



**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

**5<sup>99</sup>**

**10 LB BAG**

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



**3<sup>99</sup>**  
LB

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

**3<sup>99</sup>**

**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**



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



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

**4<sup>49</sup>**

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



**1<sup>49</sup>**  
LB

**SWEET POTATOES**  
product of Canada  
5.28/kg  
2012770001, 80



**2<sup>49</sup>**  
LB

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



**5<sup>99</sup>**

**PKG OF 3**

**ROMAINE HEARTS**  
product of U.S.A. or Canada  
20000001, 5A



**3<sup>99</sup>**

**PKG OF 4**

**RED or GREEN PEPPERS**  
product of U.S.A.  
201200001, 5A/200120001, 5A



**.99**  
LB

**GREEN CABBAGE**  
product of Canada, Canada No. 1 Grade  
5.16/kg  
20000001, 5A



**\$7**

**6" POINSETTIA**  
in assorted colours  
20000001, 5A



**\$4**

**225 G**

**PC® SALTED or  
PC® BLUE MENU®  
UNSALTED PISTACHIOS**  
product of U.S.A.  
21210001, 5A/20000001, 5A



**4<sup>99</sup>**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico, Peru or Colombia  
20000001, 5A



**6<sup>99</sup>**

**1 LB BAG**

**CHESTNUTS**  
product of Italy  
201200001, 5A



**1<sup>99</sup>**

**RED MANGOES**  
product of Brazil  
20000001, 5A



**6<sup>99</sup>**

**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  
20000001, 5A/20000001, 5A/20000001, 5A



**5<sup>99</sup>**

**3 LB BAG**

**FARMER'S MARKET® LEMONS**  
product of Spain, Mexico  
20000001, 5A



**3<sup>99</sup>**

**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  
20000001, 5A/20000001, 5A/20000001, 5A



**3<sup>99</sup>**

**GROWN IN THE  
WESTERN  
PROVINCES**  
of British Columbia  
and Alberta  
20000001, 5A

**454 G**

**PC® WHOLE CREMINI or WHITE  
MUSHROOMS**  
product of Mexico, Peru or  
20000001, 5A



\*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at [nofrills.ca](http://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

**5<sup>99</sup>**

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



**15<sup>49</sup>**

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



**3<sup>50</sup>**

**FONTAINE SAINTE HUMMUS & PC® NAAN DIPPERS**  
selected varieties  
360/282 g  
21209181 SA



**3<sup>50</sup>**

**SEAQUEST® FLAVOURED ALASKA POLLOCK GO SHRIMP**  
selected varieties  
100 g  
21706318 SA



**\$10**

**SEAQUEST® WHOLE TILAPIA & WHOLE POMPANO**  
selected varieties, frozen  
1.26 kg or 800 g  
21706318 SA



**\$5**

**ZIGGY'S® FRESH FILLED TWIN PACK PASTA & LADLES OF LOVE SOUP**  
selected varieties  
500 g or 454 mL  
21209181 SA



**\$7**

**BALDERSON CHEESE**  
selected varieties  
230/280 g  
21706318 SA



**7<sup>50</sup>**

**NAPOLI PIZZA**  
selected varieties  
500-543 g  
21209181 SA



**3<sup>50</sup>**

**NATURAL BAKERY RYE BREAD**  
500 g  
21209181 SA



**2<sup>50</sup>**

**WONDER BREAD & BUNS**  
selected varieties  
270 g or 12x  
21209181 SA



**\$5**

**FARMER'S MARKET® COOKIES & LOAF CAKES**  
selected varieties  
240-400 g  
21209181 SA



**\$10**

**PC® MINI ÉCLAIRS & PROFITEROLES**  
selected varieties, frozen  
490-710 g  
21209181 SA



# BIG HOLIDAY DEALS!

SAVE UP TO 33%

**\$5**

**GIUSEPPE THIN CRUST  
or RISING CRUST PIZZA**  
selected varieties, frozen  
429/785 g  
21104067 SA



**ONLY  
6<sup>50</sup>**

**LIBERTÉ GREEK or  
ACTIVIA EXPERT  
YOGURT**  
selected varieties  
650/750 g  
2070436 1001 SA/21488205 SA

**ONLY  
6<sup>25</sup>**

**DEL MONTE JUGS**  
selected varieties, refrigerated  
2.5 L  
21429573M SA



**ONLY  
\$4**

**CHAPMAN'S SUPER PREMIUM PLUS  
ICE CREAM** 500 mL or **CANADIAN COLLECTION** 8<sup>1</sup>  
21311147 SA/20223757001 SA

**\$7**

**STARBUCKS  
COFFEE ENHANCER**  
selected varieties  
828 mL  
21429573 SA



**6<sup>99</sup>**

**BECEL  
MARGARINE**  
selected varieties  
637/850 g  
20097810002 SA



**1<sup>25</sup>**

**TINA'S BURRITO**  
selected varieties, frozen  
112 g  
21429787 SA



**3<sup>50</sup>**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
200-300 g  
214040100 SA/214040101 SA



**\$4**

**MISS VICKIE'S POTATO CHIPS  
or CHEETOS SNACKS** 170-285 g  
selected varieties  
214040100 SA/214040101 SA



**\$3**

**KELLOGG'S RICE KRISPIES  
POP TARTS 304 g SPECIAL K  
or NUTRI-GRAIN 295 g BARS**  
selected varieties  
2070436 1001 SA/214040101 SA



**8<sup>99</sup>**

**UNICO  
VEGETABLE OIL**  
3 L  
200978100 SA



**5<sup>79</sup>**

**SMUCKER'S JAM, JELLY or  
MARMALADE**  
selected varieties  
210-300 mL  
200978100 SA/200978101 SA



**\$1**

**CLUB HOUSE DRY SAUCE MIX**  
selected varieties  
20-47 g  
200978100 SA/200978101 SA



**1<sup>59</sup>**

**GREEN GIANT VEGETABLES  
or OCEAN SPRAY CRANBERRY  
SAUCE** 343/398 mL  
selected varieties  
200978100 SA/214040101 SA



**1<sup>27</sup>**

**STOVE TOP  
STUFFING**  
selected varieties  
170 g  
200978101 SA



**\$27**

**McCafé ROAST  
AND GROUND COFFEE**  
selected varieties  
640-900 g  
214040101 SA



**7<sup>50</sup>**

**NESTEA ICED TEA**  
selected varieties  
12x341 mL  
214040101 SA



**3<sup>99</sup>**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x120 mL  
200978100 SA/200978101 SA



**14<sup>99</sup>**

**BUDWEISER ZERO  
NON-ALCOHOLIC BEER**  
12x355 mL  
214040101 SA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. \*\*Must be a registered PC Optimum™ member to get this offer.

**NOFRILLS**

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

[nofrills.ca](http://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. 4<sup>th</sup> - 24<sup>th</sup>**

**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 1:1,000. 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  
200049901 SA

SAVE 42%

\$6



**HIGH LINER FAMILY BATTERED FISH FILLETS**  
selected varieties, frozen  
315-700 g  
200000001 SA

PRICE DROP

5.99



**LACTANTIA BUTTER**  
selected varieties  
454 g  
200000001 SA

ONLY

3.50



**iöco NANO YOGURT** 4x173 mL or **PILLSBURY REFRIGERATED DOUGH**  
selected varieties  
200000001 SA/200000002 SA

ONLY

3.50



**NO NAME® PIZZA**  
selected varieties  
230-431 g  
200000001 SA

3.50



**GAY LEA WHIPPED CREAM**  
200 g or **LACTANTIA DAIRYLAND 18% CREAM**  
454 mL/16 FL OZ  
200000001 SA

3.99



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

\$6



**BLACK DIAMOND CHEESTRINGS - SNACKS** 200/234 g or **CRACKER BARREL CHEESE SHREDS** 230 g  
selected varieties  
200000001 SA/200000002 SA

\$2



**CHEEZ-IT CRACKERS**  
selected varieties  
171/230 g  
200000001 SA/200000002 SA

1.79



**KNORR SIDEKICKS**  
selected varieties  
120-142 g  
200000001 SA/200000002 SA

7.99



**PC® CHOCOLATE COVERED NUTS - FRUITS**  
selected varieties  
230-400 g  
200000001 SA/200000002 SA

\$4



**NO NAME® BACON BITS**  
selected varieties  
82 g  
200000001 SA

5.99



**BICK'S PICKLES**  
selected varieties  
1 L  
200000001 SA

1.69



**UNICO BEANS** 240 mL or **TOMATOES** 750 mL  
selected varieties  
200000001 SA/200000002 SA

16.99



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

\$9



**MONSTER** 4x473 mL or **RED BULL** 4x250 mL  
ENERGY DRINKS  
200000001 SA/200000002 SA

1.25



**POWERADE SPORT DRINKS**  
selected varieties  
230 mL  
200000001 SA/200000002 SA

\$3



**FIBRE 1 BARS** 101 g or **NATURE VALLEY GRANOLA BARS** 144-210 g  
selected varieties  
200000001 SA/200000002 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 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 SA/200000002 SA/200000003 SA



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

**=\$1**  
Back in points

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
selected varieties  
200-492 g  
200000001 SA/200000002 SA



# BRANDS YOU LOVE AT LOW PRICES

11<sup>99</sup>



**EARN 3,000**  
Back in points

**CADBURY CELEBRATIONS TIN**  
353 g  
21479771 EA

10<sup>49</sup>



**KINDER MAXI**  
selected varieties  
116/150 g  
20479741 EA

3<sup>19</sup>



**CARNABY SWEET CANDY CANES**  
selected varieties  
16's  
20406744 EA/20410901 EA

11<sup>99</sup>



**MERCI BOXED CHOCOLATE**  
400 g  
21194024 EA

2<sup>99</sup>



**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**  
92-108's, **PADS** 27-32's or  
**TAMPAX TAMPONS** 22-34's  
selected varieties  
20413494 EA/21030071 EA

3<sup>50</sup>



**SOFTSOAP HOLIDAY LIQUID HAND SOAP PUMPS**  
selected varieties  
232 mL  
21400011 EA/21400041 EA

\$15



**BATISTE DRY SHAMPOO HOLIDAY GIFT PACK**  
selected varieties  
240/300 mL  
21400071 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  
21400011 EA/21400071 EA

\$14



**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
30-48's  
21400140 EA/21400141 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  
21400140 EA/21400141 EA

7<sup>49</sup>



**NO NAME® PAPER TOWELS**  
4x12 rolls  
21400140 EA

\$5



**PC® BEVERAGE NAPKINS**  
selected varieties  
60's  
21400140 EA/21400141 EA

\$3



**TEMPTATIONS CAT TREATS**  
**PUREES** 40 g or **SPOONS** 40 g  
selected varieties  
2020410140 EA/21479001 EA

5<sup>50</sup>



**FRISKIES DRY CAT FOOD**  
selected varieties  
1.4-1.5 kg  
20479001 EA

\$9



**NO NAME® CAT LITTER**  
selected varieties  
18 kg  
2017790001 EA

\$10



**PEDIGREE DENTASTIX DOG TREATS**  
selected varieties  
200 g - 1.9 kg  
21400140 EA

# DEALS ON BABY ESSENTIALS

Optimum<sup>®</sup>  
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<sup>®</sup>  
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** <sup>¢</sup>  
with digital  
coupon



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

Get  
**1,500** <sup>¢</sup>  
with digital  
coupon



**PC®  
DINO  
MELON**

Get  
**500** <sup>¢</sup>  
with digital  
coupon



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

Get  
**750** <sup>¢</sup>  
with digital  
coupon



**PC®  
PORCHETTA**  
1.2 kg

Get  
**3,000** <sup>¢</sup>  
with digital  
coupon



**PC®  
JUICE  
SHOTS**  
4 x 60 mL

Get  
**1,000** <sup>¢</sup>  
with digital  
coupon



**PC®  
HOT  
PEPPERS**  
50 - 226 g

Get  
**500** <sup>¢</sup>  
with digital  
coupon



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

Get  
**3,000** <sup>¢</sup>  
with digital  
coupon



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

Get  
**2,000** <sup>¢</sup>  
with digital  
coupon



**PC®  
FLATBREAD**  
selected varieties  
340 g

Get  
**2,500** <sup>¢</sup>  
with digital  
coupon



**PC®  
BRIOCHE  
MINI ROLLS**  
12's

Get  
**2,000** <sup>¢</sup>  
with digital  
coupon



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

Get  
**1,500** <sup>¢</sup>  
with digital  
coupon



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

Get  
**2,000** <sup>¢</sup>  
with digital  
coupon



**PC®  
GINGER  
ALE**  
2 L

Get  
**500** <sup>¢</sup>  
with digital  
coupon



**NO NAME®  
CREAM  
CHEESE**  
250 g

Get  
**1,000** <sup>¢</sup>  
with digital  
coupon



**NO NAME®  
APPETIZERS**  
454 - 900 g

Get  
**2,500** <sup>¢</sup>  
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/21347638 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**



**1<sup>50</sup>**

**MICHELINA'S  
DINNER  
ENTRÉES**  
selected varieties, frozen  
155-284 g  
21709614 EA

**\$4**

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



**3<sup>50</sup>**

**CAVENDISH  
PREMIUM FRIES**  
selected varieties frozen  
400-750 g  
21048113 EA

**\$5**

**CHAPMAN'S  
PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
20233373001 EA



**4<sup>50</sup>**

**CHAPMAN'S  
YUKON or SUPER  
NOVELTIES**  
selected varieties, frozen  
5-8's  
21012283 EA

**1<sup>75</sup>**

**MAPLE LEAF FLAKES**  
selected varieties  
156 g  
2096571001 EA



**\$7**

**NO NAME® OLIVE OIL**  
selected varieties  
730 mL  
20047713 EA



**1<sup>75</sup>**

**PC® PASTA**  
selected varieties  
454 g  
21010121 EA/21009104 EA



**3<sup>77</sup>**

**OLD EL PASO DINNER KITS**  
selected varieties  
230-510 g  
20991034 EA/20991036 EA



**1<sup>75</sup>**

**CARNATION  
EVAPORATED MILK**  
selected varieties  
154 mL  
20966112 EA/20966107 EA



**\$6**

**MAXWELL HOUSE  
INSTANT COFFEE**  
130 g  
21030404 EA



**\$10**

**KICKING HORSE  
ORGANIC GROUND  
COFFEE**  
selected varieties  
234 g  
2000720001 EA/21701091 EA



**3<sup>50</sup>**

**EXCEL GUM MULTIPACK**  
3's, 7's, 7's 77 g  
21430091 EA/21430094 EA



**2<sup>50</sup>**

**LIPTON®  
KNORR  
SOUP MIX**  
selected varieties  
113-238 g  
201300001 EA



**\$3**

**VH COOKING or  
DIPPING SAUCE**  
selected varieties  
241-280 mL  
2000720001 EA/20966113 EA



# EVERYDAY ESSENTIALS AT LOW PRICES

6<sup>50</sup>

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



5<sup>50</sup>

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



7<sup>50</sup>

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



6<sup>29</sup>

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

1<sup>25</sup>



**PEACE TEA** 495 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

6<sup>99</sup>



**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

1<sup>25</sup>



**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

34<sup>99</sup>

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



65<sup>47</sup>

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



13<sup>99</sup>

**EARN  
3,000<sup>00</sup>**  
Back in points

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



24<sup>99</sup>

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

27<sup>99</sup>

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



32<sup>99</sup>

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



8<sup>99</sup>

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



4<sup>50</sup>

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



# NATURAL FOODS AT LOW PRICES

6<sup>99</sup>

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



4<sup>50</sup>

**KIND HEALTHY GRAINS BARS** 175 g or  
**BREAKFAST BARS** 200 g  
selected varieties  
30934432 SA/31349432 SA



\$8

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



\$4

**ELAN TRAIL MIX**  
selected varieties  
133/130 g  
31044432 SA



5<sup>49</sup>

**BELSOY PUDDING**  
selected varieties  
4x123 g  
3011704032 SA



4<sup>99</sup>

**FREEYUMM  
COOKIES & BARS**  
selected varieties  
135/134 g  
31044432 SA/31044432 SA



\$11

**RX BAR  
MINIS** or  
**5 PACK**  
selected varieties  
208/275 g  
31044432 SA/31044432 SA



\$5

**TRADITIONAL MEDICALS  
ORGANIC HERBAL TEA**  
16 count, selected varieties  
31349432 SA



\$4

**HARDBITE CHIPS**  
selected varieties  
138/130 g  
31107034 SA



\$18

**KICKING HORSE  
ORGANIC WHOLE BEAN COFFEE**  
selected varieties  
454 g  
31044432 SA



5<sup>99</sup>

**CHICKAPEA  
HIGH PROTEIN  
GLUTEN FREE PASTA**  
selected varieties  
337 g  
31044432 SA



\$3

**KETTLE BRAND CHIPS**  
selected varieties  
154/196 g  
31044432 SA/31044432 SA



\$7

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



8<sup>99</sup>

**DAIYA PIZZA  
GLUTEN FREE**  
selected varieties, frozen  
334-530 g  
31044432 SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFW

# GLOBAL FOODS AT LOW PRICES

**1.99**  
LB

**EDDOES** product of Jamaica,  
**GINGER ROOT** product of China or  
**LONG EGGPLANT**  
product of Mexico, Honduras or Dominican Republic  
4.39/kg  
30134123001, KO / 30179038001, KO

**3.99**  
LB

**OKRA**  
product of U.S.A., Guatemala  
or Honduras  
8.80/kg  
30091363001, KO

**2.99**

**RAPINI**  
product of U.S.A.  
20448070001, SA

**2.99**  
LB

**JAPANESE  
SWEET YAMS**  
product of U.S.A.  
6.59/kg  
30034923001, KO

**\$11**

**SUFRA®  
HALAL  
CHICKEN  
LEGS**  
back slashed  
11.400/kg, SA

**5.48**  
LB

**PORK BELLY PORTIONS**  
fresh  
12.08/kg  
3014094, KO

**10.50**  
LB

**ETNICO  
BEEF  
OXTAIL**  
23.15/kg  
3009438, KO

**5.50**

**SEAQUEST® SEAFOOD MEDLEY**  
frozen  
340 g  
31190309, SA

**2.99**

**CRISPY ROTI**  
original or whole wheat  
13%  
31190407, SA

**1.25**

**NONGSHIM  
SNACKS**  
selected varieties  
45-75 g  
30119070, SA

**14.99**

**DAN-D PAK  
CASHEWS**  
selected varieties  
908 g  
3011943002, SA

**3.49**

**INDOMIE  
NOODLES**  
selected varieties  
400-425 g  
30047718, SA

**7.99**

**ALFA TWIST**  
selected varieties  
1 kg  
31060783, SA

**3.49**

**KFI COOKING  
SAUCE** 375/395 ml or  
**MAGGI SAUCE**  
340 ml  
selected varieties  
3004780001, SA/30047718, SA

**3.99**

**FLYING GOOSE SRIRACHA SAUCE** 750 ml or  
**TAT® KALBI - BULGOGI MARINADE** 763 ml  
selected varieties  
3004780001, SA/30047718, SA

**16.99**

**AASHIRVAAD WHOLE WHEAT FLOUR**  
1.07 kg  
3100046, SA

**2.29**

**SURAJ®  
BAHI  
YOGURT**  
selected varieties  
730 g  
30090001, SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

# COLLECT & SAVE! BIG IS BACK

Get one stamp for  
every \$20\* spent.

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

SAVE  
60-80%\*  
OFF EACH



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

**KUHN  
RIKON**  
SWISS DESIGN

\*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 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](https://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](mailto:loblawpromotions@l-founders.com) for replacement. For full warranty information including warranty exclusions, FAQs and complete offer details, visit [pcoptimum.ca/collectandsave](https://pcoptimum.ca/collectandsave).

ONLINE OVEN FLAP



Insiders Report™

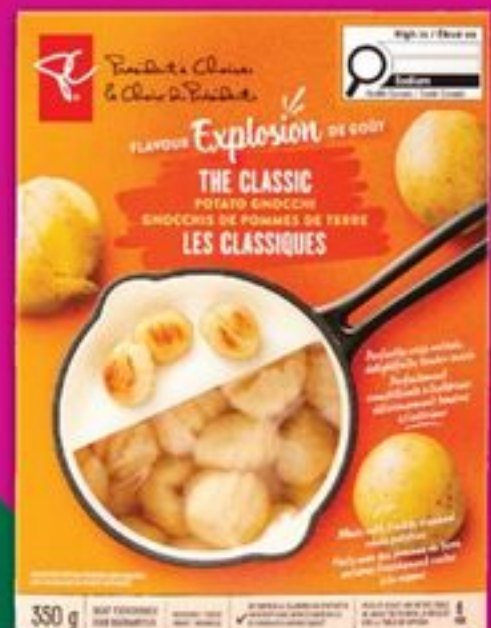
# SNACKINGS OF COMFORT AND JOY

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



\$3<sup>50</sup>

**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



\$6<sup>50</sup>

**PC® CREAM FIRST™ ICE CREAM**  
selected varieties, frozen  
1.5 L  
2073/157002 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  
2153/5415 EA



\$4<sup>50</sup>

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

**PC® THE DECADENT™ COOKIE**  
selected varieties  
280/300 g  
2041/2251 EA/2041/2257 EA



**Express™**

**Online grocery  
pickup & delivery**

# SHOP ONLINE, GET IT DELIVERED.

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

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

**SHOP NOW**



No Frills® delivery is available at select stores.

Visit [nofrills.ca](http://nofrills.ca) or use the **PC Express** app to see if delivery is available in your area.

# GET FLYER TO YOUR EMAIL.

## STRAIGHT TO YOUR EMAIL

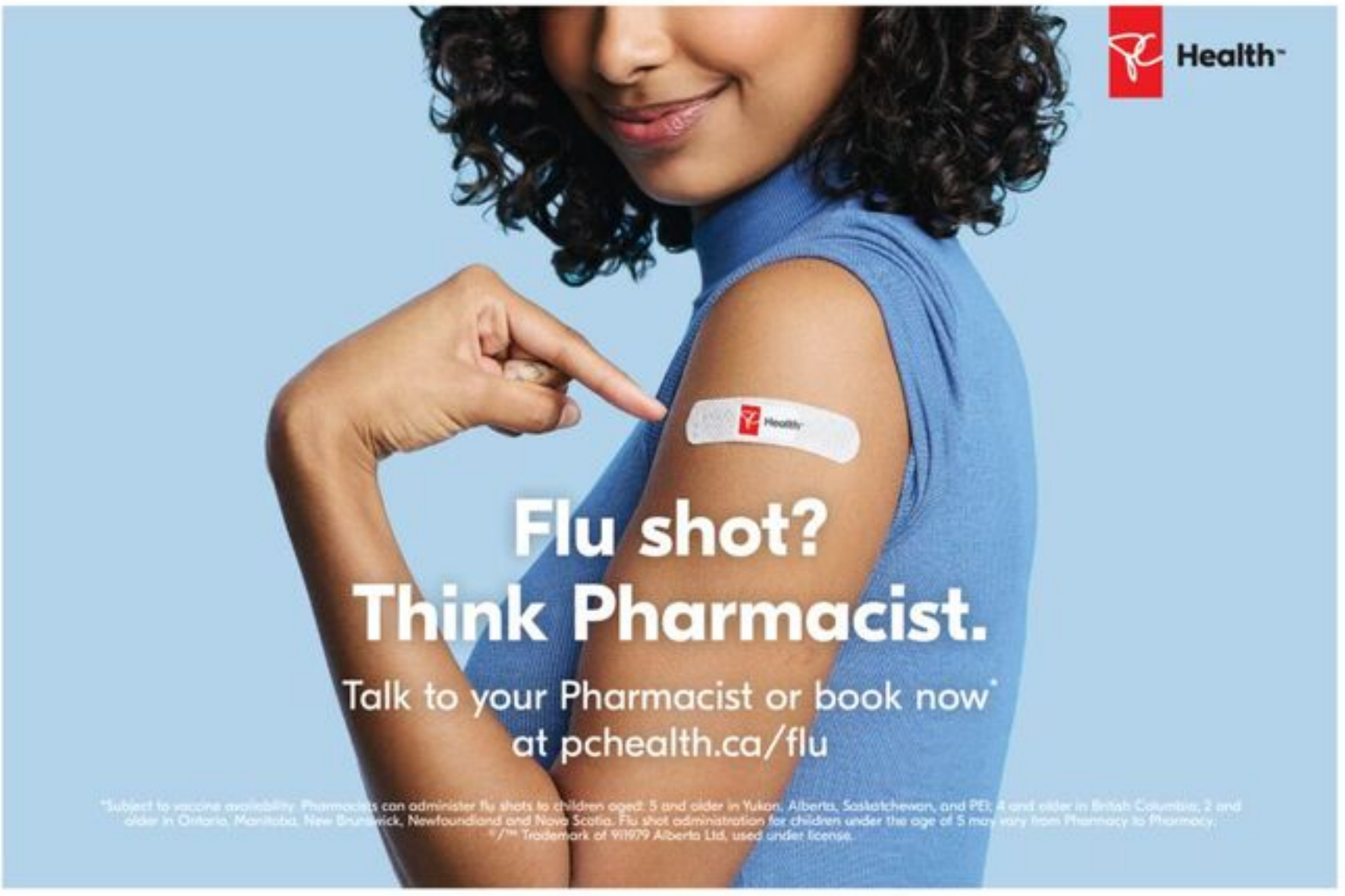
Scan the QR code to sign up.

## STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)\*



\*Standard message and data rates may apply.



## Flu shot? Think Pharmacist.

Talk to your Pharmacist or book now\*  
at [pchealth.ca/flu](http://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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# MORE WAYS TO SAVE



**NEW  
LOWER  
PRICES**

Enjoy these price  
drops for longer.



**RAIN  
CHECK  
+ pts**

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



**ALWAYS**

Count on low  
everyday prices.



**FRESH  
GUARANTEE**

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

## The **NOFRILLS®** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](http://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](http://nofrills.ca/W)

ONL INFO MKT