TAST!EZ 311 g
selected varieties, frozen
21540333 EA

SAVE 37%

\$10

ONLY

\$5



NESTLÉ DRUMSTICKS or
NOVELTIES 4-10's or
CONFECTIONARY
FROZEN DESSERT 1.5 L
selected varieties, frozen
20322380051 EA/21142940 EA



SAVE 44%

.88

CAMPBELL'S TOMATO, CREAM OF
MUSHROOM, VEGETABLE or
CHICKEN NOODLE SOUP 284 mL
selected varieties
20174214004 EA

\$2



CHEEZ-IT CRACKERS
selected varieties
191/200 g
PC/ARMSTRONG EA

3⁵⁰



LACTANTIA CREAM
10% 1 L, 3.5% 473 mL or
DAIRYLAND CREAM
10% 946 mL, 3.5% 473 mL
selected varieties
ARMSTRONG EA

8⁴⁹



TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.0 L
PC/ARMSTRONG EA

3⁵⁰



PC® CREAMY HORSERADISH or
RED PEPPER JELLY 240 mL or
PEACH CHUTNEY 240 mL
ARMSTRONG EA/ARMSTRONG EA

\$4



TOSTITOS TORTILLA CHIPS
selected varieties
303 284 g
TOSTITOS EA

3⁹⁹



NESTLÉ CHOCOLATE POUCHES
MULTIPACK BARS 2's
selected varieties
ARMSTRONG EA/ARMSTRONG EA

\$1



SWISS CHALET SAUCE 254 mL or
ST HUBERT - SWISS CHALET
DRY SAUCE MIX 25.57 g
selected varieties
ARMSTRONG EA/ARMSTRONG EA

\$2



BARILLA PASTA
selected varieties
340-410 g
ARMSTRONG EA/ARMSTRONG EA

\$4



PC® 100% CRANBERRY
JUICE BOXES 1.89 L or
ARMSTRONG EA/ARMSTRONG EA

12⁹⁹



PEPSI - COCA-COLA
SOFT DRINKS
selected varieties
24x355 mL
ARMSTRONG EA/ARMSTRONG EA

4⁹⁹



JAMIESON VITAMINS C & D 75 340 L or
COLGATE TOOTHPASTE 75-121 mL
ARMSTRONG EA/ARMSTRONG EA

3⁵⁰



KELLOGG'S CEREAL
selected varieties
249-270 g
ARMSTRONG EA/ARMSTRONG EA

8⁹⁹



TWINNINGS TEA
selected varieties
ARMSTRONG EA/ARMSTRONG EA

11⁵⁰



PC® 100% PURE MAPLE SYRUP
500 mL
ARMSTRONG EA

PRICE
DROP

5⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
ARMSTRONG EA

4⁹⁵



ARMSTRONG - PC®
SHREDDED CHEESE
ARMSTRONG PC® CHEESE 400 g
selected varieties
ARMSTRONG EA/ARMSTRONG EA

4⁵⁰

APP EXCLUSIVE OFFER
2,000 points = \$2
back in points



PC® DECADENT COOKIE
selected varieties, 280/300 g
ARMSTRONG EA/ARMSTRONG 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.

BRANDS YOU LOVE AT LOW PRICES

SAVE 22%

3⁵⁰

**PILLSBURY
TOASTER STRUDEL**
selected varieties, frozen
325 g
2017364007, EA



SAVE UP TO 33%

\$6

**BLACK DIAMOND
CHEESTRINGS[®]
or SNACKS** 252/234 g or
**CRACKER BARREL
CHEESE SHREDS** 330 g
selected varieties
20163461, EA/21299613, EA



SAVE 25%

\$3

PC[®] VEGETABLES
selected varieties, frozen
300-730 g
2017364007, EA



ONLY

\$10

**KICKING HORSE
ORGANIC
GROUND COFFEE**
selected varieties
234 g
20002134007, EA/21299613, EA



ONLY

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g or
SIGGI'S 4x100 g **YOGURT**
selected varieties
20163461, EA/21299613, EA



\$9

**CAVENDISH
CLUB PACK**
selected varieties, frozen
1-2.23 kg
20007761, EA



3⁸⁸

**PC[®] ORANGE JUICE, TROPICANA
DRINKS, PURE LEAF TEAS[®]
or TROPICANA TROPICS**
selected varieties, refrigerated
1.26-1.73 L
20163461, EA/21299613, EA



\$4

**GAY LEA REAL
WHIPPED CREAM**
selected varieties
223 g
2004230007, EA



\$5

BEN & JERRY'S ICE CREAM 473 mL or
MAGNUM NOVELTIES[®] 7,
cream glazes or hardshell glazes
20007761, EA



5²⁹

**PHILADELPHIA
CREAM CHEESE PRODUCT**
selected varieties
242 g
20007761, EA



3⁹⁹

BECEL 407/1254 g or
BECEL PLANT BASED BRICKS 424 g
20007761, EA



1²⁵

NO NAME[®] BROTH
selected varieties
900 mL
21-000007, EA



2²⁹

**QUAKER DIPPS[®] - CHEWY
GRANOLA BARS**
selected varieties
130-134 g
20007761, EA



2⁵⁰

**GOLDFISH
CRACKERS**
selected varieties
167-227 g
20007761, EA



3⁵⁰

**OLD DUTCH POTATO
TORTILLA CHIPS** 233 g or
HUMPTY DUMPTY SNACKS 230-240 g
selected varieties
21007761, EA/21299613, EA



1¹⁹⁹

**STARBUCKS ROAST AND
GROUND COFFEE** 340 g, **PODS** 10%
or **HOT CHOCOLATE** 140-200 g
selected varieties
21007761, EA/21299613, EA



\$2

**CAMPBELL'S
READY TO SERVE[®]
or HABITANT[®] 750 mL SOUP**
selected varieties
20007761, EA



\$1

**UNICO
TOMATO PASTE
or PIZZA SAUCE** 136 mL
selected varieties
20007761, EA



\$3

OCEAN'S WHITE TUNA 170 g or
GOLD SEAL PINK SALMON 130/113 g
selected varieties
21007761, EA



\$6

HELLMANN'S REAL MAYONNAISE
selected varieties
210-240 mL
20007761, EA



\$8

NO NAME[®] CANOLA OIL
1.1 L
20007761, EA



6⁵⁰

AHA SPARKLING WATER
selected varieties
12x355 mL
20007761, EA



\$2

V8[®] VEGETABLE COCKTAIL 4x150 mL or
ALLEN'S DRINK BOXES 4x200 mL
selected varieties
20007761, EA



1¹⁹⁹

ROYALE TIGER TOWEL
6x12 m
21007761, 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
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
21007761, EA/21299613, EA/21299610, EA



5⁵⁰

GENERAL MILLS FAMILY SIZE CEREAL
 selected varieties
 475-778 g
 21103492 EA/21103493 EA

3⁵⁰

FIBRE 1 BARS 125 g or
NATURE VALLEY GRANOLA BARS, PROTEIN BARS, or BISCUITS 148-210 g
 selected varieties
 20387304001 EA/2066898001 EA

\$7

YOPLAIT SOURCE 16x100 g
 or **LIBERTÉ GREEK YOGURT** 1 kg
 selected varieties
 20317317001 EA/21305351 EA

\$3

OLD EL PASO COMPONENTS
 selected varieties
 94-334 g/243-398 ml
 2030699201 EA/20638176 EA

3

DANONE DANINO YOGURT
 selected varieties
 6's
 21120250 EA/21120252 EA

4

ACTIVIA YOGURT
 selected varieties
 8's
 20225384002 EA

5

INTERNATIONAL DELIGHT COFFEE ENHANCER
 selected varieties, 946 ml
 2084548002 EA

5⁵⁰

LACTANTIA ULTRAPUR MILK
 selected varieties
 1.5 L
 21694605 EA/21694606 EA

2⁵⁰

BEATRICE BFIT MILKSHAKE
 selected varieties
 460 mL
 21345300 EA

13⁵⁰

PURINA ONE DRY CAT FOOD
 selected varieties
 1.45-1.8 kg
 21094617 EA

10⁷⁵

BENEFUL DRY DOG FOOD
 selected varieties
 1.6/1.8 kg
 20295950001 EA

\$1

FANCY FEAST PETITES WET CAT FOOD
 selected varieties
 79.4 g
 21337340 EA

ONL 02 NFW

\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
20861400 SA/21004388 EA



9.99

GLAD GARBAGE BAGS
selected varieties
20-40's
2116477 EA



\$8

NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or SHEETS 200's
selected varieties
21340383 EA



12.50

TRU EARTH LAUNDRY DETERGENT ECO-STRIPS
selected varieties
32's
21423514 EA



\$15

GAIN LIQUID 4.25 L or FLINGS 42's LAUNDRY DETERGENT
selected varieties
2099627 EA/21671129 EA



\$22

TIDE LIQUID 3.46/3.9 L or PODS or FLINGS 45/76's LAUNDRY DETERGENT
selected varieties
21393670 EA/21393679 EA



\$4

MR. CLEAN ALL-PURPOSE CLEANER 1.21 L, FEBREZE AIR 250 g, BATHROOM AIR FRESHENER 7.5 mL, CAR 2 mL or MAGIC ERASER 3/3's
selected varieties
21700196 EA/21005017 EA



\$17

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
21298311 EA/21428270 EA



\$4

LYSOL MULTI SURFACE CLEANER 1.2 L or SPRAYS 650/950 mL
selected varieties
20309473002 EA/20310477001 EA



\$20

FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
21218875 EA/21361337 EA

BIG HOLIDAY DEALS!



\$5

BOURSIN CHEESE
selected varieties
150/220 g
20116794, EA



\$11

MINI BABYBEL
selected varieties
18's, 360 g
20173275, EA



\$11

THE LAUGHING COW CHEESE
selected varieties
535 g
20036297, EA



\$2

MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS
selected varieties
450 g
20082713, EA



6.49

ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES
selected varieties
375/500 g
21276210, EA



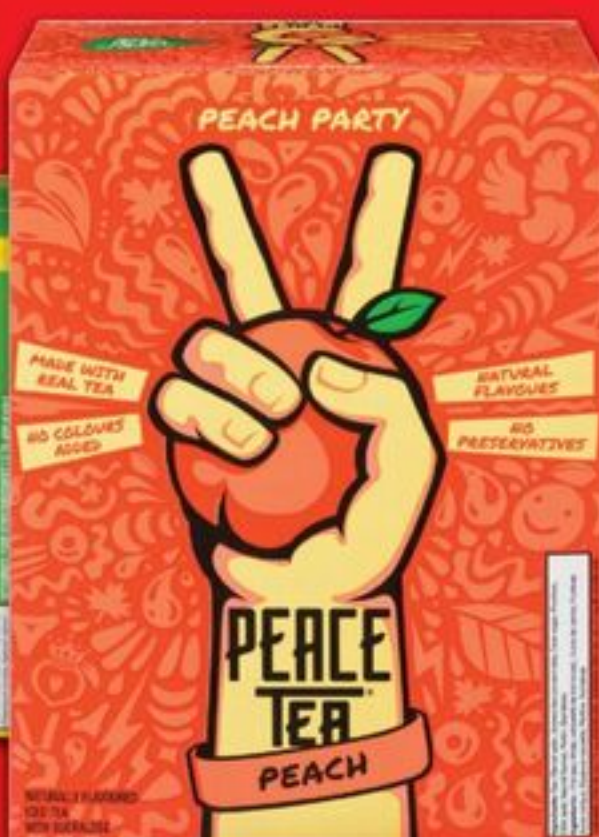
\$5

MAPLE LODGE ULTIMATE CHICKEN WIENERS or ZABIHA HALAL SUPREME CHICKEN WIENERS
selected varieties
500 g
20027191, EA

6.99



FUZE or PEACE TEA ICED TEA
selected varieties
12x341 mL
21643563, C12/21342429, C12



1.50

GATORADE SPORT DRINKS
selected varieties
710 mL
2030577500, EA/21337027, EA



4.50

PEPSI SOFT DRINKS
selected varieties
6x710 mL
20310544002, C06/20310544005, C06



6.29

BUBLY or MONTELLIER SPARKLING WATER
selected varieties
10/12x355 mL
21096723, C10/21097177, C12

EVERYDAY ESSENTIALS AT LOW PRICES

1³⁹



**NO NAME®
VEGETABLES**
selected varieties
341/398 mL
20296401, EA/20302135, EA

6⁵⁰



ACTIVIA YOGURT
selected varieties
12x100 g
20303473001, EA/20408924, EA

\$10



SURAJ® BASMATI RICE
3.63 kg
20639921, 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 NEW FLAP &



5⁹⁹

EARN
1,000
Back in points

KRAFT PEANUT BUTTER
750 g/1 lb or **HAZELNUT SPREAD** 725 g
selected varieties
2002958 1001 EA/21285418 EA



7⁹⁹

EARN
1,000
Back in points

NABOB TASSIMO COFFEE DISCS
selected varieties
8-16's
20026914001 EA/20552948 EA

4⁴⁹

EARN
500
Back in points

KRAFT SINGLES
410 g
21188654 EA/21189907 EA



4⁴⁹

EARN
500
Back in points

KRAFT CHEEZ WHIZ
450 g
2065966001 EA

3²⁷

EARN
300
Back in points

CLASSICO PASTA SAUCE
selected varieties
410/400 mL
20225609001 EA/21618217 EA



\$4

EARN
500
Back in points

CRAVE DINNER ENTRÉES
200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g
selected varieties, frozen
21085515 EA/21353229 EA

4⁴⁹

EARN
500
Back in points

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20641367 EA/2066924010 EA



4²⁹

EARN
500
Back in points

KRAFT COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
20020349001 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



CREST PRO-HEALTH - COMPLETE TOOTHPASTE
selected varieties
100-130 mL
21044400 EA/21044400 EA

\$4



SENSODYNE - PRONAMEL TOOTHPASTE 75-100 mL or **POLIGRIP** 40 g
selected varieties
20011700 EA/20011700 EA

\$7



TRESEMME HAIR CARE
selected varieties
199-211 g/148-638 mL
21044400 EA/21044400 EA

\$8



DOVE DRY SPRAYS DEODORANT 74 g
selected varieties
21044400 EA/21044400 EA

\$11



AVEENO LOTION
selected varieties
323 mL
21044400 EA/21044400 EA

8²⁵



VASELINE BODY LOTION
selected varieties
40-227 g/130-690 mL
21044400 EA/21044400 EA

4⁵⁰



NIVEA BODY WASH 300 mL
DEODORANT ROLL-ON ANTIPERSPIRANT 50 mL or 50/50 g
selected varieties
21044400 EA/21044400 EA

\$5



IVORY BAR SOAP 110/90 g or **BODY WASH** 433 mL
selected varieties
21044400 EA/21044400 EA

5⁵⁰



U BY KOTEX - KOTEX PADS 13-34", **LINERS** 40-64" or **TAMPONS** 13/14"
selected varieties
21044400 EA/21044400 EA

\$15



CENTRUM MULTIVITAMINS
selected varieties and sizes
21044400 EA/21044400 EA

34⁹⁹



SIMILAC CALCIUM - REGULAR INFANT FORMULA
850 g
21044400 EA/21044400 EA

\$12



BOOST READY TO DRINK SHAKES
selected varieties, 5 L
21044400 EA/21044400 EA

52⁹⁹



GOOD START PLUS POWDER BABY FORMULA
selected varieties
843/1300 g
21044400 EA/21044400 EA

1⁷⁹



BABY GOURMET ORGANIC FRUIT - VEGETABLE BABY FOOD POUCHES - JARS
selected varieties
113/128 mL
21044400 EA/21044400 EA

Optimum Members-Only Price

1⁵⁰

Members save .42

Non-members 1⁹²

PC[®] DISTILLED WATER 4 L 20943972 EA



ALWAYS

\$4



LIFE BRAND[®] MOUTHWASH
selected varieties
1 L
21301386 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

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
21323044 EA/20997237 EA/21111046 EA/
21323442 EA/2031499001 EA/20334434001 EA/
21323000 EA/20437549902 EA/20301179903 EA/213411541 EA



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™

holiday

Hacks and
Offers



Digital Coupons

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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



PC®
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

NATURAL FOODS AT LOW PRICES

5²⁹

**PC® ORGANICS
KEFIR**
selected varieties, refrigerated
1 L
20944378 EA/21105766 EA

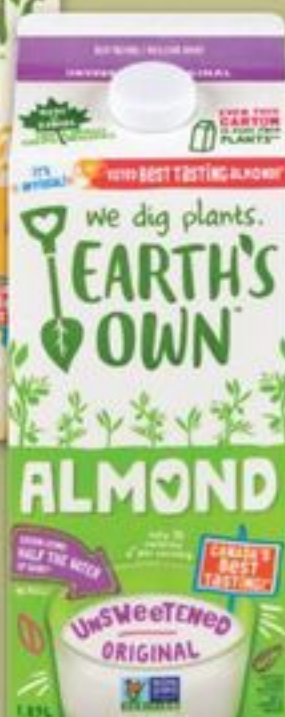
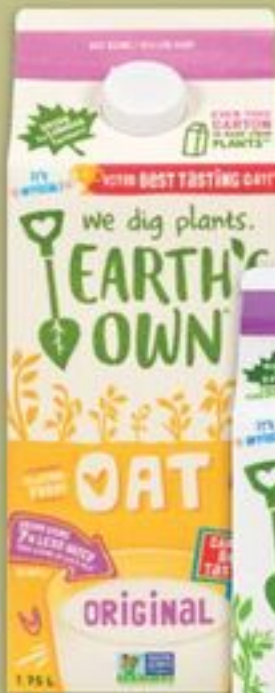


4⁵⁰

**AMY'S
GLUTEN-FREE
BURRITO**
selected varieties, frozen
142-170 g
20371429001 EA

12⁵⁰

**PC® ORGANICS
MAPLE SYRUP**
375 mL
20106189 EA



3⁵⁰

**EARTH'S OWN ALMOND
or OAT BEVERAGES**
selected varieties, refrigerated
1.75/1.89 L
20327647 EA/21037796 EA

3⁵⁰

PC® ORGANICS® DURUM WHEAT SEMOLINA PASTA
selected varieties
454 g
2066903000 EA



\$9

**NUTTIN' BUT SPREADS
ALMOND BUTTER**
selected varieties
365 g
21101514 EA



4⁵⁰

SUNRYPE ORGANIC FRUIT BITES
selected varieties
108 g
21238182 EA



4⁵⁰

**PC® ORGANICS
ANIMAL COOKIES**
selected varieties
250 g
20181528 EA/20304991 EA



\$5

**ANNIE'S ORGANIC
BUNNY GRAHAMS or
GRANOLA BARS**
selected varieties
130/213 g
20944482 EA/21019982 EA



\$8

PC® GLUTEN-FREE PIE CRUST
frozen
380 g
21211742 EA



\$7

**PC® GLUTEN-FREE
CAKE MIX**
selected varieties
400 g
2068779001 EA



\$4

**PC® ORGANICS
TEA**
selected varieties
20x40 g
21411143 EA



2⁵⁰

CLIF BAR
selected varieties
68 g
2012814802 EA
2012812621 EA



\$4

SMART SWEETS
selected varieties
50 g
20124074 EA/21108036 EA



3⁵⁰

**PC® ORGANICS
APPLE SAUCE CUPS
SQUEEZABLE FRUIT SNACKS
JUMBO RAISIN SNACK PACK**
selected varieties
6x100 g, 360 g or 176 g
2010347001 EA/21177038 EA



6⁵⁰

RW GARCIA CRACKERS
selected varieties
180 g
2009713002 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFW

BIG HOLIDAY DEALS!



4⁵⁰

5⁹⁹

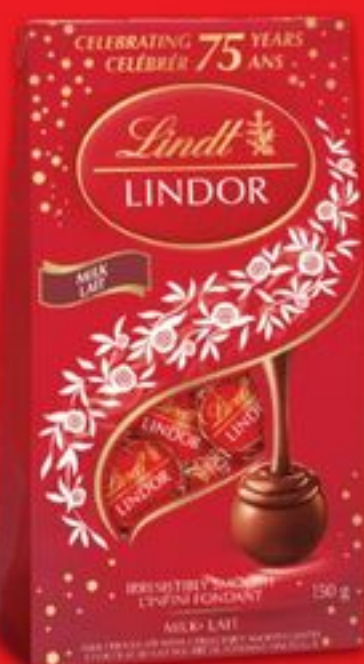


CADBURY MINI EGGS 200 g or
TERRY'S CHOCOLATE ORANGE
ORIGINAL 145 g
20133329 SA/21672499 SA



HERSHEY'S KISSES 141-200 g,
M&M'S STAND UP POUCH
165 g or **TOFFIFEE** 246 g
selected varieties
21392221 SA/21541146 SA/21612621 SA

8⁴⁹



LINDT LINDOR BAGS
selected varieties
137-150 g
21392091 SA

7⁹⁹

LINDT BOX
selected varieties
108 g
21463025 SA

4⁹⁹

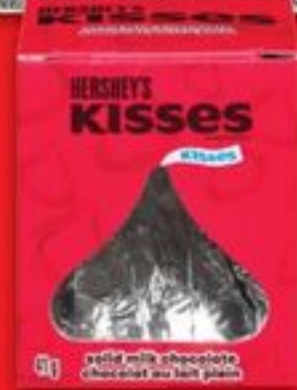


LINDT MINI BALL BAG 100 g or **LINDT BEAR** 3's
selected varieties
20137204 SA

1⁵⁰



MAYNARDS SOUR PATCH KIDS
RED & GREEN or **COAL BOX** 100 g,
HERSHEY KISSES MINI 41 g or
REESE'S CANDY CANE 29 g
selected varieties
20633215 SA/21379229 SA



6⁹⁹



MILANO PANETTONE
FRUIT CAKE
800 g
20941356 SA

5⁹⁹



NESTLÉ TURTLES 150/160 g,
QUALITY STREET 148 g or
AFTER EIGHT 200 g
selected varieties
21393328 SA

\$2



PC® SUISSE MILK 100 g or **HERSHEY STOCKING STUFFERS** 50 g
selected varieties
21460106 SA/21609327 SA

5⁹⁹



REESE'S HALF POUND CUP 226 g, **ROCHER**
HALLOW SANTA 70 g, **KINDER UOVO** 100 g
or **CHRISTMAS MULTI** 80 g
selected varieties
20432817 SA/21392283 SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL CONF NFW

GLOBAL FOODS AT LOW PRICES

1⁹⁹
LB

PAPAYA
product of Mexico
4.39/kg
20817064001_KO



1⁴⁹
LB

CASSAVA
product of Costa Rica or
OPO SQUASH
product of Mexico, Honduras
or Dominican Republic
3.28/kg
20087842001_KO/20143010001_KO

3⁹⁹

ROOSTER™ GARLIC
product of China
21238843001_SA



1 KG

4⁹⁹
LB

YELLOW YAMS
product of Jamaica
11.00/kg
20070018001_KO



3⁸⁸
LB

UTILITY DUCK
Frozen
8.55/kg
20140206_KO



5⁴⁸
LB

PORK BELLY PORTIONS
Fresh
12.00/kg
20449794_KO



12⁸⁸

T&T™ SLICED BEEF ROLLS
240 g
20170508_SA



\$12

SEAQUEST™ SHRIMP RING
Frozen
454 g
20090191_SA



\$1

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties
100 g
20297563_SA



7⁴⁹

S&F ROASTED RED PEPPERS
1.5 L
20027104_SA



1⁷⁹

BUENAS PANCIT CANTON NOODLES 227 g
or **SUPER Q NOODLES** 454 g
selected varieties
20100348_SA/20261199_SA



\$5

T&T™ POTSTICKERS
selected varieties, frozen
567 g
20495321_SA



9⁹⁹

KNOX CHICKEN BOUILLON MIX
selected varieties
1 kg
20134079_SA



4⁴⁹

LOTTE MOCHI
selected varieties, frozen
270 g
20497143_SA



1⁵⁰

KURKURE SNACKS
selected varieties
112 g
20067022_SA



1⁵⁰

ROOSTER™ COCONUT MILK
selected varieties
200 ml
20067022_SA



8⁴⁹

TAMAM TAHINI
907 g
20070018001_KO



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

BIG HOLIDAY DEALS!

SAVE \$20

\$49



LIFE AT HOME™
BALSAM LAKE PINE
CHRISTMAS TREE
6' 31460713 SA

SAVE \$30

\$39



LIFE AT HOME™
TWIN LAKES PORCH
TREE WITH TIMER
3.5' 2' 31433234 SA

SAVE \$3

\$9



LIFE AT HOME™
MINI LIGHTS
warm white / multi coloured
100's 31098946 SA/31098946 SA

\$5



EVERYDAY
ESSENTIALS™
CANDLE
single wick
selected varieties
18 oz.
31376495 SA
31376458 SA

SAVE \$4

\$4



LIFE AT HOME™
30X400
4 ROLL WRAP
31462208 SA



Insiders Report™

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PC® DINO MELONS
product of Brazil
4.41/kg
21488131001_80

\$2 LB



\$3 LB

PC® CIDER GROVE APPLES
product of Canada, Canada fancy grade
4.61/kg
21488027001_80



\$18

PC® PORCHETTA ROAST
fresh
1.2 kg
21488448_8A



\$9

PC® FRESH POT PIES
selected varieties
550-575 g
21488000_8A



PC® PROBIOTIC YOGURT
selected varieties
450 g
21488020_8A/214884354_8A

\$3.50



PC® LOADED PIEROGI BAKE
frozen
770 g
21488110_8A

\$11



PC® TEA or HERBAL TEA
selected varieties
20's
20208417_8A/20637613001_8A

\$3

JOE FRESH

THIS WEEK'S TOP DEALS

Earn
points while
you save



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EXCLUSIVE
OFFER*

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It's as easy as that!



Optimum™

15,000

pts

When you spend \$75+
on apparel*

\$15
back
in points

Ends December 10

20% off

Men's Denim Bottoms*

Regular Price Only | Ends December 10



NOW
\$31²⁰

~~\$39~~

Men's Dark
Wash Straight
Fit Jean



NOW
\$23²⁰

~~\$29~~

Women's
Velour Crew
Neck Pullover

20% off

Women's Velour Styles*

Regular Price Only | Ends December 10

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Price as Marked

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Text "OFFER" to 374557 (FRILLS)*



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for \$29 a month
with auto top-up**

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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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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*

Dec 4 - 10, 2025

7,500^{pts}

\$7⁵⁰
Back in points

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

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LOWER
PRICES**

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drops for longer.

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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.

ONE NEW MKT