



# BIG HOLIDAY DEALS!

ONLY

1.99



6 OZ  
CLAMSHELL

**BLACKBERRIES** product Mexico, or U.S.A.  
**RASPBERRIES** product of Mexico, or U.S.A., no. 1 grade or  
**CANTALOUPE** product of Guatemala or Honduras, no. 1 grade  
mûres, framboises ou cantaloup  
20139138001, SA/20051013001, SA/20167017001, SA

ONLY

.99



Foodland  
ONTARIO



**ENGLISH CUCUMBERS**  
product of Ontario, Canada no. 1 grade  
each  
concombres anglais  
20090125001, SA

SAVE UP TO 27%

2.88

2 LB BAG



325 G

**ASPARAGUS** product of Peru or Mexico, no. 1 grade  
or **FARMER'S MARKET™**  
**LEMONS** product of South Africa  
asperges ou citrons  
20191311001, SA/20181709001, SA

ONLY

.88



**ACORN, BUTTERNUT, BUTTERCUP, or  
SPAGHETTI SQUASH**  
product of Canada  
courge potirée, butternut, musquée ou spaghetti  
1.54/kg  
20071263001, RD/2017208001, RD/20301900001, RD

# NOFRILLS®

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

## BIG HOLIDAY DEALS!

SAVE 48%

**.77**

**CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP**  
selected varieties  
284 mL  
soup  
20175214004 SA



3-9 KG

**FLAMINGO**  
JEUNE DINDON ASSAISONNÉE

YOUNG TURKEY SEASONED

ONLY

**.99** LB

**FLAMINGO TURKEY**  
selected varieties, frozen  
dinde  
2.18/kg  
21041167 KO

WHILE QUANTITIES LAST

ONLY

**4.99**

**NEILSON TRUTASTE MILK**  
selected varieties  
4 L  
lait  
201746477 SA



SAVE 50%

**1.99** LB

**COOK'S PORTION HAM**  
portion  
4.29/lb  
20174647 KO



WHILE QUANTITIES LAST

ONLY

**3.33**

**ACTIVIA YOGURT**  
selected varieties  
450 g  
yaourt  
2020133001 SA/2020133003 SA



SAVE UP TO 47%

**4.49**

**WONG WING or ASIAN INSPIRATION ENTRÉES**  
selected varieties, frozen  
400 g  
plats cuisinés  
21040437 SA/21040719 SA



SAVE 44%

**1.50**

**CATELLI GARDEN SELECT SAUCE**  
selected varieties  
400 mL  
sauce  
21418367 SA/21418368 SA



SAVE UP TO 28%

**\$2**

**CHRISTIE CRACKERS**  
selected varieties  
180-200 g  
croustilles  
21030447 SA/21040504 SA



SAVE 33%

**\$7**

**PC® DINNER ENTRÉES**  
selected varieties, frozen  
507 g/1.13 lb  
plats cuisinés  
21200710 SA



WOW!

**\$20**

APP EXCLUSIVE OFFER\*

Optimum®  
EARN  
**5,000** pts = **\$5**  
Back in points

**PC® ROAST AND GROUND COFFEE** 800-920 g  
WHOLE BEAN 820/907 g or PODS 30's  
selected varieties  
café torréfié et moulu ou en grains ou capsules  
21040446 SA/21030477 SA



SAVE 40%

**\$9**

**SUNLIGHT 4 L or PUREX 4.08-4.42 L LAUNDRY DETERGENT**  
selected varieties  
détergent à lessive  
2004320002 SA/21420543 SA



SAVE UP TO 46%

**4.75**

**POT OF GOLD CHOCOLATE BOX** 345-345 g or **MERCI CHOCOLATE** 200 g or **PC ROLLED WAFERS** 400 g  
selected varieties  
chocolat ou gaufrettes roulées  
21040704 SA/21040710 SA



WHILE QUANTITIES LAST

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

## 4<sup>95</sup>



**GRADE A LARGE EGGS**  
18's  
œufs  
20814294001, SA/20822707001, SA

## 4<sup>95</sup>



**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
206399736, SA

## 4<sup>95</sup>



**ARMSTRONG or PC SHREDDED CHEESE** 250-320 g  
**ARMSTRONG or PC CHEESE** 400 g  
selected varieties  
fromage râpé ou fromage  
21386240, SA/21346749, SA

## 4<sup>50</sup>



**APP EXCLUSIVE OFFER**  
E-Optimum  
EARN  
**2,000** = \$2  
back in points

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
biscuits  
208172257, SA/208172260, SA

# FRESH AT LOW PRICES

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

**BLUEBERRIES** each,  
product of Peru, no. 1 grade or  
**RED or GREEN  
SEEDLESS GRAPES**  
8.80/kg, product of U.S.A., no. 1 grade  
bleuets ou raisins rouges ou verts sans pépins  
20060137001 EA/20412773001 KG

**PINT**

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

**PINEAPPLE**  
product of Costa Rica  
ananas  
2016097001 EA

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

**TOMATOES ON THE VINE**  
product of Canada or Mexico  
tomates sur vigne  
4.39/kg  
20036793001 KG

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

**10 LB BAG**

**BEETS, FARMER'S  
MARKET® CARROTS, or  
YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
carottes ou betteraves ou oignons jaunes  
20060930001 EA/20060991001 EA



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

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

**5 LB  
BAG**

**PKG OF 4**

**FARMER'S MARKET® SWEET POTATOES** product of Canada  
or **GREEN or RED PEPPERS** product of U.S.A.  
patates douces ou poivrons verts ou rouges  
2007731001 EA/2011002001 EA

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

**BARTLETT or BOSC PEARS**  
product of U.S.A., some honey grade  
poires  
4.29/kg  
2011734001 KG/2008761001 KG

**\$4**

**225 G**

**PC® SALTED AND  
PC® BLUE MENU®  
UNSALTED PISTACHIOS**  
product of U.S.A.  
pistaches  
2006032 EA / 2010109 EA

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

**PKG OF 5**

**HONEYDEW  
AVOCADOS** product of Guatemala, Honduras or Mexico or  
product of Mexico  
avocats au melon doux  
2006032 EA/2006032 EA

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

**CASE**

**PC® KAKI PERSIMMONS**  
product of Spain  
kaki phérogamons  
201110001 EA

**.79**  
LB

**GREEN CABBAGE**  
product of Canada, Canada no. 1 grade  
chou vert  
1.74/kg  
200700001 KG

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

**3 LB BAG**

**FARMER'S MARKET®  
RED ONIONS**  
product of Canada, Canada no. 1 grade  
oignons rouges  
200710001 EA

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

**CHESTNUTS**  
product of Italy  
châtaignes  
13.21/kg  
200603201 KG

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

**RED MANGOES**  
product of Brazil or  
**ATAULPO MANGOES**  
product of Peru  
mangues  
200603201 EA/201100201 EA

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

**POMEGRANATES**  
product of U.S.A.  
grenades  
200603201 EA

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

**283 G**

**PKG OF 6**

**FARMER'S MARKET® GRAPE TOMATOES**  
product of Canada, Mexico or U.S.A. or  
**FARMER'S MARKET® MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
tomates raisins ou mini courcoubes  
200603201 EA/200603201 EA

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

**3 LB  
BAG**

**4 LB BAG**

**FARMER'S MARKET® AMEROSIA or GALA  
APPLES** product of Ontario, Canada honey grade or  
**ORANGES** product of South Africa  
pommes de pomme ou oranges  
200603201 EA/200603201 EA

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

**680 G**

**PC® LITTLE GEMS® RED, YELLOW or MIXED  
MINI POTATOES** product of Canada, Canada no. 1 grade  
mini pommes de terre  
200603201 EA/200603201 EA

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

**227 G**

**PC® SLICED or WHOLE, WHITE or CREMINI  
MUSHROOMS**  
product of Ontario  
champignons. Mélanges de champignons cultivés  
entièrement au Canada

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

# FRESH AT LOW PRICES

**4.99**  
LB

**SPLIT CHICKEN WINGS**  
fresh  
cuisse de poulet séparées  
11.00/lb  
20761914, 80



**\$13**  
LB

**BEEF STIR FRY STRIPS**  
bonifera à sauté  
28.66/kg  
21189996, 30

**\$4**

**LEAN GROUND PORK**  
fresh  
450 g  
porc haché maigre  
21446100, 3A



**7.99**

**MARCANGELO JUMBO SAUSAGE**  
selected varieties, frozen  
500/675 g  
20800348  
21289731, 3A

**1.50**

**SWIFT MEAT PIES**  
selected varieties, frozen  
170 g  
pâtis à la viande  
2117880, 3A



**\$7**

**SEAQUEST® FILLETS**  
selected varieties, frozen, 400 g  
filets de poisson  
21242746, 3A



**\$7**

**SEAQUEST® WHITE COLOSSAL SHRIMP 14/20 per lb, 350 g, SHRIMP RING 277 g or SMALL SCALLOPS 400 g**  
frozen  
crevettes blanches colossales ou crevette ou crevette ou petits palourdes  
20800348



**\$2**

**ROOSTER® TOFU**  
selected varieties, 454 g  
soja  
21242746, 3A



**\$3**

**ZIGGY'S® SALADS**  
selected varieties, 424 g  
salades  
20800348, 3A



**\$5**

**NO NAME® PEPPERONI, SALAMI or SUMMER SAUSAGE CHUB**  
120 g  
saucisson de pepperoni ou salami ou saucisson d'été  
20800348, 3A



**\$12**

**PC® DOUBLE CREAM BRIE**  
400 g  
brie double crème  
20800348, 3A



**1.75**

**PC® BLUE MENU® ENGLISH MUFFINS**  
selected varieties, 8 1/2  
muffins anglais  
20800348, 3A



**2.50**

**WONDER BREAD 271 g or BUNS 2 x**  
selected varieties  
pain ou petit pain  
20800348, 3A



**\$3**

**COUNTRY HARVEST BREAD BAGELS 2 x**  
selected varieties  
pain ou bagel  
20800348, 3A



**3.50**

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties, 171 g  
viande de boucherie  
20800348, 3A



**3.50**

**FARMER'S MARKET® CUPCAKES**  
selected varieties, 364/718 g  
petits gâteaux  
20800348, 3A



**\$4**

**VACHON SNACKCAKES**  
selected varieties, 330-336 g  
petits gâteaux  
20800348, 3A



**\$4**

**FARMER'S MARKET® BROWNIES** 347 g or **MINI DOUGHNUTS** selected varieties, 400 g  
brownies ou mini beignets  
20800348, 3A



**\$8**

**PC® S'MORES CREAM PIE**  
frozen, 730 g  
pâtis à la crème  
20800348, 3A



# BIG HOLIDAY DEALS!

SAVE UP TO 37%

\$10



**HIGH LINER PAN-SEAR or BATTERED FISH FILLETS**  
selected varieties, frozen  
425-600 g  
Filets de poisson  
30246294002 EA/20843016 EA

ONLY

3<sup>50</sup>



**OIKOS or ACTIVIA EXPERT YOGURT**  
selected varieties, 4x100 g  
yogourt  
30419713001 EA/20623053 EA

SAVE UP TO 24%

\$6



**PC® WOOD-FIRED PIZZA** 351-413 g or  
**TASTIEZ** 311 g  
selected varieties, frozen  
pizza ou macaroni au fromage  
21340352 EA

ONLY

8<sup>49</sup>



**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
jus  
30119734001 EA



**MARCANGELO SOUVLAKI KABOBS**  
selected varieties, 480/640 g  
brochettes  
21641731 EA

\$1



**SWISS CHALET SAUCE** 254 mL or  
**ST-HUBERT® SWISS CHALET DRY SAUCE MIX** 25-51 g  
selected varieties  
sauce ou mélange à sauce  
2100001 EA/2100001 EA

\$2



**CHEEZ-IT CRACKERS**  
selected varieties  
25/250 g  
craquelins  
2100001 EA/2100001 EA

\$5



**NESTLE DRUMSTICKS® - NOVELTIES** 2-101 g or  
**CONFECTIONARY FROZEN DESSERT** 1.2 L  
selected varieties, frozen  
bonbons glacés ou dessert glacé  
2100001 EA/2100001 EA

3<sup>50</sup>



**PC® CREAMY HORSERADISH or RED PEPPER JELLY** 120 mL or  
**PEACH CHUTNEY** 240 mL  
selected varieties  
moutarde crémeuse ou confiture  
2100001 EA/2100001 EA

\$4



**TOSTITOS TORTILLA CHIPS**  
selected varieties  
200-240 g  
craquelins de maïs  
2100001 EA

3<sup>99</sup>



**NESTLE CHOCOLATE POUCHES MULTIPACK BARS** 2-1  
selected varieties  
sachets de chocolat ou bonbons  
2100001 EA

\$2



**BARILLA PASTA**  
selected varieties  
240/410 g  
pâtes  
2100001 EA/2100001 EA

\$4



**PC® 100% CRANBERRY JUICE BLEND** 1.89 L or  
**JUICE BOXES** 6x100 mL  
selected varieties  
mélange de jus ou jus  
2100001 EA/2100001 EA

12<sup>99</sup>



**PEPSI or COCA-COLA SOFT DRINKS**  
selected varieties  
34x330 mL  
boissons gazeuses  
2100001 EA/2100001 EA

4<sup>99</sup>



**JAMIESON VITAMINS C + D** 75-540 mL or  
**COLGATE TOOTHPASTE** 70-123 mL  
3x120/120 mL or  
**MANUAL TOOTHBRUSH** 3x1  
selected varieties  
boissons gazeuses ou bonbons  
2100001 EA/2100001 EA

3<sup>50</sup>



**KELLOGG'S CEREAL**  
selected varieties  
340-325 g  
céréales  
2100001 EA/2100001 EA

8<sup>99</sup>



**TWINNINGS TEA**  
selected varieties  
250 g  
thé  
2100001 EA/2100001 EA

11<sup>50</sup>



**PC® 100% PURE MAPLE SYRUP**  
100 mL  
sirop d'érable  
2100001 EA

NEW  
LOWER  
PRICES

\$6



**PC® BACON**  
selected varieties  
100 g  
bacon  
2100001 EA

3<sup>50</sup>



**CAVENDISH PREMIUM FRIES**  
selected varieties, frozen, 400-750 g  
frites  
2100001 EA

1<sup>75</sup>



**CARNATION EVAPORATED MILK**  
selected varieties, 234 mL  
lait évaporé  
2100001 EA/2100001 EA

3<sup>77</sup>



**OLD EL PASO DINNER KITS**  
selected varieties, 210-310 g  
dinner kits  
2100001 EA/2100001 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)

[nfrills.ca](http://nfrills.ca)



No plastic bottles and containers recycled paper





5<sup>99</sup>

**EARN 1,000**  
KRAFT PEANUT BUTTER  
750 g/1 kg or HAZELNUT  
SPREAD 725 g  
selected varieties  
beurre d'arachide ou tartinade de noisettes  
20039381001 EA/21265418 EA



7<sup>99</sup>

**EARN 1,000**  
MAXWELL HOUSE or  
NABOB TASSIMO  
COFFEE DISCS  
selected varieties  
8-16's  
capsules de café  
20034954001 EA/20552948 EA



3<sup>99</sup>

**EARN 500**  
KRAFT SINGLES  
410 g  
tranches de fromage  
21188454 EA/21189907 EA



3<sup>99</sup>

**EARN 500**  
KRAFT CHEEZ WHIZ  
selected varieties  
450 g  
produit de fromage fondu  
20659606001 EA/20659606002 EA



3<sup>27</sup>

**EARN 300**  
CLASSICO PASTA SAUCE  
selected varieties  
410/400 mL  
sauce pour pâtes  
20325609006 EA/21618218 EA



\$4

**EARN 500**  
CRAVE DINNER ENTRÉES  
200-340 or KRAFT DELUXE  
MAC & CHEESE 340 g  
selected varieties, frozen  
plats cuisinés ou macaroni au fromage  
21083515 EA/21353229 EA



3<sup>99</sup>

**EARN 500**  
PHILADELPHIA CREAM CHEESE  
PRODUCT  
selected varieties  
227/250 g  
produit de fromage à la crème  
20641267 EA/20666924010 EA



4<sup>29</sup>

**EARN 500**  
KRAFT COOL WHIP  
DESSERT TOPPING  
selected varieties, frozen  
1 L  
garniture à dessert  
20030349901 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 11:59:59 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 INFO FLAP 1

# EVERYDAY ESSENTIALS AT LOW PRICES

139



**NO NAME®  
VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
20091337 EA/20201133 EA

\$3



**ASTRO YOGURT**  
selected varieties  
650/750 g  
yogourt  
20145324001 EA/20145324002 EA

\$10



**SURAJ® BASMATI RICE**  
3.63 kg  
riz basmati  
20828921 EA

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.

# BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 22%

3<sup>50</sup>

**PILLSBURY  
TOASTER STRUDEL** 226 g  
or **SCRAMBLES** 204 g  
selected varieties, frozen  
pillsbury  
2017264004, SA/21474007, SA



SAVE UP TO 25%

\$6

**BLACK DIAMOND  
CHEESTRINGS** or  
**SNACKS** 232/236 g  
or **CRACKER BARREL  
CHEESE SHREDS** 220 g  
selected varieties  
fromage effilochable ou collations  
de fromage râpé  
20193047, SA/21290412, SA

SAVE 25%

\$3

**PC® VEGETABLES**  
selected varieties, frozen  
300-750 g  
supermarket  
20118115, SA



ONLY

\$10

**KICKING HORSE  
ORGANIC  
GROUND COFFEE**  
selected varieties, 284 g  
café moulu biologique  
2000013000, SA/21701094, SA



ONLY

3<sup>25</sup>

**LIBERTÉ MÉDITERRANÉE**  
500 g/4x100 g or  
**SIGGI'S** 4x100 g YOGURT  
selected varieties  
fromage  
2015002007, SA/21309023, SA

\$9

**CAVENDISH CLUB PACK**  
selected varieties, frozen, 1.5-2.5 kg  
quartiers de pommes de terre  
20230374, SA



3<sup>88</sup>

**PC® ORANGE JUICE, TROPICANA  
DRINKS, PURE LEAF TEAS** or  
**TROPICANA TROPICS**  
selected varieties, refrigerated, 1.26-1.73 L  
jus d'orange ou boissons au thé  
2140001, SA/2100700, SA



3<sup>99</sup>

**BECEL** 427/454 g or  
**BECEL PLANT BASED BRICKS** 434 g  
selected varieties  
végétarienne ou végéto à base de plantes  
202207090, SA



3<sup>25</sup>

**HEILSON CREAM**  
5%/10% 1 L or 18%/35% 473 mL  
selected varieties  
fromage  
20190000, SA/20700007, SA



4<sup>99</sup>

**PHILADELPHIA  
CREAM CHEESE PRODUCT**  
selected varieties, 247 g  
fromage à la crème  
20000000, SA



1<sup>25</sup>

**NO NAME® BROTH**  
selected varieties  
100 mL  
broillon  
21100001, SA



11<sup>99</sup>

**STARBUCKS ROAST AND GROUND COFFEE**  
340 g, PODS 10x or **HOT CHOCOLATE** 340/300 g  
selected varieties  
café torréfié et moulu ou répertoire au chocolat chaud  
20000000, SA



\$5

**BEN & JERRY'S ICE CREAM** 473 mL or  
**MAGNUM NOVELTIES** 1  
selected varieties, frozen  
fromage glacé ou bonbons glacés  
20000000, SA/20000000, SA



2<sup>29</sup>

**QUAKER DIPPES** or  
**CHEWY GRANOLA BARS**  
selected varieties  
120-134 g  
barres  
20000000, SA/21000000, SA



2<sup>50</sup>

**GOLDFISH CRACKERS**  
selected varieties  
167-227 g  
croustilles  
20000000, SA/21000000, SA



3<sup>50</sup>

**OLD DUTCH POTATO** 223 g or  
**TORTILLA CHIPS** or  
**HUMPTY DUMPTY SNACKS** 100-200 g  
selected varieties  
croustilles ou grignolines  
20000000, SA



\$2

**CAMPBELL'S  
READY TO SERVE** 312 mL or  
**HABITANT** 750 mL  
selected varieties  
soupe  
20000000, SA/21000000, SA



\$1

**UNICO  
TOMATO PASTE** 134 mL or  
**PIZZA SAUCE** 212 mL  
selected varieties  
pâte de tomates ou sauce à pizza  
20000000, SA/20000000, SA



\$3

**OCEAN'S WHITE TUNA** 170 g or  
**GOLD SEAL PINK SALMON** 136/232 g  
selected varieties  
thon blanc ou saumon rose  
20000000, SA/20000000, SA



\$6

**HELLMANN'S  
REAL MAYONNAISE**  
selected varieties  
710-890 mL  
mayonnaise  
20000000, SA



7<sup>50</sup>

**NO NAME®  
CANOLA** or  
**VEGETABLE OIL** 2 L  
huile végétale  
20000000, SA/21000000, SA



6<sup>50</sup>

**AHA SPARKLING WATER**  
selected varieties, 12x330 mL  
eau pétillante  
21000007, SA



\$2

**V8 VEGETABLE COCKTAIL** 4x150 mL or  
**ALLEN'S DRINK BOXES** 4x200 mL  
selected varieties  
boisson de légumes ou boisson  
20000000, SA/20000000, SA



11<sup>99</sup>

**ROYALE TIGER TOWEL**  
selected varieties, 6x12 mds  
serviette tout usage  
21000000, 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

4,000<sup>pts</sup>

for every \$12\*  
spent on

=\$4  
Back in points

**OASIS SMOOTHIES,  
HEALTH-BREAK or  
DEL MONTE BLENDS**  
selected varieties, refrigerated, 1.54-2.5 L  
boissons fourrés ou jus  
21195000, SA/21122000, SA/21122000, SA



5<sup>50</sup>

**GENERAL MILLS  
FAMILY SIZE CEREAL**  
selected varieties  
475-778 g  
céréales



3<sup>50</sup>

**FIBRE 1 BARS** 125 g or  
**NATURE VALLEY  
GRANOLA BARS,  
PROTEIN BARS** or  
**BISCUITS** 148-210 g  
selected varieties  
barres



\$7

**SOURCE** 16x100 g or  
**LIBERTÉ GREEK** 1 kg **YOGURT**  
selected varieties  
yogourt



\$3

**OLD EL PASO COMPONENTS**  
selected varieties  
94-334 g/243-398 ml  
éléments pour tacos



\$3

**DANONE DANINO YOGURT**  
selected varieties  
6's  
yogourt

\$4



**ACTIVIA YOGURT**  
selected varieties  
8's  
yogourt



\$5

**INTERNATIONAL DELIGHT  
COFFEE CREAMERS**  
selected varieties  
946 ml  
colorant à café

2<sup>50</sup>

**BEATRICE BFIT MILKSHAKE**  
selected varieties  
460 ml  
lait frappé



4<sup>50</sup>

**LACTANTIA  
PURFILTRE MILK**  
selected varieties  
2 L  
lait



\$4

**OLYMPIC  
ORGANIC YOGURT**  
selected varieties  
650 g  
yogourt



10<sup>75</sup>

**BENEFUL DRY  
DOG FOOD**  
selected varieties  
1.6/1.8 kg  
nourriture sèche pour chiens

13<sup>50</sup>

**PURINA ONE  
DRY CAT FOOD**  
selected varieties  
1.45-1.8 kg  
nourriture sèche pour chats



**FANCY FEAST PETITES  
WET CAT FOOD**  
selected varieties  
79.4 g  
nourriture humide pour chats

\$1

\$2

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
391/828 mL  
détergent liquide à vaisselle  
20861400 EA/21004388 EA



9.99

**GLAD GARBAGE BAGS**  
selected varieties  
20-40's  
sacs à ordures  
21165477 EA



\$8

**NO NAME® LAUNDRY DETERGENT** 4.43 L, **FABRIC SOFTENER** 3.5 L or **SHEETS** 200's  
selected varieties  
détergent ou assouplissant  
21540282 EA



12.50

**TRU EARTH LAUNDRY DETERGENT ECO-STRIPS**  
selected varieties  
32's  
bandes de détergent à lessive  
21423514 EA



\$15

**GAIN LIQUID** 4.25 L or **FLINGS** 42's  
**LAUNDRY DETERGENT**  
selected varieties  
détergent à lessive  
2089627 EA/21671135 EA



\$22

**TIDE LIQUID** 3.46/3.9 L or **PODS** or **FLINGS** 45/76's  
**LAUNDRY DETERGENT**  
selected varieties  
détergent à lessive  
21392670 EA/21592706 EA



\$4

**MR. CLEAN ALL-PURPOSE CLEANER** 1.21 L,  
**FEBREZE AIR** 250 g, **BATHROOM AIR FRESHENER** 7.5 mL or **MAGIC ERASER** 2's  
selected varieties  
nettoyant ou déodorisant ou effaceur magique  
21700198 EA/21005017 EA



\$17

**AIR WICK SCENTED OIL REFILL** or **KITS** 5x20 mL  
selected varieties  
recharges d'huile parfumée ou trousseaux  
21298311 EA/21438370 EA



\$4

**LYSOL MULTI SURFACE CLEANER** 1.2 L or **SPRAYS** 650/950 mL  
selected varieties  
nettoyant multi-surface ou vaporisateurs  
20309473002 EA/20310677001 EA



\$20

**FINISH AUTO DISHWASHER TABS**  
selected varieties  
40-105's  
capsules de détergent pour lave-vaisselle  
21218875 EA/21361337 EA

# BIG HOLIDAY DEALS!



**\$5**

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



**\$11**

**MINI BABYBEL**  
selected varieties  
18's, 360 g  
fromage  
20573373 EA



**\$11**

**THE LAUGHING COW CHEESE**  
selected varieties  
535 g  
fromage  
20036297 EA



**\$2**

**MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
saucisses fumées de poulet  
20062713 EA



**6.49**

**ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES**  
selected varieties  
375/500 g  
saucisses de poulet  
21376310 EA

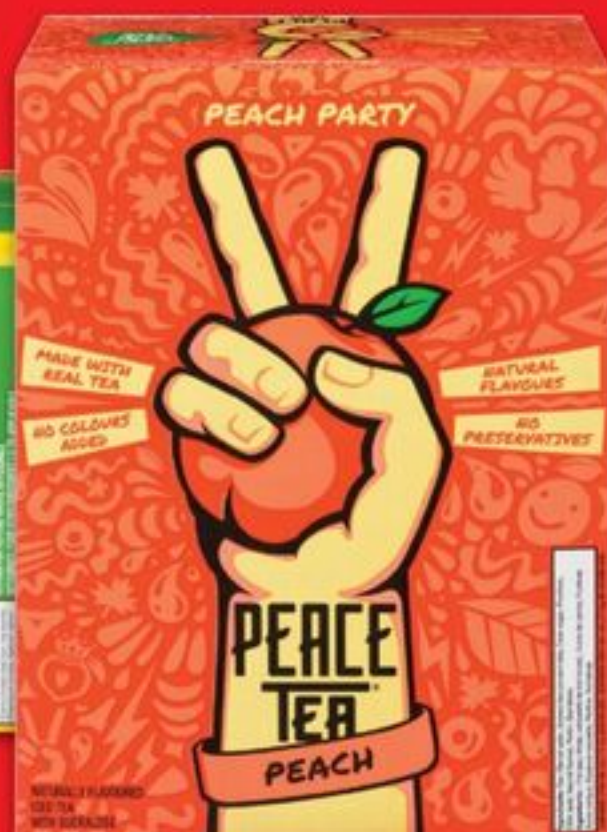


**\$5**

**MAPLE LODGE ULTIMATE or ZABIHA HALAL SUPREME CHICKEN WIENERS**  
selected varieties  
900 g  
saucisses fumées de poulet  
20671791 EA



**FUZE or PEACE TEA ICED TEA**  
selected varieties  
12x341 mL  
the glacé  
21645363, C12/21343429, C13



**4.50**

**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses  
2031054002, C06/2031054005, C06



**6.29**

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties, 10/12x355 mL  
eau pétillante  
21066722, C10/21067177, C12



**1.50**

**GATORADE SPORT DRINKS**  
selected varieties  
710 mL  
boissons déshydratantes  
2030577503 EA/21310707 EA

# 1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3<sup>50</sup>



**CREST PRO-HEALTH - COMPLETE TOOTHPASTE**  
selected varieties, 100-120 mL  
dentifrice  
2074942, 24/01/2024, SA

\$4



**SENSODYNE - PRONAMEL TOOTHPASTE** 75/100 mL or **POLIGRIP** 40 g  
selected varieties  
dentifrice au fluor pour profonds dentures  
2074942, 24/01/2024, SA

\$7



**TRESEMME HAIR CARE**  
selected varieties  
150-250 g/250-420 mL  
soins capillaires  
2074942, 24/01/2024, SA

\$8



**DOVE DRY SPRAYS DEODORANT** 100/110 g or 75 g  
selected varieties  
déodorant à sec au déodorant  
2074942, 24/01/2024, SA

\$11



**AVEENO LOTION**  
selected varieties  
122 mL  
lotion  
2074942, 24/01/2024, SA

\$7



**VASELINE BODY LOTION**  
selected varieties  
40-127 g/100-400 mL  
lotion pour le corps  
2074942, 24/01/2024, SA

4<sup>50</sup>



**NIVEA BODY WASH** 100 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 50/50 g  
selected varieties  
savon pour le corps au déodorant à frotter ou antiperspirant  
2074942, 24/01/2024, SA

\$5

**IVORY BAR SOAP BODY WASH** 100/90 g or 122 mL  
selected varieties  
pain de savon au moussant pour le corps  
2074942, 24/01/2024, SA



5<sup>50</sup>



**U BY KOTEX - KOTEX PADS LINERS** 40-64 or **TAMPONS** 12/14/15  
selected varieties  
serviettes ou protège-dames ou tampons  
2074942, 24/01/2024, SA

\$15



**CENTRUM MULTIVITAMINS**  
selected varieties and sizes  
multivitamines  
2074942, 24/01/2024, SA

34<sup>99</sup>



**SIMILAC CALCIUM - IRON - REGULAR INFANT FORMULA** 850 g  
lactine au fer ou préparation pour nourissons  
2074942, 24/01/2024, SA

\$12



**BOOST READY TO DRINK SHAKES**  
selected varieties, 8.5 L  
boisson  
2074942, 24/01/2024, SA

52<sup>99</sup>

**GOOD START PLUS POWDER BABY FORMULA**  
selected varieties, 942/1029 g  
préparation pour nourissons en poudre  
2074942, 24/01/2024, SA



1<sup>79</sup>



**BABY GOURMET ORGANIC FRUIT - VEGETABLE BABY FOOD POUCHES - JARS**  
selected varieties, 112/123 mL  
sachets ou pots de fruits ou légumes pour bébé  
2074942, 24/01/2024, SA

ALWAYS

\$1



**PC® DISTILLED WATER**  
4 L  
eau distillée  
20797191, SA

ALWAYS

\$4



**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
rinçage-bouche  
21201306, SA

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Optimum™ EARN

7,500 pts

for every \$20\* spent on

= \$7<sup>50</sup>  
Back in points

**BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE, POLIDENT PRODUCT**  
selected varieties and sizes  
fibres, multivitamines, vitamine C, analgésique, produit pour le rhume, antioxydant, dentifrice, produit pour profonds dentures  
21223004, SA/20997307, SA/21111046, SA/21372442, SA/2014896001, SA/20134434001, SA/21223000, SA/20437549002, SA/20301179003, SA/213441541, SA





Insiders  
Report™

# holiday

Hacks and  
Offers



Digital Coupons

CLICK FOR THESE  
COUPONS AND MORE



**PC®  
CRACKERS**  
185 g  
croquelines

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



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

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



**PC®  
DINO  
MELON**  
melon

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



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

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



**PC®  
PORCHETTA**  
1.2 kg  
porchetta

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



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

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



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

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



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

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



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

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



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

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



**PC®  
BRIOCHE  
MINI ROLLS**  
12<sup>+</sup>  
mini-petit pains

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



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

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



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

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



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

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



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

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



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

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

# BIG HOLIDAY DEALS!



4<sup>50</sup>

5<sup>99</sup>



**CADBURY MINI EGGS** 200 g  
or **TERRY'S CHOCOLATE  
ORANGE ORIGINAL** 145 g  
chocolat  
30123229 3A/21673499 3A



**HERSHEY'S KISSES** 161-200 g  
**M&M'S STAND UP POUCH**  
165 g or **TOFFIFEE** 246 g  
selected varieties  
chocolat ou friandise  
21392321 3A/21613601 3A

8<sup>49</sup>



**LINDT LINDOR BAGS**  
selected varieties  
137-150 g  
sacs de chocolats  
21390291 3A

7<sup>99</sup>

**LINDT BOX**  
selected varieties  
108 g  
boîte de chocolats  
21662053 3A

4<sup>99</sup>

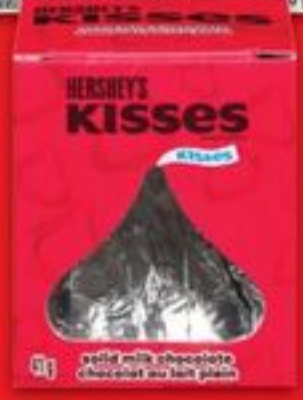


**LINDT MINI BALL BAGS** 100 g or **LINDT BEAR** 3 1/2  
selected varieties  
sacs de mini-boules en chocolat ou ours en  
20137204 3A

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** 29 g  
selected varieties  
friandises ou chocolat ou cannes en sucre  
20635015 3A/21379299 3A



6<sup>99</sup>



**MILANO  
PANETTONE  
FRUIT CAKE**  
800 g  
panettone  
20463354 3A

5<sup>99</sup>



**NESTLÉ TURTLES** 150/160 g  
**QUALITY STREET** 148 g or  
**AFTER EIGHT** 200 g  
selected varieties  
chocolat  
21392328 3A

\$2



**PC® SUISSSE MILK** 100 g or  
**HERSHEY'S STOCKING STUFFERS** 50 g  
selected varieties  
barre de chocolat ou chocolats pour bas de Noël  
21460108 3A/21609210 3A



5<sup>99</sup>



**REESE'S HALF POUND CUP**  
226 g **ROCHER HALLOW  
SANTA** 70 g **KINDER UOVO**  
100 g or **CHRISTMAS MULTI** 80 g  
selected varieties  
chocolat  
20425817 3A/21392383 3A

AVAILABLE AT SELECT LOCATIONS ONLY

ONLI CONF 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](https://pcoptimum.ca/collectandsave). Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamp/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact [loblawpromotions@l-founders.com](mailto:loblawpromotions@l-founders.com) for replacement. For full warranty information including warranty exclusions, FAQs and complete offer details, visit [pcoptimum.ca/collectandsave](https://pcoptimum.ca/collectandsave).

ONLINE OVEN FLAP



Insiders Report™

# 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  
melon  
31688131001, EG

**\$2** LB



**\$2** LB

**PC® CIDER GROVE APPLES**  
product of Canada, Canada fancy grade  
4.41/kg  
pommes  
31688027001, EG



**\$18**

**PC® PORCHETTA ROAST**  
fresh  
1.2 kg  
porchetta  
31688448, EA



**\$9**

**PC® FRESH POT PIES or QUICHE**  
selected varieties  
550-575 g  
pâtés à la viande ou quiche frais  
31682000, EA



**PC® PROBIOTIC YOGURT**  
selected varieties  
650 g  
yogourt aux probiotiques  
31684020 EA/31684234, EA

**\$3.50**



**PC® LOADED PIEROGI BAKE**  
frozen  
770 g  
pierogis tout garnis  
31688170, EA

**\$11**



**PC® TEA or HERBAL TEA**  
selected varieties  
20's  
thé ou tisane  
30308417, EA/30627912001, EA

**\$3**

# BIG HOLIDAY DEALS!

SAVE \$20

\$49



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

SAVE \$30

\$39



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



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pickup & delivery**

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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**



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Scan the QR code to sign up.

**STRAIGHT TO YOUR PHONE**

Text "OFFER" to 374557 (FRILLS)\*



\*Standard message and data rates may apply.

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

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

\*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.



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members can  
save up to 35%<sup>†</sup>  
on home and  
auto insurance.**

**Get started at [pcinsurance.ca](https://pcinsurance.ca)**

<sup>†</sup> Conditions apply; for details, visit [pcinsurance.ca](https://pcinsurance.ca).



**Flu shot?  
Think Pharmacist.**

Talk to your Pharmacist or book now<sup>\*</sup>  
at [pchealth.ca/flu](https://pchealth.ca/flu)

<sup>\*</sup>Subject to vaccine availability. Pharmacists can administer flu shots to children aged 5 and older in Yukon, Alberta, Saskatchewan, and PEI, 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.  
<sup>†</sup>™ Trademark of 911979 Alberta Ltd, used under license.

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Earn<sup>\*</sup>

**7,500<sup>pts</sup>**

**Dec 4 - 10, 2025**

**\$7<sup>50</sup>**  
Back in points

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



<sup>\*</sup>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](https://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.

†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](https://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](https://nofrills.ca).

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