



# BIG HOLIDAY DEALS!

PRICE DROP

4<sup>95</sup>



**GRADE A  
LARGE EGGS**  
brands varies by region  
18's  
œufs  
20814294001\_EA

PRICE DROP

4<sup>95</sup>



**LACTANTIA  
BUTTER**  
selected varieties  
454 g  
beurre  
20639926\_EA

PRICE DROP

4<sup>95</sup>



**ARMSTRONG** or **PC® SHREDDED CHEESE** 250-320 g,  
**ARMSTRONG** or **PC® CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21286240\_EA/21346749\_EA



**APP EXCLUSIVE OFFER\***

**4 DAYS ONLY  
THURSDAY, DECEMBER 18 -  
SUNDAY, DECEMBER 21**

**Optimum**  
Members-Only Price™  
**4<sup>99</sup>**  
Non-members  
**6<sup>99</sup>**

Members save  
**\$2**



**LIMIT 4, AFTER LIMIT \$6.99**

**ROYALE BATHROOM TISSUE**  
selected varieties  
15=30 rolls  
papier hygiénique  
21572800\_EA

\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.







SAVE UP TO 33%

9.99  
EA/LB



**DOM SMOKED  
STEELHEAD SALMON  
FILLET** 250 g or  
**SALMON FILLET** 22.02/kg  
filet de saumon  
21527800, EA/20339767, KG

WHILE QUANTITIES LAST

ONLY

\$3



APP EXCLUSIVE OFFER\*

Y-Optimum  
EARN  
1,000<sup>pts</sup>  
=\$1  
Back in points

**PC® DIPS** 200/227 g or  
**NAAN DIPPERS** 200 g  
selected varieties  
trempettes ou pains Naan  
20584212, EA/21092033, EA

SAVE 40%

4.50



**BOURSIN CHEESE**  
selected varieties  
150/220 g  
fromage  
20116794, EA

SAVE UP TO 37%

\$5



**PILLER'S KOLBASSA** 300-375 g or **SLICED PEPPERONI** 175-250 g or  
**MARCANGELO SLICED MEAT** 85 g or **SLICED PEPPERONI** 175 g or  
**COOKED CHICKEN BITES** 200 g  
selected varieties  
kolbassa ou pepperoni tranché ou viandes tranchées ou bouchées de poulet  
20308469, EA/21706089, EA

SAVE 25%

\$6



**HIGH LINER  
FAMILY  
FAVOURITES  
FISH FILLETS**  
selected varieties, frozen  
315-700 g  
filets de poisson  
20303200001, EA



# FRESH AT LOW PRICES

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

**10 LB BAG**

**FARMER'S MARKET™ CARROTS, YELLOW ONIONS or BEETS**  
product of Canada, Canada no. 1 grade  
carottes ou oignons jaunes ou betteraves  
20600930001\_EA/20600991001\_EA



**2<sup>99</sup>**  
LB

**BRUSSELS SPROUTS**  
product of U.S.A. or the Netherlands, or  
**ROMA TOMATOES**  
product of Canada or Mexico, no. 1 grade  
choux de Bruxelles ou tomates roma  
6.59/kg  
20036155001\_KG/20143381001\_KG

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

**10 LB BAG**

**RED, RUSSET or YELLOW POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
20601020001\_EA/20601017001\_EA



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

**5 LB**  
**CLEMENTINES**  
product of Morocco or Spain  
clementines  
20182566001\_EA



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

**1<sup>99</sup>**  
EA/LB

**BROCCOLI CROWNS** each, product of U.S.A. or Mexico,  
**ENGLISH CUCUMBERS** each, product of USA or Mexico  
**GREEN ZUCCHINI** 4.39/kg, product of USA or Mexico  
courgettes anglaises ou courgettes de brocoli ou courgette verte  
21121560001\_EA/20070132001\_EA/20426596001\_KG



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

**PKG OF 5**

**ASPARAGUS** product of Peru or Mexico, no. 1 grade,  
**RED or GREEN PEPPERS** product of U.S.A.  
asparagus ou poivrons verts ou rouges ou asperges  
21044950001\_EA/20113233001\_EA/21644950001\_EA



**325 G**

**1<sup>29</sup>**  
LB

**SWEET POTATOES**  
product of Canada  
patates douces  
2.84/kg  
20127030001\_KG



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

**POMEGRANATES**  
product of Egypt or Israel  
grenades  
20134767001\_EA



**2<sup>99</sup>**

**283 G**

**GRAPE TOMATOES**  
product of Canada or Mexico  
tomates raisins  
21367888001\_EA



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

**PKG OF 2**

**3 LB BAG**

**ROMAINE HEARTS**  
product of U.S.A. or  
**FARMER'S MARKET™ RED ONIONS**  
product of Canada, Canada no. 1 grade or  
coeurs de romaine ou oignons rouges  
20811362001\_EA/20083756001\_EA



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

**BARTLETT or BOSCH PEARS**  
product of U.S.A., extra fancy grade  
poires  
4.39/kg  
20172240001\_KG/20287813001\_KG



**1<sup>29</sup>**

**ATAULFO MANGOES** product of Peru or  
**RED MANGOES** product of Brazil  
each  
mangues  
20121509001\_EA/20039633001\_EA



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



**4 LB BAG**

**FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES**  
product of Ontario, Canada fancy grade  
pommes  
21307213001\_EA/20767998001\_EA



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

**RED or GREEN SEEDLESS GRAPES**  
8.80/kg, product of U.S.A. or Peru, no. 1 grade or  
**FARMER'S MARKET™ LEMONS**  
each, product of South Africa  
raisins rouges ou verts sans pépins ou citrons  
20795313001\_EA/20423273001\_KG/20139199001\_KG



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

**PC® LITTLE GEMS™ RED, YELLOW, or MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
mini pommes de terre rouges, dorées ou assorties  
21347301001\_EA/21347399001\_EA



**\$4**

**225 G**

**PC® SALTED or PC® BLUE MENU® UNSALTED PISTACHIOS**  
product of U.S.A.  
pistaches  
20940332\_EA/21351596\_EA



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

**227 G**

**PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS**  
product of Canada  
champignons blancs ou cremini tranchés ou entiers  
20773605\_EA/20773639\_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

**\$13**

## MAPLE LEAF PRIME SPLIT CHICKEN WINGS

up to 880 g  
ailes de poulet séparées  
21185158 EA



**2.49**  
LB

## GRADE A FRESH TURKEYS

selected varieties  
dindes fraîches  
5.49/kg  
20145891 KG



**5-11 KG**

**3.99**  
LB

## PORK COMBO CHOPS

bone-in, fresh  
côtelettes de porc  
8.80/kg  
20683470 KG

**WHILE QUANTITIES LAST**



**\$7**  
LB

## LEAN GROUND BEEF AND PORK

boeuf et porc hachés maigres  
15.43/kg  
20861188 KG



**6.99**  
LB

## SCHNEIDERS FESTIVE HAM

ponson  
15.41/kg  
21194338 KG

**WHILE QUANTITIES LAST**



**11.99**

## MARCANO ITALIAN SAUSAGES or MEATBALLS

selected varieties, 1 kg  
saucisses italiennes ou boulettes de viande  
20867488 EA



**\$6**

## WATSON RIDGE CHICKEN STRIPS or NUGGETS

frozen, 800 g  
lanières ou pépites de poulet  
21303349 EA



**\$6**

**AGROPUR BRIE or CAMEMBERT CHEESE** 170 g,  
**CASTELLO CHEESE** 125-200 g, **APETINA FETA CUBES**,  
**HENRI WILLIG GOUDA** or **TRE STELLE HALLOUMI** 200 g  
selected varieties

Fromage  
20177193 EA/20574963 EA



**6.50**

## MARINA DEL RAY WILD RAW ARGENTINIAN SHRIMP or BAY SCALLOPS

300 g or 400 g  
frozen  
crevettes sauvages crues ou pétoncles de baie  
21324287 EA



**3.50**

## SMOKED STEELHEAD SALMON pre-sliced, 50 g.

**GO SHRIMP** raw, 51/70 per lb or cooked, 61/90 per lb, 160 g.

**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat 227 g or

**YELLOWFIN TUNA STEAKS** 92 g  
saumon steelhead fumé ou crevettes ou gobeorge d'Alaska aromatisée  
ou dorées de thon albacore  
21208591 EA



**\$4**

## SNACK FACTORY PRETZEL CRISPS

selected varieties, 200 g  
biscuits  
2048940 EA



**\$10**

## ZIGGY'S® SLICED DELI MEAT

900 g  
charcuteries tranchées  
21468301 EA



**4.50**

## PC® CHUNKY GUACAMOLE selected varieties, 227-228 g

or **PC® PICO DE GALLO SALSA MILD** 300 g  
guacamole ou salsa pico de gallo  
21448079 EA / 20925175 EA



**5.50**

## RESERS MAIN ST BISTRO MASHED POTATOES or MAC AND CHEESE

selected varieties, 567-680 g  
purée de pommes de terre ou macaroni au fromage  
20027947 EA/20338009 EA



**\$3**

## D'ITALIANO BREAD

selected varieties  
600-675 g  
pain  
2038333 EA



**1.75**

## PC® or BLUE MENU® ENGLISH MUFFINS

selected varieties, 6's  
muffins anglais  
20610728 EA



**\$5**

## FARMER'S MARKET® BUTTER CROISSANTS

selected varieties, 260-336 g  
croissants au beurre  
20772943 EA



**3.50**

## STONEMILL ARTISAN BREAD

selected varieties, 350 g  
pain  
21506254 EA





# BIG HOLIDAY DEALS!

ONLY

4<sup>99</sup>

**HÄAGEN-DAZS ICE CREAM**  
400-450 ml or **NOVELTIES** 3/4's  
selected varieties, frozen  
crème glacées ou friandises glacées  
30302298003, EA/21513347, EA



ONLY

5<sup>99</sup>

**NEILSON TRUTASTE MILK**  
selected varieties  
4 L  
lait  
20146477, EA

SAVE 33%

\$2

**NO NAME® DINNER ROLLS**  
selected varieties  
12's  
petits pains  
21431228, EA



ONLY

3<sup>99</sup>

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
produit de fromage à la crème  
20441207, EA/20866724010, EA

4<sup>29</sup>

**PC® ORANGE JUICE, TROPICANA TROPICS**  
or **DRINKS** or **PURE LEAF TEAS**  
selected varieties, refrigerated, 1.36-1.75 L  
jus d'orange ou boissons ou thé  
21430551, EA/2073572003, EA



\$3

**NEILSON CREAM**  
5% / 10% 1 L or  
18% / 25% 473 mL or  
**NEILSON EGGNOG** 946 mL  
selected varieties  
crème ou lait de poule  
20122609, EA/2083402001, EA



\$10

**HIGH LINER PAN-SEAR**  
or **BATTERED FISH FILLETS**  
selected varieties, frozen, 425-600 g  
filets de poisson  
20432114, EA



\$12

**NO NAME® FROZEN FRUIT**  
selected varieties  
2 kg  
fruits surgelés  
21032314, EA



1<sup>50</sup>

**NO NAME® WHITE VINEGAR**  
club size  
4 L  
 vinaigre blanc  
20122756, EA



\$5

**INTERNATIONAL DELIGHT COFFEE**  
**ENHANCERS** 140 mL or  
**COLD FOAM** 370 g  
selected varieties  
colorants & café ou mousses froides  
2091540003, EA/21409946, EA



1<sup>25</sup>

**CAVENDISH HASHBROWNS**  
frozen  
800 g  
pommes de terre râpées  
21404103, EA



\$4

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-293 g  
croustilles  
21030073, EA



.79

**FRANCO AMERICAN GRAVY**  
selected varieties  
294 mL  
sauce brune  
20042334, EA



1<sup>59</sup>

**GREEN GIANT VEGETABLES** 341/398 mL or  
**OCEAN SPRAY CRANBERRY SAUCE** 348 mL  
selected varieties  
légumes ou sauce aux canneberges  
20022297001, EA/21014483, EA



1<sup>69</sup>

**CAMPBELL'S BROTH**  
selected varieties  
250/300 mL  
bouillon  
20222348001, EA/21347345, EA



1<sup>29</sup>

**KRAFT STOVE TOP STUFFING**  
selected varieties  
120 g  
farine  
20310207001, EA



\$9

**PC® DE-ALCOHOLIZED BEER**  
selected varieties  
12x355 mL  
bière déalcoolisée  
20121729, EA



\$23

**VAN HOUTTE** or **MCCAFÉ GROUND COFFEE PODS**  
selected varieties  
30's  
capsules de café moulu  
20143449, EA/21344075, EA



\$2

**PC® SEAFOOD SAUCE**  
selected varieties  
250 mL  
sauce pour fruits de mer  
20022348002, EA



2<sup>50</sup>

**CHRISTIE CRACKERS**  
selected varieties  
175-200 g  
croustilles  
21030947, EA/21347304, 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

3,500<sup>pts</sup>

= 3<sup>50</sup>

Back in points

for every \$15\*  
spent on

**CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING**  
all sizes and varieties  
épices ou assaisonnements ou extraits ou colorants alimentaires  
20061848, EA/20302816001, EA/20308006002, 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)

nofrills.ca



this product contains post consumer recycled paper





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<sup>50</sup>

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<sup>85</sup>

Prepared in Canada

**PC® Cinnamon Raisin Bread**  
675 g  
Limit: 6, over limit retail \$4.00  
4913535\_EA



\$4<sup>50</sup>

**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.





Insiders  
Report™

# holiday

## Hacks and Offers



### Digital Coupons

CLICK FOR THESE  
COUPONS AND MORE



**PC®  
CRACKERS**  
185 g  
crackelins

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



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

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



**PC®  
DINO  
MELON**  
melon

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



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

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



**PC®  
PORCHETTA**  
1.2 kg  
porchetta

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



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

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



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

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



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

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



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

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



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

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



**PC®  
BRIOCHE  
MINI ROLLS**  
12's  
mini-petit pains

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



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

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



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

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



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

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



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

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



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

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



# BRANDS YOU LOVE AT LOW PRICES

ONLY

3<sup>50</sup>

**BREYERS CLASSIC FROZEN DESSERT**  
selected varieties  
1.41 L  
dessert glacé  
21651628 EA



SAVE 25%

\$3

**PC® VEGETABLES** 300-750 g or  
**CATCH OF THE DAY** 350 g  
selected varieties, frozen  
légumes ou filets de poisson  
20318915 EA



ONLY

2<sup>75</sup>

**YOPLAIT SOURCE** 630 g,  
**TUBES** 8's, **MINIGO** 6's or  
**PROTEIN** 4's **YOGURT**  
selected varieties  
yogourt  
21547595 EA/21619388 EA



ONLY

\$8

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
pizza  
21531415 EA



\$2

**CAMPBELL'S READY TO SERVE**  
**HABITANT** 750 mL  
selected varieties  
soupe  
21479030 EA/2029969002 EA



6<sup>99</sup>

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.26 kg  
margarine  
20084992 EA



\$2

**MCCAIN FRIES**  
selected varieties, frozen  
800 g  
frites  
21521173 EA



3<sup>50</sup>

**PILLSBURY TOASTER STRUDEL** or **SCRAMBLES**  
selected varieties, frozen  
204/232 g  
pâtisserie  
2017264001 EA/21474307 EA



\$8

**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
jus d'orange  
20119754001 EA



\$5

**PC® DRY ROASTED PEANUTS** 700 g or  
**CASHEWS** 200 g  
selected varieties  
arachides ou noix de cajou  
2003799002 EA/21054942 EA



\$3

**PRINGLES PARTY STACK POTATO CRISPS** 194/203 g or **MINGLES** 155 g  
selected varieties  
croustilles ou grignolines  
21074384 EA/21454358 EA



\$2

**DARE CRACKERS**  
selected varieties  
100-225 g  
croustilles  
21220666 EA/21220791 EA



\$6

**HELLMANN'S REAL MAYO**  
selected varieties  
710-890 mL  
mayonnaise  
20615079001 EA



2<sup>50</sup>

**TIM HORTONS SOUP**  
selected varieties  
540 mL  
soupe  
21529119 EA



\$2

**PRIMO PASTA SAUCE**  
selected varieties  
680 mL  
sauce pour pâtes  
20162086 EA



\$5

**POST FAMILY SIZE CEREAL**  
selected varieties  
525-650 g  
céréales  
21454422 EA/21575249 EA



\$3

**TETLEY TEA or HERBAL TEA**  
selected varieties  
20/24's  
thé ou tisane  
20711138 EA/21463442 EA



3<sup>50</sup>

**PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL**  
selected varieties  
1.89 L  
cocktail de canneberges ou légumes  
2008702001 EA/2008499004 EA



\$6

**GATORADE SPORT DRINKS** 6x591 mL or  
**POWDERS** 560 g  
selected varieties  
boissons déshydratantes ou poudres  
20080318003 C06/202346724001 EA



6<sup>50</sup>

**PC® CARBONATED SOFT DRINKS**  
selected varieties  
12x355 mL  
boissons gazeuses  
20218887001 C12/20490471002 C12



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

=\$3  
Back in points

for every \$12\*  
spent on



**BEN'S ORIGINAL RICE**  
selected varieties  
68 g-2.2 kg  
riz  
21397330 EA/21405476 EA/21535549 EA/21680713 EA



# BRANDS YOU LOVE AT LOW PRICES

ONLY

\$4

## SIMPLY DRINKS

selected varieties, refrigerated, 1.54 L

boissons sans sucre

21170784 EA/21170793 EA

EARN 1,000 Back in points = \$1



ONLY

\$15

## POGO

selected varieties, frozen, 20's

sauces sur bâtonnet

20065224002 EA

SAVE 20%

\$2



## PILLSBURY REFRIGERATED WRAPS

selected varieties, 200-227 g

pâte réfrigérée

20305424003 EA/211505340 EA

ONLY

\$3



## BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT

selected varieties, 410 g or

LACTANTIA CREAM CHEESE 227 g

produits de fromage fondu ou fromage à la crème

21323564 EA/21672558 EA

SAVE 33%

3.99



## KRAFT CHEEZ WHIZ

selected varieties, 450 g

produit de fromage fondu

20639606001 EA

\$3



## TOWNHOUSE

247-291 g or

CHEEZ IT SNAP'D CRACKERS 213 g

croquettes

21107402 EA/21431181 EA

\$5



## NUTELLA B-READY

132 g or

HAZELNUT SPREAD 375 g

torréfiée de noisettes

20431988 EA/21437401 EA

\$4



## GENERAL MILLS CHEEX

or

NATURE VALLEY GRANOLA CEREAL

300-390 g

céréales granolées

20849233 EA/21533235 EA

2.25



## PC® 100% JUICE

or

NO NAME® FRUIT BEVERAGES 2 L

selected varieties

jus ou boissons aux fruits

2032043006 EA/21622812 EA

3.50



## MINUTE MAID, FIVE ALIVE or FUZE DRINK BOXES

selected varieties, 8/10x200 mL

boîtes de boisson

20327043001 EA/21444710 C10

6.50



## DEL MONTE JUICE BLENDS

or

ACTIVIA YOGURT 12's

selected varieties

jus ou yogourt

21395736 EA/20409724 EA

\$6



## NO NAME® NAPKINS

Club Size, 500's

serviettes

20304977 EA

\$9



## PALMOLIVE DISHWASHING LIQUID

selected varieties, 4.27 L

détergent liquide à vaisselle

21314683 EA

7.99



## UNICO VEGETABLE OIL

3 L

huile végétale

20098102 EA

3.49



## HERSHEY'S CHOCOLATE POUCHES

selected varieties

160-230 g

sachets de chocolat

203097004 EA

3.50



## DUNKAROOS

168 g or

NATURE VALLEY MUFFIN BARS 175 g

selected varieties

collations aux bonbons

21434985 EA/21449806 EA

3.50



## GENERAL MILLS CEREAL

selected varieties, 300-437 g

céréales

21104067 EA/21313642 EA/21533235 EA

\$6



## PILLSBURY PIZZA POPS or BITES

selected varieties, frozen, 693/760 g

pizzas surgelées ou bouchées

21435149 EA

\$5



## BEN & JERRY'S ICE CREAM

selected varieties, frozen, 473 mL

crème glacée

21438402 EA

\$5



## MAGNUM NOVELTIES

selected varieties, frozen, 2's

bonbonnes glacées

20930739 EA

4.50



## BREYERS CREAMERY STYLE ICE CREAM

selected varieties, frozen, 1.41 L

crème glacée

21435149 EA



# OUR BRANDS

Made by us,  
loved by you.



no name®



\$6

**PC® FREE FROM®  
SLICED DELI MEAT** 175 g or  
**ZIGGY'S® PEPPERONI  
STICKS** 300 g  
selected varieties  
charcuteries tranchées ou  
bâtonnets de pepperoni  
20682966 EA/21665209 EA



250

**NO NAME®  
WHIPPED TOPPING**  
225 g  
garniture fouettée  
20017493 EA

450

**NO NAME®  
STIRRED YOGURT**  
selected varieties  
12's  
yogourt  
20685574001 EA



250

**NO NAME®  
NORTHPOLE-ITAN  
ICE MILK**  
frozen  
1.65 L  
lait glacé  
21688287 EA

388

**PC® LEMONADE or TEA**  
selected varieties, refrigerated  
1.54 L  
limonade ou thé  
21430542 EA



\$2

**NO NAME®  
SOUR CREAM**  
selected varieties  
500 mL  
crème sure  
20299637 EA



499

**NO NAME®  
NATURAL  
CHEESE SLICES**  
selected varieties  
210/230 g  
tranches de fromage naturel  
21614277 EA



\$4

**PC® ENTRÉES**  
selected varieties, frozen  
212-365 g  
plats cuisinés  
20312253001 EA



250

**PC® SWISS STICKS**  
selected varieties  
100 g  
bâtonnets suisses  
20538543002 EA/21348623 EA



450

**PC® CEREAL** 570-725 g or  
**PUFFED WHEAT** 400 g or  
**CRUNCHY CRANBERRY  
ALMOND CEREAL** 475 g  
selected varieties  
céréales ou blé soufflé  
20049139 EA/20781434 EA



\$11

**PC® 100% PURE  
MAPLE SYRUP**  
500 mL  
sirop d'érable  
20049221 EA



\$20

**PC® ROAST AND  
GROUND COFFEE** 800-930 g,  
**WHOLE BEAN** 820/907 g or  
**PODS** 30's  
selected varieties  
café torréfié et moulu ou  
en grains ou capsules  
21688446 EA/21688491 EA



\$2

**NO NAME® PASTA**  
selected varieties  
900 g  
pâtes  
20315613001 EA/20315613003 EA



275

**PC® CROUTONS** 140 g or  
**PC® SALAD DRESSING** 475 mL  
selected varieties  
croûtons ou vinaigrette  
20628488001 EA/207962488002 EA



\$4

**PC® VINAIGRETTE**  
selected varieties  
350 mL  
vinaigrette  
21072440 EA/21683167 EA

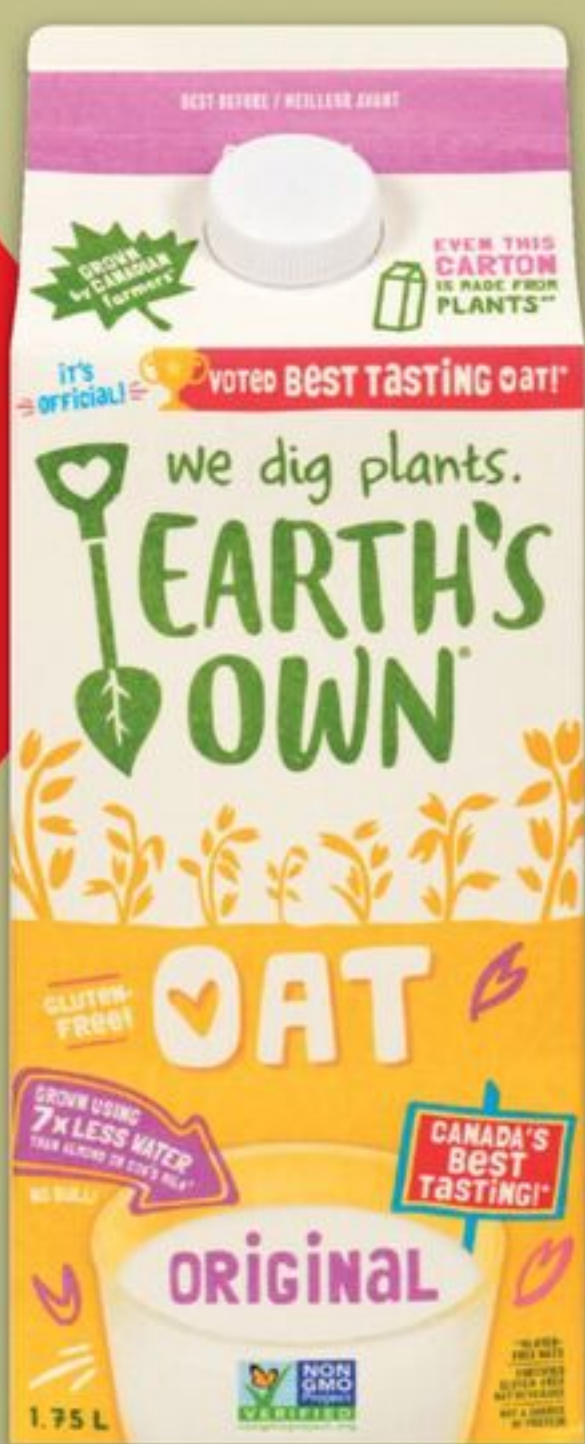




# NATURAL FOODS AT LOW PRICES

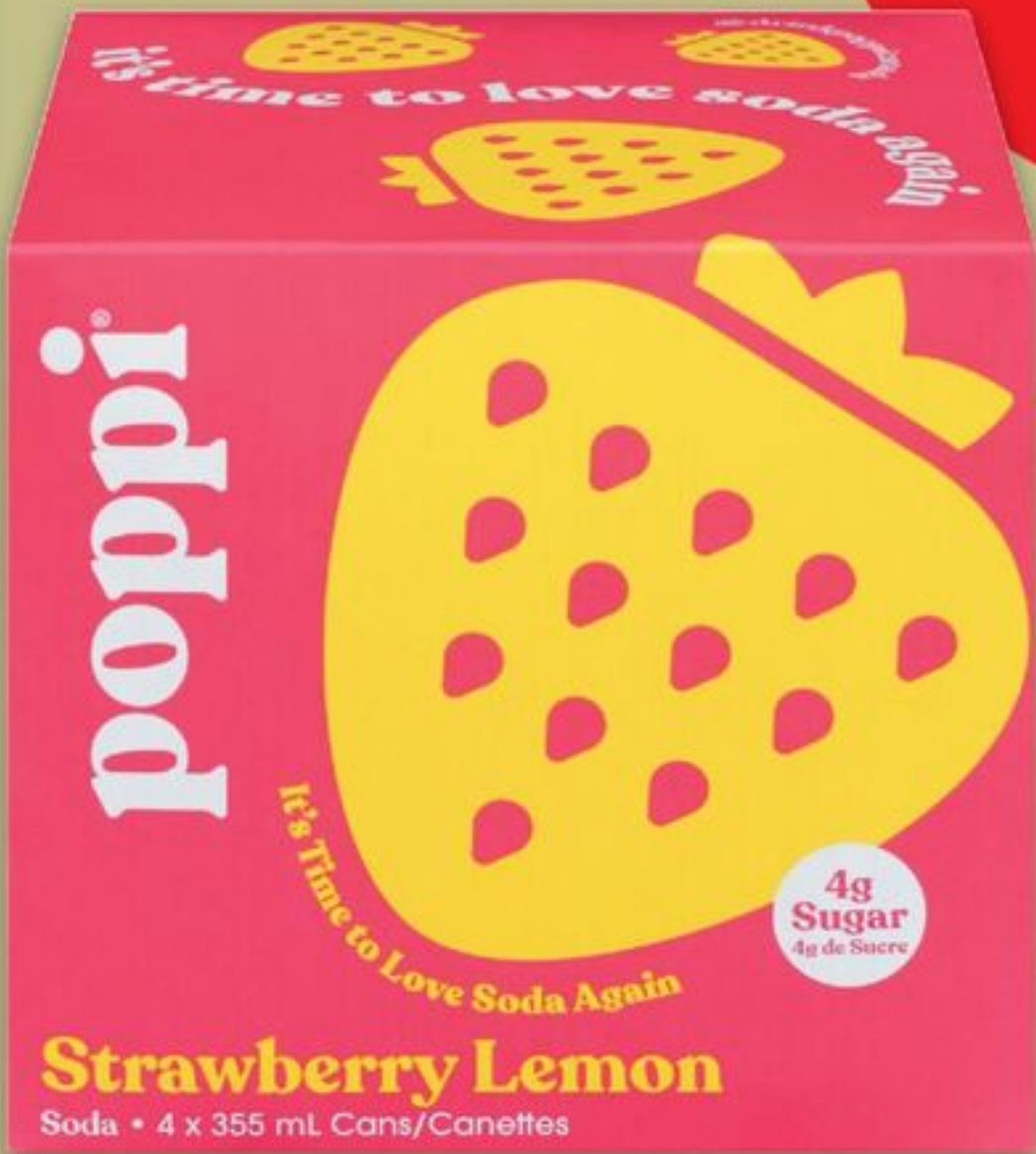
3<sup>50</sup>

**EARTH'S OWN OAT MILK**  
selected varieties,  
refrigerated  
1.75 L  
lait d'avoine  
21037796, EA



\$9

**POPPI SODA**  
selected varieties  
4x355 mL  
soda  
21606285, EA



\$4

**PC® ORGANICS TEA**  
selected varieties  
20x40 g  
thé biologique  
21411145, EA



\$9

**NUTTIN' BUT SPREADS ALMOND BUTTER**  
selected varieties  
365 g  
beurre d'amande  
21101516, EA



4<sup>50</sup>

**PC® ORGANICS QUICK ROLLED or STEEL CUT OATS**  
selected varieties  
1 kg  
grau rapide ou avoine découpée biologique  
20705773, EA



\$3

**KETTLE CHIPS**  
selected varieties  
156/198 g  
croustilles  
21245360, EA/21423292, EA



3<sup>99</sup>

**QUE PASA TORTILLA CHIPS**  
selected varieties  
300/350 g  
croustilles de tortillas  
21031316, EA



2<sup>50</sup>

**KIJU ORGANIC JUICE**  
selected varieties  
1 L or 4x200 mL  
jus biologique  
20312710001, EA/20333714001, EA



\$5

**SILK CREAMER**  
selected varieties  
890 mL  
colorant & café  
21245360, EA/21423292, EA



\$4

**GT'S KOMBUCHA**  
selected varieties  
480 mL  
kombucha  
20906034001, EA/20906034003, EA



2<sup>50</sup>

**CLIF ENERGY, BUILDERS or NUT BUTTER BAR**  
selected varieties  
50/68 g  
barres  
20130914003, EA/20303133002, EA



3<sup>50</sup>

**PC® ORGANICS APPLE SAUCE CUPS or SQUEEZABLE FRUIT SNACKS** 360 g or **JUMBO RAISIN SNACK PACK** 196 g  
selected varieties  
purée de pomme ou collations de fruits ou raisins secs biologiques  
20220493001, EA/21175526, EA



3<sup>50</sup>

**MADE GOOD BARS, COOKIES, MINI'S, CRISPY SQUARES or CRUNCHY BITES**  
selected varieties  
110-150 g  
barres ou biscuits ou carrés ou bouchées  
21107622, EA/21352121, EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFO



# BIG HOLIDAY DEALS!



4<sup>50</sup>

**HERSHEY'S KISSES**  
161-200 g, **M&M'S**  
**POUCHES** 165 g or  
**TOFFIFEE** 246 g  
selected varieties  
chocolat  
21393221 EA/21541146 EA/21612631 EA



**FERRERO ROCHER  
BUNDLE**  
selected varieties  
119-200 g  
boîte de chocolats  
20098034 EA

9<sup>99</sup>



**KINDER LARGE GIFT** 116-150 g or  
**TOBLERONE** 360 g  
selected varieties  
gras cadeau ou chocolat  
20097956 EA/20986939 EA



13<sup>99</sup>

**NESTLÉ KITKAT CABIN**  
389 g, **NESTLÉ FESTIVE  
FAVOURITES** 375 g or  
**CADBURY CÉLÉBRATION  
GIFT TIN** 353 g  
cabane ou favoris festifs ou  
cadeau célébration  
21612981 EA/21679775 EA

8<sup>49</sup>



**LINDT  
CHOCOLATE BAG**  
selected varieties  
120-150 g  
sac de chocolat  
20905452 EA/21109060 EA

1<sup>50</sup>



**MAYNARDS SOUR PATCH KIDS  
RED & GREEN** or **COAL BOX** 100 g,  
**HERSHEY'S KISSES MINI** 41 g or  
**REESE'S CANDY CANE** 39 g  
selected varieties  
friandises  
20635315 EA/21378259 EA

5<sup>99</sup>



**MERCI** 200 g, **MILANO PANETTONE** 800 g or  
**FERRERO ROCHER HOLLOW SANTA** 70 g  
selected varieties  
panettone ou père Noël creux ou boîtes de chocolat  
21024210 EA/21683852 EA

10<sup>99</sup>



**MERCI  
CHOCOLATE**  
400 g  
chocolat  
21194024 EA

\$2



**HERSHEY'S CANDY CANE** 50 g or  
**PC® SUISSSE MILK** 100 g  
selected varieties  
canne en sucre ou chocolat  
21460108 EA/21609337 EA

7<sup>99</sup>



**LINDT TEDDY** 100 g, **POPPYCOCK** 300 g  
or **BRANDY BEANS** 250 g  
selected varieties  
chocolat ou friandise  
2042390002 EA/21541816 EA

5<sup>99</sup>



**HERSHEY'S POT OF GOLD** 243-245 g,  
**REESE'S HALF POUND PEANUT BUTTER CUP**  
126 g, **KINDER OVOO** 100 g, **KINDER SANTA** 80 g  
selected varieties  
chocolat  
20425817 EA/21392283 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL CONF NFO



# BIG HOLIDAY DEALS!

**Mondelēz**  
International



Optimum  
Members-Only Price\*\*  
**2.25**

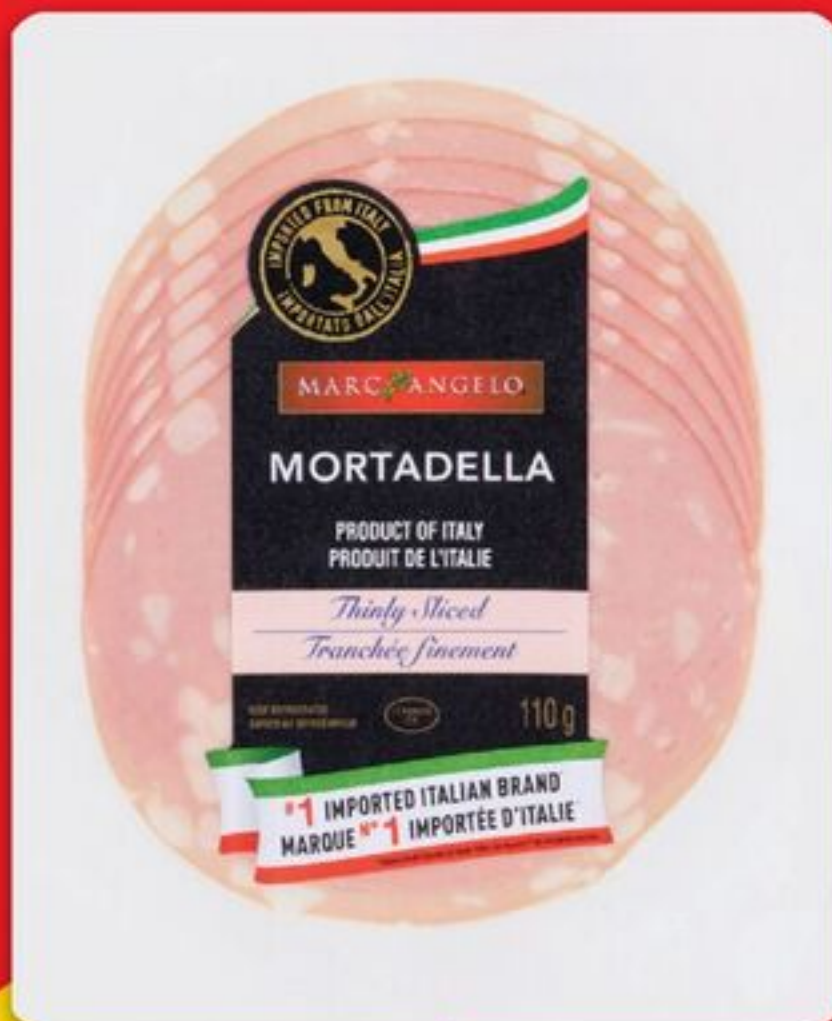
Non-members  
**\$3**

**\$2**

**CADBURY CHOCOLATE BAR**  
selected varieties  
80-100 g  
barres de chocolat  
21648577, EA/21648701, EA

**MAYNARDS CANDY**  
selected varieties  
135-154 g  
friandise  
21545554, EA/21694186, EA

**MARC ANGELO**  
MEDITERRANEAN QUALITY / QUALITÉ MÉDITERRANÉENNE



**\$4**

**\$11**

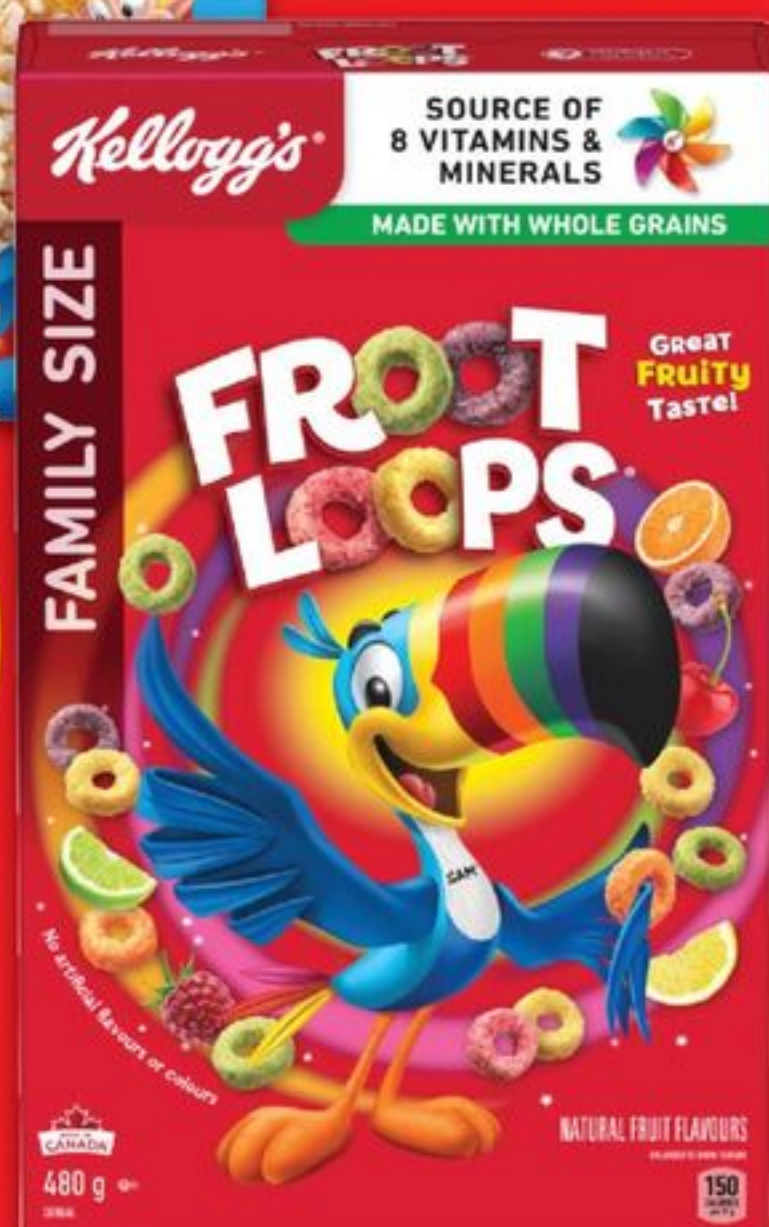
**\$12**

**MARCANGELO MORTADELLA**  
110 g  
charcuteries tranchées  
21707188, EA

**MARCANGELO CACCIATORE  
SALAMI CHUB** 150/175 g or  
**SLICED DELI MEAT** 175-200 g  
selected varieties  
charcuteries tranchées  
21021491, EA/21706582, EA

**MARCANGELO SLICED DELI MEAT**  
selected varieties  
200 g  
charcuteries tranchées  
21206369, EA/21313142, EA

**Kellogg's**



**\$5.50**

**\$4**

**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties  
480-650 g  
céréales  
21449784, EA/21651640, EA

**KELLOGG'S ALL BRAN** 405/525 g,  
**RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g,  
**SPECIAL K** 317-383 g, **MINI-WHEATS** 377-460 g,  
**CRISPIX** 350 g or **MUSLIX** 450 g **CEREAL**  
selected varieties  
céréales  
21607207, EA/21607294, EA





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 11:59:59pm ET on December 24th, 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). 182,422 Bonus Offer Prizes and 151,515 Discount Offer Prizes available to be won at the onset of the contest (ARV: \$0.40 to \$5.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing question. If all Prizes are claimed/redeemed, your odds of winning a Prize are 926 in 1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONL NFO GAME FLAP



# 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. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 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-transferrable. 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 stamps/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, FAQ's and complete offer details, visit [pcoptimum.ca/collectandsave](https://pcoptimum.ca/collectandsave).

ONLINE OVEN FLAP



# EVERYDAY ESSENTIALS AT LOW PRICES

\$2

**SURAJ® JUICE**  
selected varieties  
1 L  
jus  
21001004\_EA



\$1

**NO NAME® GRAVY MIXES**  
selected varieties  
25 g  
mélanges à sauce  
21687231\_EA/21687380\_EA

\$5

**SURAJ® NAAN**  
selected varieties  
10's  
naan  
20342261\_EA



\$10

**SURAJ® BASMATI RICE**  
3.63 kg  
riz basmati  
20838931\_EA

\$1

**PC® ORGANICS BABY FOOD POUCH**  
selected varieties  
128 mL  
sachet d'aliments pour bébé  
2066167002\_EA/2066167004\_EA



\$5

**NO NAME® PIE FILLING**  
selected varieties  
540/796 mL  
garniture pour tarte  
21662314\_EA/21667990\_EA



\$10

**NO NAME® FLOUR**  
selected varieties  
10 kg  
farine  
20022248\_EA



\$3

**PC® WATER CRACKERS**  
125 g  
craquelins  
20431236\_EA



\$5

**PC® ORGANICS PEANUT BUTTER**  
selected varieties  
500 g  
beurre d'arachide  
20299178\_EA



2.29

**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
barres de chocolat  
20580736\_EA/20580737\_EA



1.25

**NO NAME® SOUP MIX**  
selected varieties  
56-166 g  
mélange à soupe  
21099689\_EA



1.50

**NO NAME® SPINACH**  
selected varieties, frozen  
300 g  
épinards  
20411796\_EA



1.19

**NO NAME® SAUCE**  
selected varieties  
398 mL  
sauce  
20185228001\_EA



\$2

**NO NAME® DISHWASHING LIQUID**  
800 mL  
détergent liquide à vaisselle  
21309694\_EA



1.50

**ROOSTER® INSTANT EGG NOODLES**  
400 g  
nouilles aux œufs instantanées  
20096297\_EA



1.50

**ROOSTER® COCONUT MILK**  
selected varieties  
398 mL  
lait de coco  
21378707\_EA





# HO-HO-HOST WITH THE MOST

Impressing your guests without breaking the bank?  
That's what the PC® Holiday Insiders Report™ collection is for.



**\$4.50**

**PC® M'AQUA™ COCKTAIL FLAVOURED SPARKLING WATER**  
selected varieties  
6x355 mL  
eau pétillante  
21590669\_C06



**\$4.50**

**APP EXCLUSIVE OFFER\***  
Optimum™  
**EARN 2,000**<sup>pt</sup>  
**= \$2**  
Back in points

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
biscuits  
20612237\_EA/20612260\_EA



**\$3**

**PC® CRACKERS**  
selected varieties  
185 g  
craquelins  
20603888003\_EA



**\$10**

**PC® HOT CRAB & LOBSTER DIP**  
360 g  
trempe à cuire et à servir au crabe et homard  
21682673\_EA/21682613\_EA



**\$7**

**PC® PORTUGUESE CUSTARD TARTS**  
frozen  
360 g  
tartelettes portugaises à la crème pâtissière  
21686419\_EA



**\$9**

**PC® DE-ALCOHOLIZED BEER**  
selected varieties  
12x355 mL  
bière désalcoolisée  
20121729\_C12



**\$11**

**PC® LOADED PIEROGI BAKE**  
frozen  
770 g  
pierogi tout garnis  
21686110\_EA



**\$11**

**PC® CHEESECAKE**  
selected varieties  
420/600 g  
gâteau au fromage  
21687935\_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.

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## 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.



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\*  
**10,000** pts  
**\$10**  
Back in points

Dec 18 - 24, 2025

for every \$100\* spent on any combination of Ultimate Dining Card, Harvey's, and Swiss Chalet 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 \$100 spent on any combination of Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction in store or online at [www.giftofchoice.ca/en](http://www.giftofchoice.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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members can  
save up to **35%**<sup>†</sup>  
on home and  
auto insurance.



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† Conditions apply; for details, visit [pcinsurance.ca](http://pcinsurance.ca).



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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. © /™ Trademark of 911979 Alberta Ltd, used under license.

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Save 50%\* on  
a SIM card

Limited time Boxing Week  
savings for PC Optimum™  
members.

exclusively at NOFRILLS



\*Offer valid Nov. 27 - Dec. 3. Subject to change. Conditions apply. Visit [nonamemobile.ca](http://nonamemobile.ca) for full details.  
\*\*Must be a registered PC Optimum™ member to get this offer.

†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](http://nofrills.ca).

ONL NFO MKT