

NOFRILLS

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

BIG HOLIDAY DEALS!



SAVE 50%

1.99
LB

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

SAVE 22%

10.88



LEAN GROUND BEEF BRICK
grass fed
2x650 g
21416302 EA

ONLY

4.88



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

SAVE 22%

\$7

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

SAVE 44%

1.50



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

SAVE 40%

4.49



ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen
400 g
21047278 EA

SAVE UP TO 28%

\$2



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

SAVE UP TO 33%

\$7



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

ONLY

3.33



ACTIVIA YOGURT
selected varieties
650 g
202325132001 EA/202325132003 EA

ONLY

5.50



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

WOW!

\$20

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

SAVE UP TO 46%

4.98



POT OF GOLD CHOCOLATE BOX
243-245 g or **MERCI CHOCOLATE** 200 g or
PC® ROLLED WAFERS 400 g
selected varieties
21547044 EA/21547050 EA
WHILE QUANTITIES LAST

SAVE UP TO 50%

\$9



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

PC® ROAST AND GROUND COFFEE 800-920 g
WHOLE BEAN 820/907 g or
PODS 30/
selected varieties
21048446 EA/21030677 EA



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

nofrills.ca

01 NFW

DECEMBER

HIT OF THE MONTH



🇨🇦 Prepared in Canada

Christie Mini Cookies

Selected varieties, 144 g - 200 g
6672102879 / 6672102886_EA



🇨🇦 Prepared in Canada

Planters Cashew Halves, 200 g, Cocktail Peanuts, 200 g or Mixed Nuts, 225 g

5871699357_EA / 5871699276_EA



🇨🇦 Prepared in Canada

PC® Cinnamon Raisin Bread

675 g
4913535_EA



Softsoap Liquid Hand Refill

Selected varieties, 1.47 L
7418245992_EA / 7418245993_EA



San Pellegrino carbonated flavoured water

Selected varieties, 6 x 330 mL
055000201421_EA / 055000201483_EA

See in-store for 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

**NEW
LOWER
PRICES**

1⁷⁵

**CARNATION
EVAPORATED MILK**
selected varieties
354 mL
20096872 5A/20096887 5A



\$6

PC® BACON
selected varieties
500 g
20152629 5A



3⁵⁰

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



3⁷⁷

**OLD EL PASO
DINNER KITS**
selected varieties
250-510 g
20795534 5A/20795536 5A



FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A.
20201013001 EA

PKG OF 5 OR 6



4⁹⁹

PINT



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

3⁹⁹



PKG OF 4

454 G

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



PKG OF 3

4⁹⁹
EA/LB

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



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

2⁹⁹
EA/LB



3 LB BAG

2 LB BAG

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

\$10

CASE

PC® KAKI PERSIMMONS
product of Spain
2121 000001 EA



6⁹⁹

3 LB BAG

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



5⁹⁹

HONEYDEW or MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, or Mexico
each
2002270001 EA/201402270001 EA



.99
LB

GREEN CABBAGE
product of Western Provinces, Canada no. 1 grade
5.38/kg
207000001 EA



1⁹⁹

POMEGRANATE
product of U.S.A.
201400001 EA



4⁹⁹

PINEAPPLE
product of Costa Rica or Mexico
each
2010000001 EA



4⁹⁹

TAYLOR FARMS CHOPS SALAD KITS
product of U.S.A.
210-2802 y
21000001 EA/21000001 EA



\$7

6" POINSETTIA IN ASSORTED COLOURS
20000001 EA



6⁹⁹

5 LB BAG

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



5⁹⁹

3 LB BAG

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



3⁹⁹

680 G

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



\$4

225 G

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



*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

FRESH AT LOW PRICES

\$7

**PC® BLUE MENU®
GROUND CHICKEN
or MINCED TURKEY**
454 g
21100912, 1A



\$11 LB

BEEF BONELESS STEW
24.25/kg
20106117, X0



3.99 LB

PORK COMBO CHOP
fresh, bone-in
8.80/kg
20071602, X0

**CLUB
SIZE**



HALAL

\$17

**AUSTRALIAN LEAN
GROUND LAMB**
fresh
2x, 700 g
21603443, 1A



1.40

**MCQF
MEAT PIES**
selected varieties, frozen
190 g
21401628, 1A



\$7

SEAQUEST® FILLETS
selected varieties, frozen
400 g
21314740, 1A



\$7

SEAQUEST® WHITE COLOSSAL SHRIMP 16/20 per lb, 300 g,
SHRIMP RING 227 g or **BAY SCALLOPS** 400 g
frozen
21042887, 1A



\$2

ROOSTER® TOFU
selected varieties, 454 g
21401628, 1A



3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties, 170 g
2100071, 2A/2100062, 1A



\$5

**NO NAME® PEPPERONI, SALAMI
or SUMMER SAUSAGE CHUBS**
200 g
20101628, 1A



\$13

HYGAARD MINI SUBS FAMILY PACK
2,000⁰⁰ = \$2 each (in parties)
selected varieties, 770-1,330 g
20100628, 1A



1.75

**PC® ENGLISH
MUFFINS**
75 g
20101628, 1A



2.50

WONDER BREAD 170 g or **BUNS** 12x
selected varieties
20100628, 1A/20100627, 2A



\$3

COUNTRY HARVEST BREAD
selected varieties, 400 g
21100628, 1A



\$12

PC® DOUBLE CREAM BRIE
400 g
20101628, 1A



3.50

FARMER'S MARKET® CUPCAKES
selected varieties
104/210 g
21000628, 2A/21000629, 1A



\$4

VACHON SHACKCAKES
selected varieties, 230-236 g
20100628, 1A



4.50

FARMERS MARKET® BROWNIES 36x2 g
or **MINI DOUGHNUTS** selected varieties, 400 g
20100628, 1A/20100629, 1A



\$8

PC® S'MORES CREAM PIE
frozen, 710 g
21000628, 1A



BIG HOLIDAY DEALS!



SAVE UP TO 25%

\$6

ONLY

3⁵⁰



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



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

SAVE 37%

\$10

ONLY

\$5



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



SAVE 44%

.88

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

\$2



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

3⁵⁰



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

8⁴⁹



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

3⁵⁰



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

\$4



TOSTITOS TORTILLA CHIPS
selected varieties
303-289 g
ARMSTRONG EA

3⁹⁹



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

\$1



SWISS CHALET SAUCE 254 mL or
ST HUBERT - SWISS CHALET
DRY SAUCE MIX 25-57 g
selected varieties
ARMSTRONG EA/ARMSTRONG EA

\$2



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

\$4



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

12⁹⁹



PEPSI - COCA-COLA
SOFT DRINKS
selected varieties
24x330 mL
ARMSTRONG EA/ARMSTRONG EA

4⁹⁹



JAMIESON VITAMINS C & D 75-240 L or
COLGATE TOOTHPASTE 75-121 mL
ARMSTRONG EA/ARMSTRONG EA

3⁵⁰



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

8⁹⁹



TWINNINGS TEA
selected varieties
ARMSTRONG EA/ARMSTRONG EA

11⁵⁰



PC® 100% PURE MAPLE SYRUP
500 mL
ARMSTRONG EA

PRICE
DROP

5⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
ARMSTRONG EA

4⁹⁵



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

4⁵⁰

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



PC® DECADENT COOKIE
selected varieties, 200/200 g
ARMSTRONG EA/ARMSTRONG EA

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

NOFRILLS

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

nofrills.ca



See product website
and consumer-recycling.org



BRANDS YOU LOVE AT LOW PRICES

SAVE 22%

3⁵⁰

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



SAVE UP TO 33%

\$6

**BLACK DIAMOND
CHEESTRINGS[®]
or
SNACKS** 252/234 g or
**CRACKER BARREL
CHEESE SHREDS** 330 g
selected varieties
20163461, EA/21298613, EA



SAVE 25%

\$3

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



ONLY

\$10

**KICKING HORSE
ORGANIC
GROUND COFFEE**
selected varieties
234 g
20002134007, EA/21298613, EA



ONLY

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g or
SIGGI'S 4x100 g **YOGURT**
selected varieties
20163461, EA/21298613, EA



\$9

**CAVENDISH
CLUB PACK**
selected varieties, frozen
1-2.23 kg
20002134007, EA



3⁸⁸

**PC[®] ORANGE JUICE, TROPICANA
DRINKS, PURE LEAF TEAS[®]
or
TROPICANA TROPICS**
selected varieties, refrigerated
1.26-1.73 L
20163461, EA/21298613, EA



\$4

**GAY LEA REAL
WHIPPED CREAM**
selected varieties
223 g
20002134007, EA



\$5

BEN & JERRY'S ICE CREAM 473 mL or
MAGNUM NOVELTIES[®] 7,
cream glazes or hardshell glazes
20002134007, EA



5²⁹

**PHILADELPHIA
CREAM CHEESE PRODUCT**
selected varieties
242 g
20002134007, EA



3⁹⁹

BECEL 407/1254 g or
BECEL PLANT BASED BRICKS 424 g
20002134007, EA



1²⁵

NO NAME[®] BROTH
selected varieties
900 mL
21-000001, EA



2²⁹

**QUAKER DIPPS[®] - CHEWY
GRANOLA BARS**
selected varieties
130-134 g
20002134007, EA



2⁵⁰

**GOLDFISH
CRACKERS**
selected varieties
167-227 g
20002134007, EA



3⁵⁰

**OLD DUTCH POTATO
TORTILLA CHIPS** 233 g or
HUMPTY DUMPTY SNACKS 230-240 g
selected varieties
21-000001, EA/21298613, EA



1¹⁹⁹

**STARBUCKS ROAST AND
GROUND COFFEE** 340 g, **PODS** 10%
or **HOT CHOCOLATE** 140-200 g
selected varieties
21-000001, EA/21298613, EA



\$2

**CAMPBELL'S
READY TO SERVE[®]
or HABITANT[®] 750 mL SOUP**
20002134007, EA



\$1

**UNICO
TOMATO PASTE
or PIZZA SAUCE** 136 mL
20002134007, EA



\$3

OCEAN'S WHITE TUNA 170 g or
GOLD SEAL PINK SALMON 130/113 g
20002134007, EA



\$6

HELLMANN'S REAL MAYONNAISE
selected varieties
212-240 mL
20002134007, EA



\$8

NO NAME[®] CANOLA OIL
1.1 L
20002134007, EA



6⁵⁰

AHA SPARKLING WATER
selected varieties
12x350 mL
20002134007, EA



\$2

V8 VEGETABLE COCKTAIL 4x150 mL or
ALLEN'S DRINK BOXES 4x200 mL
20002134007, EA



1¹⁹⁹

ROYALE TIGER TOWEL
selected varieties
4x12 m
21-000001, EA



BETTER AS A MEMBER

* Scan your PC Optimum[™] app or swipe your card to get PC Optimum[™] Members pricing or points. See back page for details.

Optimum[®]
EARN
4,000^{pts}

=\$4
Back in points

for every \$12*
spent on

**OASIS SMOOTHIES,
HEALTH-BREAK[®]
or
DEL MONTE BLENDS**
selected varieties, refrigerated, 1.54-2.5 L
21395406, EA/21329899, EA/21329910, EA



550

GENERAL MILLS
FAMILY SIZE CEREAL
selected varieties
475-778 g
21103492 EA/21103495 EA



350

FIBRE 1 BARS 125 g or
NATURE VALLEY
GRANOLA BARS,
PROTEIN BARS or
BISCUITS 148-210 g
selected varieties
30587504001 EA/20666AF88001 EA



\$7



YOPLAIT SOURCE 16x100 g
or **LIBERTE GREEK** 1 kg
YOGURT
selected varieties
20317317001 EA/23305351 EA



OLD EL PASO
COMPONENTS
selected varieties
94-334 g/243-398 ml
20306992001 EA/20838196 EA

\$3



\$3

\$4



\$5

DANONE DANINO YOGURT
selected varieties
0's
21520250 SA/21520253 SA

ACTIVIA YOGURT
selected varieties
8's
20325384000 1A

**INTERNATIONAL DELIGHT
COFFEE ENHANCER**
selected varieties, 945 ml
20895480002 EA

550



**LACTANTIA
ULTRAPUR MILK**
selected varieties
1.5 l
21994605 1A/21994606 1A

BEATRICE BFIT MILKSHAKE
selected varieties
460 mL
21345500 EA

250



EARN
1,000 (pts) **=\$1**
Back in points



\$1

1350

1075

PURINA ONE DRY CAT FOOD
selected varieties
1.45-1.8 kg
21096817 EA

BENEFUL DRY DOG FOOD
selected varieties
1.6/1.8 kg
20295905001 SA

**FANCY FEAST PETITES
WET CAT FOOD**
selected varieties
79.4 g
21257340 SA

\$2

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



9.99

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



\$8

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



12.50

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



\$15

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



\$22

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



\$4

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



\$17

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



\$4

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



\$20

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

BIG HOLIDAY DEALS!



\$5

BOURSIN CHEESE
150/220 g
20116794, EA



\$11

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



\$11

THE LAUGHING COW CHEESE
selected varieties
535 g
20036297, EA



\$2

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



6.49

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



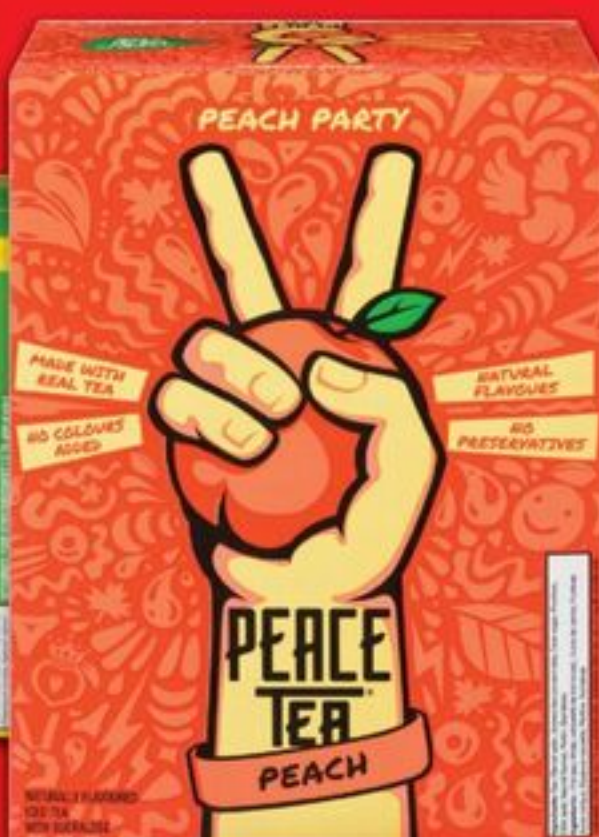
\$5

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

6.99



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



1.50

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



4.50

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



6.29

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

EVERYDAY ESSENTIALS AT LOW PRICES

1³⁹



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

6⁵⁰



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

\$10



SURAJ® BASMATI RICE
3.63 kg
20639921, EA



Optimum™

**SCRATCH TO
UNWRAP**



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

Dec. 4th - 24th

OPEN THE APP TO PLAY



*NO PURCHASE NECESSARY to enter and win. Open to Canadian residents who are PC Optimum members and PC Optimum app users 14 years or older at the time of entry. Contest ends at 11:59:59 p.m. ET on December 17, 2023. To enter, open your PC Optimum App, log in with your PC™ id and follow the instructions to play the Game within the Eligible Play Period (Thursday to Wednesday). 250,000 Bonus Offer Prizes and 391,667 Discount Offer Prizes available to be won at the onset of the contest (ARY: \$0.50 to \$1.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing questions. If all Prizes are claimed/redeemed, your odds of winning a Prize are 1:1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONE NEW FLAP &



5⁹⁹

EARN 1,000 = \$1
Back in points

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



7⁹⁹

EARN 1,000 = \$1
Back in points

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

4⁴⁹

EARN 500 = 50¢
Back in points

KRAFT SINGLES
410 g
21188654 EA/21189907 EA



4⁴⁹

EARN 500 = 50¢
Back in points

KRAFT CHEEZ WHIZ
450 g
2065966001 EA

3²⁷

EARN 300 = 30¢
Back in points

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



\$4

EARN 500 = 50¢
Back in points

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

4⁴⁹

EARN 500 = 50¢
Back in points

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



4²⁹

EARN 500 = 50¢
Back in points

KRAFT COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
200203049001 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



CREST PRO-HEALTH - COMPLETE TOOTHPASTE
selected varieties
100-130 mL
2104448 SA/2104448 SA

\$4



SENSODYNE - PRONAMEL TOOTHPASTE 75-100 mL or **POLIGRIP** 40 g
selected varieties
200717000 SA/200717000 SA

\$7



TRESEMME HAIR CARE
selected varieties
199-211 g/148-638 mL
2104448 SA/2104448 SA

\$8



DOVE DRY SPRAYS DEODORANT 74 g
selected varieties
2104448 SA/2104448 SA

\$11



AVEENO LOTION
selected varieties
323 mL
2104448 SA/2104448 SA

8²⁵



VASELINE BODY LOTION
selected varieties
40-227 g/130-690 mL
2104448 SA/2104448 SA

4⁵⁰



NIVEA BODY WASH 300 mL
DEODORANT ROLL-ON ANTIPERSPIRANT 50 mL or 50/50 g
selected varieties
2104448 SA/2104448 SA

\$5



IVORY BAR SOAP 110/90 g or **BODY WASH** 420 mL
selected varieties
2104448 SA/2104448 SA

5⁵⁰



U BY KOTEX - KOTEX PADS 13-24", **LINERS** 40-64", or **TAMPONS** 13/14"
selected varieties
2104448 SA/2104448 SA

\$15



CENTRUM MULTIVITAMINS
selected varieties and sizes
2104448 SA/2104448 SA

34⁹⁹



SIMILAC CALCIUM - REGULAR INFANT FORMULA
850 g
2104448 SA/2104448 SA

\$12



BOOST READY TO DRINK SHAKES
selected varieties, 9 L
2104448 SA/2104448 SA

52⁹⁹



GOOD START PLUS POWDER BABY FORMULA
selected varieties
843/1300 g
2104448 SA/2104448 SA

1⁷⁹



BABY GOURMET ORGANIC FRUIT - VEGETABLE BABY FOOD POUCHES - JARS
selected varieties
113/128 mL
2104448 SA/2104448 SA

Optimum Members-Only Price

1⁵⁰

Non-members 1⁹²

Members save .42

PC[®] DISTILLED WATER 4 L 20943972 SA



ALWAYS

\$4



LIFE BRAND[®] MOUTHWASH
selected varieties
1 L
21301386 SA

BETTER AS A MEMBER

* Scan your PC Optimum[™] app or swipe your card to get PC Optimum[™] Members pricing or points. See back page for details.

Optimum EARN

7,500 pts

for every \$20^{*} spent on

= \$7⁵⁰ Back in points

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

selected varieties and sizes
21323044 SA/20097237 SA/21111046 SA/
21323442 SA/2011499001 SA/20134434001 SA/
21323000 SA/20437549902 SA/20301179903 SA/213411541 SA



COLLECT & SAVE! BIG IS BACK

Get one stamp for
every \$20* spent.

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

SAVE
60-80%*
OFF EACH



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

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 13, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 31, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamp/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQs and complete offer details, visit pcoptimum.ca/collectandsave.

ONLINE OVENWARE



Insiders
Report™

holiday

Hacks and
Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g

Get
750¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



**PC®
DINO
MELON**

Get
500¢
with digital
coupon



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

Get
750¢
with digital
coupon



**PC®
PORCHETTA**
1.2 kg

Get
3,000¢
with digital
coupon



**PC®
JUICE
SHOTS**
4 x 60 mL

Get
1,000¢
with digital
coupon



**PC®
HOT
PEPPERS**
50 - 226 g

Get
500¢
with digital
coupon



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

Get
3,000¢
with digital
coupon



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

Get
2,000¢
with digital
coupon



**PC®
FLATBREAD**
selected varieties
340 g

Get
2,500¢
with digital
coupon



**PC®
BRIOCHE
MINI ROLLS**
12's

Get
2,000¢
with digital
coupon



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

Get
1,500¢
with digital
coupon



**PC®
DULCE
DE LECHE
SPREAD**
450 g

Get
2,000¢
with digital
coupon



**PC®
GINGER
ALE**
2 L

Get
500¢
with digital
coupon



**NO NAME®
CREAM
CHEESE**
250 g

Get
1,000¢
with digital
coupon



**NO NAME®
APPETIZERS**
454 - 900 g

Get
2,500¢
with digital
coupon

NATURAL FOODS AT LOW PRICES

5²⁹

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



4⁵⁰

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

12⁵⁰

PC® ORGANICS MAPLE SYRUP
375 mL
20106189 EA



3⁵⁰

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

3⁵⁰

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



\$9

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



4⁵⁰

SUNRYPE ORGANIC FRUIT BITES
selected varieties
108 g
21238182 EA



4⁵⁰

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



\$5

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



\$8

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



\$7

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



\$4

PC® ORGANICS TEA
selected varieties
20x40 g
21411143 EA



2⁵⁰

CLIF BAR
selected varieties
68 g
2012814002 EA
2012812021 EA



\$4

SMART SWEETS
selected varieties
50 g
20124074 EA/21108006 EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS SQUEEZABLE FRUIT SNACKS JUMBO RAISIN SNACK PACK
selected varieties
6x100 g, 360 g or 176 g
2030470001 EA/21177000 EA



6⁵⁰

RW GARCIA CRACKERS
selected varieties
180 g
2009713002 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFW

BIG HOLIDAY DEALS!



4⁵⁰

5⁹⁹

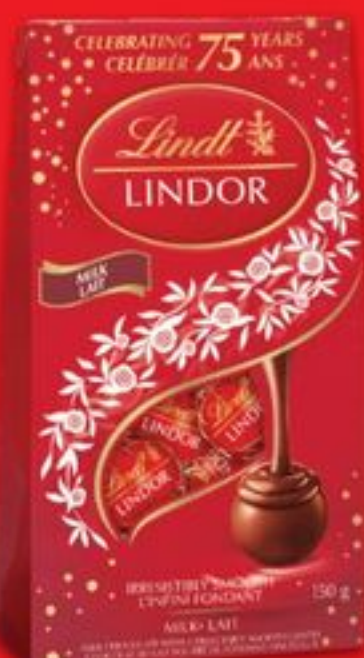


CADBURY MINI EGGS 200 g or
TERRY'S CHOCOLATE ORANGE
ORIGINAL 145 g
20133329 SA/21672499 SA



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

8⁴⁹



LINDT LINDOR BAGS
selected varieties
137-150 g
21392091 SA

7⁹⁹

LINDT BOX
selected varieties
108 g
21463025 SA

4⁹⁹

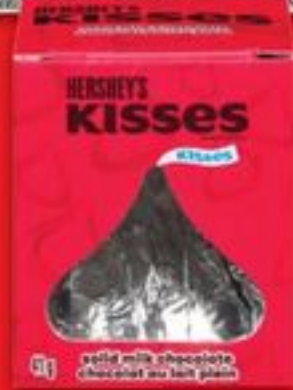


LINDT MINI BALL BAG 100 g or **LINDT BEAR** 3's
selected varieties
20137204 SA

1⁵⁰



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



6⁹⁹



MILANO PANETTONE
FRUIT CAKE
800 g
20941356 SA

5⁹⁹



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

\$2



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

5⁹⁹



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

AVAILABLE AT SELECT LOCATIONS ONLY

ONL CONF NFW

BIG HOLIDAY DEALS!

SAVE \$20

\$49



LIFE AT HOME™
BALSAM LAKE PINE
CHRISTMAS TREE
6' 21460713 SA

SAVE \$30

\$39



LIFE AT HOME™
TWIN LAKES PORCH
TREE WITH TIMER
3.5' 21433234 SA

SAVE \$3

\$9



LIFE AT HOME™
MINI LIGHTS
warm white / multi coloured
100's 21098946 SA/21098946 SA

\$5



EVERYDAY
ESSENTIALS™
CANDLE
single wick
selected varieties
18 oz.
21576495 SA
21576458 SA

SAVE \$4

\$4



LIFE AT HOME™
30X400
4 ROLL WRAP
21462208 SA



Insiders Report™

SLEIGH THE BRUNCH GAME

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



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

\$2 LB



\$3 LB

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



\$18

PC® PORCHETTA ROAST
fresh
1.2 kg
21488448_8A



\$9

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



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

\$3.50



PC® LOADED PIEROGI BAKE
frozen
770 g
21488110_8A

\$11



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

\$3



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

no name™ mobile

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

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



**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 91979 Alberta Ltd, used under license.

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn*

Dec 4 - 10, 2025

7,500^{pts}

\$7⁵⁰
Back in points

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



*Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$50 spent on Gap Inc. Brands gift cards in a single transaction in store or online at www.giftchoice.ca/en. Must be a registered PC Optimum member and use email associated with PC Optimum account if purchased online. Cannot be combined with any other gift card offers. One offer per PC Optimum account. Not valid on prior purchases. No cash value. PC Optimum points cannot be redeemed toward the purchase of gift cards. We are not obligated to award points based on errors or misprints. Points will be awarded within 2 weeks of qualifying online transactions. Subject to change.

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.

ONE NEW MKT