



BIG HOLIDAY DEALS!

WOW!

3⁴⁴

5 LB

CLEMENTINES
product of Morocco or Spain
clementines
20182344001, 5A

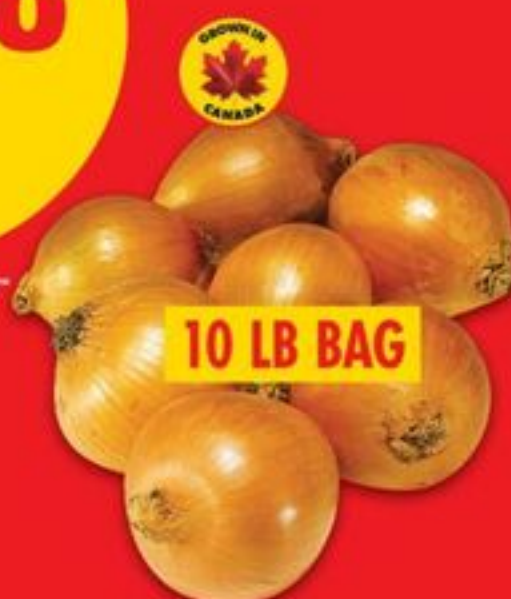


SAVE 27%

2⁸⁸

**FARMER'S MARKETTM
YELLOW ONIONS**
product of Canada, USA or Mexico
yellow onions
20400991001, 5A

10 LB BAG



SAVE 37%

1⁸⁸

283 G

**FARMER'S MARKETTM
GRAPE TOMATOES**
product of Canada, USA or Mexico
tomatoes raisins
21267888001, 5A



ONLY

6⁸⁸

**PC[®] KAKI
PERSIMMONS**
product of Spain
kaki piquettes
21211638001, C01

CASE



NOFRILLS®

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

BIG HOLIDAY DEALS!

INCLUDES HALAL

CLUB SIZE

SAVE UP TO 26%

4.77
LB



CHICKEN BREAST
boneless, skinless
poitrines de poulet
10.32/kg
30654134, 30

SAVE UP TO 33%

\$5

SEAQUEST® COOKED or RAW SHRIMP
36/55 per lb., 300 g.
BAY SCALLOPS
400 g or
SHRIMP RING
227 g, frozen
crevettes cuites ou crues ou pétales
de coquilles de crevettes
31436232, 3A



PORK HALF LOIN
boneless, fresh, cryovac package
4.39/kg
demi-coup de porc
30354757, 3D

ONLY

1.99
LB

SAVE UP TO 55%

\$1

OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
selected varieties, 950 mL
jus ou thé glacé
3033672005, 3A/30894117004, 3A



SAVE 56%

.99

ITALPASTA
selected varieties
750 g
pâtes
30396241001, 3A/30396241003, 3A

SAVE 37%

1.44



UNICO TUNA
198 g
thon
30113743, 3A

SAVE 33%

\$2



CAMPBELL'S CHUNKY SOUP
selected varieties, 513 mL
soupe
31480487, 3A

SAVE UP TO 46%

6.99



LOU'S KITCHEN ENTRÉES selected varieties, fully cooked,
375-400 g, **SWISS CHALET PIES** 650-655 g or
MANDARIN ENTRÉES 400/450 g
selected varieties, frozen
plats cuisinés ou pâtes
30076077, 3A

SAVE 25%

1.50



APP EXCLUSIVE OFFER
500¢ = 50¢
Back in points

NO NAME® WHITE VINEGAR
Club Time, 4 L
 vinaigre blanc
30103794, 3A

SAVE 31%

2.75



GREEN GIANT VEGETABLES 400-750g or **MCCAIN SUPERFRIES or SPECIALTY FRIES** 434-750 g
selected varieties, frozen
légumes ou frites
30333353, 3A/30334238993, 3A

ONLY

6.44



EARLY 1,000¢ = \$1
Back in points
NESCAFÉ or TASTER'S CHOICE 500-170 g or
SWEET & CREAMY 144-351 g **INSTANT COFFEE**
selected varieties
café instantané
30041811801, 3A/300418034, 3A

SAVE 55%

\$4



ROYALE FACIAL TISSUE
selected varieties
6472/150 sheets
mouchoirs
30304754, 3A

ONLY

6.99



LINDT CHOCOLATE BOX 108 g or
PC® SUISSSE CHOCOLATE BAR 400 g
selected varieties
boîte de chocolats ou barre de chocolat
30079913, 3A/31480487, 3A

WHILE QUANTITIES LAST

ONLY

11.99



ROBIN HOOD or FIVE ROSES ALL PURPOSE FLOUR
10 kg
farine
30344740, 3A/30030307, 3A



SURPRISE OFFER 4 days only!

Thursday Dec. 11
to Sunday Dec. 14

You could get

10% • 20% • 30%

back in (pts)

Open the app to get your offer!*

Available for new and existing PC Optimum™ members.

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St, Toronto, 970 Upper Wentworth St, Hamilton, 671 Broadway St, Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto; please see nofrills.ca for flyers for these stores.

nofrills.ca

01 NFO

PRICE DROP

4⁹⁵

GRADE A LARGE EGGS
18's
œufs
30622767001 SA



4⁹⁵

LACTANTIA BUTTER
selected varieties
454 g
beurre
306339736 SA



4⁹⁵

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g
ARMSTRONG or PC® CHEESE 400 g
selected varieties
fromage râpé ou fromage
3138650 SA/3134676 SA



\$3

**NEILSON CREAM 5%/10%
1 L OR 18%/35% 473 ML**
selected varieties
crème
30712669 SA/30714611 SA



FRESH AT LOW PRICES

.99
LB



SWEET POTATOES
product of Canada
patates douces
2.18/kg
3012770601, EA

6 OZ CLAMSHELL

PINT



3.99

BLACKBERRIES
product of Mexico or U.S.A.
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade or
BLUEBERRIES
product of Peru, no. 1 grade
mûres ou framboises ou bleuets
30011013001, EA/30113463001, EA

1.99
EA/LB



TOMATOES ON THE VINE
4.39/kg, product of Canada or Mexico or
ENGLISH CUCUMBERS
each, product of Ontario, Canada no. 1 grade or
BROCCOLI CROWNS
each, product of Mexico or U.S.A.
tomates sur vigne ou concombres anglais ou couronnes de brocoli
30026703001, EA/31121540001, EA/30070133001, EA



3.99

10 LB BAG

**RED, YELLOW, or
RUSSET POTATOES**
product of Canada, Canada no. 1 grade
pommes de terre
30401013001, EA/30401030001, EA/30401017001, EA

**FRESH
GUARANTEE**

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

1.99
LB



BARTLETT or BOSCH PEARS
product of U.S.A., extra heavy grade
poires
4.39/kg
3017124001, EA/30407013001, EA

3.99
LB



GREEN or RED SEEDLESS GRAPES
product of Peru or U.S.A., no. 1 grade
raisins verts ou rouges sans pépins
8.90/kg
3040712001, EA/30407013001, EA

3.99



ASPARAGUS product of Mexico or Peru, no. 1 grade or
RED or GREEN PEPPERS product of U.S.A.
asperges ou poivrons rouges ou verts
3012110001, EA/30407013001, EA

325 G

3.99

3 LB BAG



FARMER'S MARKET™ LEMONS
product of South Africa or
RED ONIONS product of Canada, Canada no. 1 grade
citrons ou oignons rouges
3012110001, EA/30407013001, EA

2.99
LB



BRUSSELS SPROUTS
product of U.S.A. or The Netherlands
choux de Bruxelles
6.59/kg
30407013001, EA

3.99



PINEAPPLE product of Costa Rica or
HONEYDEW product of Guatemala or Honduras
melon rond ou ananas
3012110001, EA/30407013001, EA

3.99



AVOCADOS
product of Mexico, Peru or Colombia or
CANTALOUPE
product of Guatemala, no. 1 grade
avocat ou melons
30407013001, EA/30407013001, EA

PKG OF 5

.79
LB



GREEN CABBAGE
product of Canada, Canada no. 1 grade
choux vert
1.74/kg
30407013001, EA

.99
LB



RUTABAGAS
product of Canada, Canada no. 1 grade
navets
2.18/kg
30407013001, EA

2.99
LB



BLACK PLUMS
product of Italy, no. 1 grade
pruniers noirs
6.39/kg
30407013001, EA

\$4



225 G

**PC® SALTED or
PC® BLUE MENU®
UNSALTED PISTACHIOS**
product of U.S.A.
pistaches
30407013001, EA/30407013001, EA

2.99



3 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada, Canada no. 1 grade
carottes
30407013001, EA

4.99



4 LB BAG

**FARMER'S MARKET™ AMBROSIA or
ROYAL GALA APPLES**
product of Ontario, Canada heavy grade
pommes
30407013001, EA/30407013001, EA

4.99

3 LB BAG

FARMER'S MARKET™ ORANGES
product of South Africa
30407013001, EA

\$7



6" POINSETTIA
in assorted colours
30407013001, 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

\$12

EARN 2,000 back in points

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisse de poulet
21484302, 5A



779 LB

EXTRA LEAN GROUND BEEF
boeuf haché maigre
17.17/kg
30337910, 6G



779

MARCANGELO CHICKEN BREAST PORTIONS
selected varieties, 300 g
portions de poitrine de poulet
21706318, 5A



649

PC® or ULTIMATE DINNER SAUSAGES
selected varieties, 375/500 g
saucisses rôties
21378310, 5A/21584342, 5A

350

EARN 1,000 back in points

FONTAINE SANTÉ HUMMUS 240/333 g or **PC® NAAN DIPPERS** 300 g
selected varieties
hummus ou naan
20001102, 5A/21579302, 5A



549 LB

NO NAME® COTTAGE ROLL
sauc de porc rôti
21176174
21000079, 6G



599

BEYOND MEAT CHICKEN TENDERS, BURGERS, SAUSAGES + STEAK
selected varieties, frozen, 12oz/400 g
flans de poulet, burgers, saucisses ou steaks à base de plantes
21000102, 5A



350

SMOKED STEELHEAD SALMON pre-cooked, 30 g, **SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 327 g, **GO SHRIMP** 61-90
selected varieties
saumon fumé ou crevettes
saumon fumé ou crevettes ou saumon ou crevettes ou saumon ou crevettes
20000102, 5A/21000102, 5A



\$7

SEAQUEST® FILLETS
selected varieties, frozen, 400 g
flans de poisson
21000102, 5A



999

SALMON TERIYAKI SUSHI POCKET
120 g
poches de sushi de teriyaki au saumon
21000102, 5A



\$5

ZIGGY'S® FRESH FILLED TWIN PACK PASTA 400 g or **LADLES OF LOVE SOUP** 634 ml
selected varieties
pâtes ou soupes
21000102, 5A/21000102, 5A



\$7

BALDERSON CHEESE
selected varieties, 250/300 g
fromage
21000102, 5A



750

NAPOLI PIZZA
selected varieties
300/340 g
pizza
21000102, 5A



250

WONDER BREAD or BUNS 475 g
selected varieties
pain ou petits pains
21000102, 5A/21000102, 5A



350

SUNMAID CINNAMON RAISIN BREAD
400 g
pain aromatisé au raisin
21000102, 5A



\$5

FARMER'S MARKET® COOKIES 12 x 6
LOAF CAKES 344/390 g
selected varieties
biscuits ou petits pains
21000102, 5A/21000102, 5A



\$6

NOVA ERA PORTUGUESE STYLE TART
frozen, 400 g
tartelettes de porc
21000102, 5A



BIG HOLIDAY DEALS!



ONLY
6⁵⁰

LIBERTÉ GREEK or ACTIVIA EXPERT YOGURT
selected varieties, 650/750 g
yogourt
50643273 SA/31488305 SA

SAVE UP TO 33%

\$5



GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
pizza
31156361 SA



ONLY
6⁹⁹

BECEL MARGARINE
selected varieties, 637/850 g
margarine
30297818002 SA

ONLY
6⁵⁰



DEL MONTE JUGS
selected varieties, refrigerated
2.5 L
jus
31595736 SA



ONLY
\$4

CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM 500 mL
or **CANADIAN COLLECTION** 8's
selected varieties, frozen
crème glacée ou bonbons glacés
31511147 SA/30323757001 SA

\$7



STARBUCKS COFFEE ENHANCER
selected varieties
838 mL
enhanceur pour café
31598473 SA/31484383 SA

5⁵⁰



MCCAIN CAKES
selected varieties, frozen
310 g
gâteaux
3029132882 SA

\$3



NEILSON EGG NOG
1440 mL
boisson de Noël
3062410001 SA

1²⁵



TINA'S BURRITO
selected varieties, frozen
113 g
burrito
31487877 SA

3⁵⁰



LECLERC CÉLÉBRATION COOKIES
selected varieties, 200-223 g
biscuits
31488330 SA/31488151 SA

\$4



MISS VICKIE'S POTATO CHIPS or CHEETOS SNACKS 170-283 g
selected varieties
craquelottes ou gaufrettes
31487792 SA/31578715 SA

\$3



FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS** 140-210 g, selected varieties
bonbons
3080730801 SA/308068007 SA

5⁷⁹



SMUCKER'S JAM, JELLY or MARMALADE
selected varieties
310/500 mL
confiture ou gelée ou marmelade
303080801 SA/303080806 SA

7⁹⁹



UNICO VEGETABLE OIL
3 L
huile végétale
30988102 SA

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
mélange à sauce déshydraté
3030210001 SA/3030210001 SA

1⁵⁹



GREEN GIANT VEGETABLES or OCEAN SPRAY CRANBERRY SAUCE 341/398 mL
selected varieties
Sauce 348 mL, selected varieties
Sauf les sauces des conserves
3030303001 SA/31031401 SA

1²⁹



KRAFT STOVE TOP STUFFING
selected varieties
130 g
farine
3030303001 SA

\$27



McCAFÉ ROAST AND GROUND COFFEE
selected varieties
640-900 g
café moulu et moulu
31555555 SA

7⁵⁰



NESTEA ICED TEA
selected varieties
12x341 mL
boisson
31487877 SA

3⁹⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x170 mL
boissons gazeuses
3030303001 SA/3030303001 SA

\$15



BUDWEISER ZERO NON-ALCOHOLIC BEER
selected varieties, 12x355 mL
bière sans alcool
31555555 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. Members must open their PC Optimum™ App by December 14, 2025 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between December 11 and December 14, 2025, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. **Must be a registered PC Optimum™ member to get this offer.



Optimum™

**SCRATCH TO
UNWRAP**



Scratch and match
all 3 cards for
a chance to win
exclusive deals
and PC Optimum™
points!*

Dec. 4th - 24th

OPEN THE APP TO PLAY



*NO PURCHASE NECESSARY to enter and win. Open to Canadian residents who are PC Optimum members and PC Optimum app users 14 years or older at the time of entry. Contest ends at 11:59:59 p.m. ET on December 17, 2025. To enter, open your PC Optimum App, log in with your PC™ id and follow the instructions to play the Game within the Eligible Play Period (Thursday to Wednesday). 250,000 Bonus Offer Prizes and 391,667 Discount Offer Prizes available to be won at the onset of the contest (ARY: \$0.50 to \$1.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing questions. If all Prizes are claimed/redeemed, your odds of winning a Prize are 890 in 1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONL INFO GAME FLAP

DECEMBER

**HIT
OF THE
MONTH**



\$2

🍁 Prepared in Canada

Christie Mini Cookies

Selected varieties, 144 g - 200 g

Limit: 6, over limit retail \$2.75

6672102879 / 6672102886_EA



\$2.50

🍁 Prepared in Canada

Planters Cashew Halves, 200 g,

Cocktail Peanuts, 200 g or Mixed Nuts, 225 g

Limit: 6, over limit retail \$3.50

5871699357_EA / 5871699276_EA



\$2.85

🍁 Prepared in Canada

PC® Cinnamon Raisin Bread

675 g

Limit: 6, over limit retail \$4.00

4913535_EA



\$4.50

Softsoap Liquid Hand Refill

Selected varieties, 1.47 L

Limit: 6, over limit retail \$5.50

7418245992_EA / 7418245993_EA



\$5

**San Pellegrino carbonated
flavoured water**

Selected varieties, 6 x 330 mL

Limit: 6, over limit retail \$6.00

055000201421_EA / 055000201483_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid December 1st - 31st, 2025 while quantities last. We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

ONE INFO FLAP 1

DEALS ON BABY ESSENTIALS



EARN

10,000 (pts)

=\$10

Value

when you spend
\$50* or more on

**BABY DIAPERS, WIPES, FORMULA,
FOOD, NEEDS or ACCESSORIES**
all varieties and sizes
couches ou lingettes ou préparation pour nourrisson
ou aliments ou articles ou accessoires
21456748 EA/21540721 EA/21692756 EA/21699547 EA/
20322414002 EA/2035833900 EA



ONLY

3²⁷

Optimum

EARN

500

=50¢
Back to points

CLASSICO PASTA SAUCE

selected varieties

410/600 mL

sauce pour pâtes

2022060006 SA/21418218 SA



SAVE UP TO 28%

2⁵⁰

ZIGGY'S® SALADS 454 g or

FRESH PASTA 350/360 g

selected varieties

salades ou pâtes fraîches

20209160 SA/21321146 SA



ONLY

3⁵⁰

NO NAME® ORIGINAL GARLIC TOAST

638 g

toast à l'ail

21361140 SA





Insiders
Report™

holiday

Hacks and
Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g
croquelines

Get
750¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



**PC®
DINO
MELON**
melon

Get
500¢
with digital
coupon



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

Get
750¢
with digital
coupon



**PC®
PORCHETTA**
1.2 kg
porchetta

Get
3,000¢
with digital
coupon



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

Get
1,000¢
with digital
coupon



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

Get
500¢
with digital
coupon



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

Get
3,000¢
with digital
coupon



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

Get
2,000¢
with digital
coupon



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

Get
2,500¢
with digital
coupon



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

Get
2,000¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



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

Get
2,000¢
with digital
coupon



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

Get
500¢
with digital
coupon



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

Get
1,000¢
with digital
coupon



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

Get
2,500¢
with digital
coupon

BRANDS YOU LOVE AT LOW PRICES

SAVE 27%

\$4



COOL WHIP
DESSERT TOPPING
selected varieties, frozen
1 L
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

SAVE UP TO 42%

\$6



HIGH LINER FAMILY
BATTERED FISH
selected varieties, frozen
315-750 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

SAVE UP TO 21%

3.75



MINUTE MAID
ZERO SUGAR
BEVERAGES
selected varieties, refrigerated
1.5 L
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

ONLY

3.50



iögo NANO YOGURT 6x125 mL or **PILLSBURY**
REFRIGERATED DOUGH 310-448 g
selected varieties
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

ONLY

3.50



NO NAME®
PIZZA
selected varieties, frozen
300-411 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

3.50



GAY LEA WHIPPED CREAM 225 g or **NEILSON**
ULTRAFILTERED MILK 1 L
selected varieties
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

2.50



GAY LEA SOUR CREAM
selected varieties
425/500 mL
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

\$6



BLACK DIAMOND
CHEESTRINGS
selected varieties
315/330 g or
CRACKER BARREL
CHEESE SHREDS 200 g
selected varieties
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

1.69



CAMPBELL'S
BROTH
selected varieties
250/400 mL
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

\$2



CHEEZ-IT
CRACKERS
selected varieties
191/200 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

\$3



KELLOGG'S RICE KRISPIES 156/178 g,
POP TARTS 304 g, **SPECIAL K** 133 g or
NUTRI-GRAIN 251 g BARS
selected varieties
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

7.99



PC® CHOCOLATE COVERED NUTS - FRUITS
selected varieties
250-400 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

\$4



NO NAME® REAL
BACON BITS
175 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

5.99



VLASIC
PICKLES
selected varieties
1 L
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

1.69



UNICO BEANS 340 mL or **TOMATOES** 270 mL
selected varieties
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

1.79



KNORR SIDEKICKS
selected varieties
170-142 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

2.79



LANTIC
GRANULATED
SUGAR
1 kg
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

16.99



TIMOTHY'S, KRISPY KREME®
DONUT HOUSE COFFEE PODS
selected varieties
30 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

1.25



POWERADE
SPORT DRINKS
selected varieties
710 mL
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

\$9



MONSTER
RED BULL
ENERGY DRINKS
selected varieties
4x330 mL or
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

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.

if Optimum
EARN
1,000 ^(pts)
for every \$6*
spent on

= \$1
Back in points



ORVILLE REDENBACHER
MICROWAVE POPCORN
selected varieties
350-492 g or **KERNEL JAR** 830 g
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

if Optimum
EARN
3,000 ^(pts)
for every \$10*
spent on

= \$3
Back in points



FRENCH'S KETCHUP - MUSTARD,
FRANK'S RED HOT, THICK -
SQUEEZE SAUCE - CHOLULA SAUCE
selected varieties
120 mL - 1 L
signature & design
SEPTEMBER 24, 2023/NOVEMBER 24, 2023

BRANDS YOU LOVE AT LOW PRICES

11⁹⁹

EARN 3,000
Back in points



CADBURY CELEBRATIONS TIN
353 g
boîte de chocolat
21879773 SA



10⁴⁹

KINDER MAXI
selected varieties
116/150 g
franchise
2047938 SA



CARNABY SWEET CANDY CANES
selected varieties
16's
cannes en sucre
20408748 SA/20410903 SA



MERCI BOXED CHOCOLATE
400 g
chocolat en boîte
21194024 SA



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

\$9



GILLETTE or VENUS DISPOSABLE RAZORS
selected varieties
1-6's
rasoirs jetables
2017941401 SA/20444907 SA

\$6



POISE PADS or LINERS
selected varieties
14-48's
serviettes ou protège-déchirant
20113048 SA/21293507 SA

\$11



ALWAYS LINERS 92-100's
PADS 27-32's or **TAMPAX**
TAMPONS 22-30's
selected varieties
protège-déchirant ou serviettes ou tampons
20413048 SA/21293507 SA

3⁵⁰



SOFTSOAP LIQUID HAND SOAP
HOLIDAY PUMPS
selected varieties
30-48's
savon liquide pour les mains
21403012 SA/21403017 SA

\$15



BATISTE DRY SHAMPOO
HOLIDAY GIFT PACK
selected varieties
2-200 mL
enrichissement en shampooing sec
21403012 SA

\$11



NIVEA PERSONAL CARE
HOLIDAY GIFT PACK
selected varieties
1 set
enrichissement en soins personnels
21403012 SA

\$10



TREE HUT HOLIDAY SUGAR SCRUB
or **FOAMING GEL WASH**
selected varieties
316 g/322 mL
enrichissement en sucre ou gel moussant
21403012 SA/21403017 SA

\$14



CASCADE AUTO DISHWASHER TABS
selected varieties
30-48's
comprimés de détergent pour lave-vaisselle
21403012 SA/21403017 SA

\$11



TIDE LIQUID 1.42/1.86 L or **PODS** 21/28's
LAUNDRY DETERGENT, DOWNY
FABRIC SOFTENER 1.66/2.43 L, **DOWNY**
or **GAIN SCENT BOOSTERS** 379 g,
BOUNCE DRYER SHEETS 130/200's
selected varieties
détergent ou assouplissant ou
renforceur de parfum ou feuilles pour sècheuse
21403012 SA/21403017 SA

6⁵⁰



NO NAME® PAPER TOWELS
selected varieties
4-12 rolls
serviettes
21403012 SA

\$5



PC® BEVERAGE NAPKINS
selected varieties
40's
serviettes
21403012 SA/21403017 SA

\$3



TEMPTATIONS CAT TREATS
PUREES 48 g or **SPOONS** 40 g
selected varieties
gâteaux pour chats
21403012 SA/21403017 SA

5⁵⁰



FRISKIES DRY CAT FOOD
selected varieties
1.4-1.2 kg
nourriture sèche pour chats
2047938 SA

\$9



NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
2017740003 SA

\$10



DENTASTIX DOG TREATS
selected varieties
200 g - 1.9 kg
gâteaux pour chiens
21403012 SA

**NEW
LOWER
PRICES**



\$3

THE LAUGHING COW CHEESE
selected varieties
133 g
fromage
30219107 SA

2⁵⁰



HOSTESS SNACKCAKES
selected varieties
202-231 g
petits gâteaux
21282752 SA



\$6

PC® BACON
selected varieties, 500 g
bacon
30133A29 SA

\$7



PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
bâtonnets ou bouchées de saucisson
21099386 SA/21099391 SA



\$4

HAPPY DAIRY PANEER
300 g
paneer
21343A32 SA

\$6



ALFA ROLLINI
selected varieties
1 kg
rollini
21340916 SA/21340917 SA

\$10



PC® HERB & GARLIC SHRIMP
340 g
crevettes
21102479 SA

\$7



KRAFT SINGLES
selected varieties
825 g
fromage en tranches
21188271 SA

\$3



LIBERTÉ GREEK YOGURT
selected varieties
4x100 g
yaourt grec
3001572802 SA

\$5



ROYALE BATH TISSUE
8x16 rolls
papier hygiénique
21295774 SA

1²⁵



NEILSON MILKSHAKE
selected varieties
250 mL
boisson sucrée
21340916 SA

\$4



PC® COLD BREW COFFEE
selected varieties, refrigerated
900 mL
café infusé à froid
21340916 SA/21340917 SA

2²⁵



QUAKER CRISPY MINIS
selected varieties
100-149 g
céréales de riz
21340916 SA/21340917 SA

\$4



TENDERFLAKE PIE SHELLS
selected varieties, frozen
235-247 g
coquilles à tarte
20303A4001 SA

\$4



GIUSEPPE GARLIC FINGERS
frozen
337 g
bâtonnets à l'ail
21340916 SA

\$3



PILLSBURY PIZZA POPS
selected varieties, frozen
340 g
pizza pop
21340916 SA

**NEW
LOWER
PRICES**



1⁵⁰

**MICHELINA'S
DINNER
ENTRÉES**
selected varieties, frozen
154-284 g
plats cuisinés
21208414 SA

\$4

**PC® ORGANICS
FROZEN
VEGETABLES**
selected varieties
500 g
légumes surgelés
2041484P001 SA/2041484P002 SA



3⁵⁰

**CAVENDISH
PREMIUM FRIES**
selected varieties, frozen
400-750 g
frites
21094815 SA

\$5

**CHAPMAN'S
PREMIUM ICE CREAM**
selected varieties, frozen
2 L
crème glacée
20233372001 SA



4⁵⁰

**CHAPMAN'S
YUKON or SUPER
NOVELTIES**
selected varieties, frozen
5-8's
friandises glacées
21012281 SA

1⁷⁵

MAPLE LEAF FLAKES
selected varieties
154 g
flakes
2020572001 SA



\$7

NO NAME® OLIVE OIL
selected varieties
750 mL
huile d'olive
20047713 SA



1⁷⁵

PC® PASTA
selected varieties
454 g
pâtes
21091075 SA/21091084 SA



3⁷⁷

OLD EL PASO DINNER KITS
selected varieties
250-550 g
friandises cuites
20710124 SA/20710126 SA



1⁷⁵

**CARNATION
EVAPORATED MILK**
selected varieties
254 mL
lait évaporé
20048013 SA/20048017 SA



\$6

**MAXWELL HOUSE
INSTANT COFFEE**
selected varieties
130 g
café instantané
21010408 SA



\$10

**KICKING HORSE
ORGANIC GROUND
COFFEE**
selected varieties
254 g
café moulu
2006072001 SA/21070916 SA



3⁵⁰

EXCEL GUM MULTIPACK
selected varieties
2 x 75-77 g
gommes
21420027 SA/21420028 SA



2⁵⁰

LIPTON or KNORR SOUP MIX
selected varieties
113-238 g
mélange à soupe
20100809 SA/20100801 SA



\$3

**VH COOKING or
DIPPING SAUCE**
selected varieties
241-340 mL
sauce à cuisson ou à
trempage
2006072001 SA/20060722 SA



BIG HOLIDAY DEALS!



\$4

GENERAL MILLS CHEX or NATURE VALLEY GRANOLA CEREAL
selected varieties
300-360 g
céréales
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
mélanges à gâteau ou mélanges à collation ou glacage
20543641007, SA/21347838, SA



2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
macaroni au fromage
20214187001, SA



\$7

OKA CHEESE 190 g or MONSIEUR GUSTAV ST PAULIN CHEESE 190 g
selected varieties
fromage
20921279, SA/21377209, SA



\$5

MONSIEUR GUSTAV GOUDA or BRIE
selected varieties
125/170 g
gouda ou brie
21387420, SA



\$5

AGROPUR BRIE or CAMEMBERT CHEESE
selected varieties
170 g
brie ou camembert
20514312, SA/20177193, SA



3.50

MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon ou mortadelle
20576743, SA/20577343, SA



\$11

MASTRO GENOA SALAMI CHUB
selected varieties
600 g
saucisson de salami
20181136, SA/20302336, SA



\$5

MASTRO SALAMI 125-150 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
salami ou prosciutto
20581440, SA/21041099, SA

DEALS ON BABY ESSENTIALS

4⁵⁰

**GERBER
INFANT CEREAL**
selected varieties
180-227 g
céréales pour bébé
20258329006 EA/202574110001 EA



27⁹⁹

**HUGGIES SUPER
BIG PACK DIAPERS**
size N-7, selected varieties
36-120's
couches
21370918 EA/21371008 EA

34⁹⁹

**HUGGIES
ECONO PACK DIAPERS**
selected varieties
size N-8, 60-208's
couches
21436748 EA/21463748 EA



32⁹⁹

**PAMPERS ECONO PACK
DIAPERS**
selected varieties
size N-8, 58-180's
couches
21411990 EA/21463758 EA

13⁹⁹

**AQUAPHOR HEALING
BABY OINTMENT**
85 g
onguent pour bébé
21453431 EA



8⁹⁹

PEDIASURE COMPLETE
selected varieties
4x235 mL
Boisson nutritive pour enfants
20222614002 EA/21371922 EA



65⁴⁷

**ENFAMIL A+ NEUROPRO AND
GENTLELEASE POWDER REFILLS**
selected varieties
862/890 g
recharges de préparation pour nourissons
21589079 EA/21589200 EA



24⁹⁹

**PAMPERS SWADDLERS,
CRUISERS or
BABY-DRY DIAPERS**
selected varieties
38-120's
couches
21370843 EA/21370844 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
10,000 pts
when you
spend \$50* on

=\$10
Back in points

**HUGGIES IN THE BABY
DEPARTMENT**
selected varieties
couches
20910843 EA/21370918 EA/21371008 EA/21371199 EA
21461195 EA/21456748 EA/21463748 EA



NATURAL FOODS AT LOW PRICES

6⁹⁹

**NATURE'S BAKERY
FIG or BROWNIE BAR**
selected varieties
270/240 g
barnes
21040001 SA/21040001 SA



4⁵⁰

**KIND HEALTHY
GRAINS BARS 175 g or
BREAKFAST BARS 300 g**
selected varieties
barnes
20954001 SA/21014001 SA

5⁴⁹

**CHICKAPEA
HIGH PROTEIN
GLUTEN FREE PASTA**
selected varieties
227 g
pasta pour diète
21040001 SA



8⁹⁹

**DAIYA PIZZA
GLUTEN FREE**
selected varieties, frozen
354-550 g
pizza
20954001 SA

4⁵⁰

BELSOY PUDDING
selected varieties
4x125 g
pudding
21010001 SA



4⁵⁰

**FREYUMM
COOKIES or BARS**
selected varieties
135/154g
biscuits ou barres
21040001 SA/21040001 SA



\$11

**RX BAR
MINIS or
5 PACK**
selected varieties
200-275 g
barres de collation
21040001 SA/21040001 SA



\$8

**BOB'S
GLUTEN FREE OATS**
selected varieties
907 g
Flocons d'avoine
21120001 SA



5⁵⁰

**ELAN
ORGANIC PECANS**
125 g
pecanes biologiques
21040001 SA



\$18

**KICKING HORSE
ORGANIC WHOLE BEAN
COFFEE**
selected varieties
454 g
café en grains
21040001 SA



\$5

**TRADITIONAL MEDICINALS
ORGANIC HERBAL TEA**
16 count, selected varieties
84 bottles
21040001 SA



\$3

KETTLE BRAND CHIPS
selected varieties
150g/170g g
croustilles
21040001 SA/21040001 SA



\$4

HARDBITE CHIPS
selected varieties
130/150 g
croustilles
21040001 SA



\$7

**BOB'S RED MILL 1:1
BAKING FLOUR**
524 g
farine
21120001 SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFO

ITALIAN FLAVOURS AT LOW PRICES

2⁹⁹

FENNEL or RAPINI
product of U.S.A.
fennel ou rapini
2000334ND01 SA / 20044070001 SA



5⁹⁹

BLACK FIGS
product of Mexico
figues noires
216334F0001 SA



454 G

\$11

**PC® SPLENDIDO®
SLICED DELI MEAT**
selected varieties
200 g
charcuteries tranchées
21049119 SA



11⁵⁰

**SAPUTO MINI
FRIULANO CHEESE or
TRESTELLE
MASCARPONE**
selected varieties, 475/500g
mini-friulano
20709411 SA



\$2

**LA MOLISANA PASTA
STRAINED TOMATOES** 430 g or
selected varieties 480 mL
pâtes au coulis de tomates
20100401 SA/200049801 SA



2⁹⁹

UNICO PICKLED VEGETABLES 750 mL,
OLIVES 275 mL or CAPERS 125 mL
selected varieties
 légumes marinés ou olives ou câpres
20100401 SA/21100001 SA



5⁹⁹

**LAVAZZA CREMA E GUSTO™
ROSSA GROUND COFFEE**
selected varieties, 250 g
café moulu
21100401 SA/21100714 SA



1¹⁹

MILANO LADY FINGER COOKIES
selected varieties, 130 g
dough de dame
21100401 SA



8⁹⁹

GIOIA PANETTONE
selected varieties, 680/750 g
panettone
21100401 SA



3⁵⁰

ITALPASTA LASAGNA™ BAKING PASTA
selected varieties, 225-300 g
pâtes à lasagne au four ou cuisson
20100401 SA



11⁹⁹

BACI CHOCOLATE
selected varieties, 130 g
biscuits
21100401 SA



15⁹⁹

AURORA PANETTONE
selected varieties, 800-900 g
panettone
21100401 SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ITAL NFO

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

EVERYDAY ESSENTIALS AT LOW PRICES

6²⁵

NEILSON MILK
selected varieties, 4 L
lait
2018873 SA



6⁵⁰

ACTIVIA YOGURT
selected varieties, 12x100 g
yogourt
20203412004 EA/20608924 EA

5⁵⁰

NESTLÉ DRUMSTICK
selected varieties, frozen, 4's
friandises de crème glacée
20222380001 SA



7⁵⁰

MCCAIN FAMILY SIZE
selected varieties, frozen, 1.45-1.9 kg
frites et pommes de terre
21049322 EA



1²⁵

NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
2018873 SA



1²⁵

PEACE TEA 495 mL or
MONTELLIER CARBONATED 1 L
selected varieties
thé glacé ou eau pétillante
21049322 EA/21049322 EA



1²⁵

CARNABY SWEET CANDY BAG
selected varieties, 125 g
sac de friandises
21049322 EA/21049322 EA



\$3

ALANI ENERGY - CELSIUS ENERGY DRINKS
selected varieties, 355 mL
boissons énergisantes
21049322 EA/21049322 EA



6²⁹

BUBLY or MONTELLIER SPARKLING WATER
selected varieties, 10/12x355 mL
eau pétillante
21049322 EA/21049322 EA



6⁹⁹

FUZE or PEACE TEA ICED TEA
selected varieties, 12x341 mL
thé glacé
21049322 EA



\$5

TIDE PODS 16x, DOWNY FABRIC SOFTENER 0.78/1.21 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/130 g, BOUNCE DRYER SHEETS 40/60x, CASCADE AUTO DISHWASHER TABS 10-15x or RINSE AID 473 mL
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sécheuse ou régulateur de détergent pour lave-vaisselle ou aide au rinçage
2018873 SA/21049322 EA



.90

FANCY FEAST 83 g = FRISKIES 154 g WET CAT FOOD
selected varieties
nourriture humide pour chats
20112208 EA/20112208 EA



.75

LIFE BRAND® X-BRISTLE MANUAL TOOTHBRUSH
selected varieties, 1 pc
brosse à dents manuelle
21049322 EA





Insiders Report™

SNACKINGS OF COMFORT AND JOY

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



\$3⁵⁰

PC® HUMMUS
227 g
hummus
20584097 EA



\$5

PC® GNOCCHI
selected varieties
280/350 g
gnocchi
21481513 EA



\$6

APP EXCLUSIVE OFFER
Optimum
EARN
1,500 = \$150
Back in points

PC® DOUBLE CREAM BRIE
200 g
brie double crème
20787337 EA



\$6⁵⁰

PC® CREAM FIRST™ ICE CREAM
selected varieties, frozen
1.5 L
crème glacée
2075713706 EA



\$9

PC® FRESH POT PIES or QUICHE
selected varieties
550-575 g
pâtée à la viande ou quiche fraie
21482154 EA



\$11

PC® CHOCOLATE BASQUE CHEESECAKE
frozen
400 g
gâteau au fromage au chocolat basque
21487933 EA



\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
pizza
21331413 EA



\$4⁵⁰

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

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20612251 EA/20612257 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 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

*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 W1979 Alberta Ltd, used under license.

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. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONL NFO MKT