

NOFRILLS®

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

BIG HOLIDAY DEALS!



ONLY

\$10

CHICKEN BREAST
fresh, boneless, skinless
4 pack
21457133, EA

WHILE QUANTITIES LAST

ONLY

2.49
LB

PORK HALF LOIN
fresh, boneless
5.49/kg
20554257, 30

WHILE QUANTITIES LAST



PRICE DROP

4.95

ARMSTRONG - PC® SHREDDED CHEESE
200-320 g
ARMSTRONG CHEESE 400 g
selected varieties
21508018, 24/21508019, EA

ONLY

5.99

MANDARINS
product of China
20086110001, EA



5 LB BAG



10 LB BAG

SAVE UP TO 50%

4.49

FARMER'S MARKET® CARROTS, YELLOW ONIONS - PC® BEETS
product of Canada, Canada no. 1 grade
2151229960, EA/20460000001, EA/20460000001, EA

WHILE QUANTITIES LAST

SAVE 42%

1.44

SUNRYPE 100% JUICE
selected varieties
900 mL / 1 L
201944972001, EA



SAVE UP TO 50%

1.75

DAIRYLAND - BEATRICE CHOCOLATE MILK
selected varieties
946 mL
201977018, EA/2019770182, EA



SAVE UP TO 39%

6.99

LOU'S KITCHEN - MANDARIN ENTRÉES 375-430 g or
ST-HUBERT - SWISS CHALET PIES 410-490 g
selected varieties, frozen
20197007, EA/20197007, EA



SAVE 26%

1.69

ITALPASTA
selected varieties
730 g
201944972001, EA/201944972002, EA



SAVE UP TO 33%

\$3

GREEN GIANT VEGETABLES 400-750 g or **MCCAIN SUPERFRIES - SPECIALTY FRIES** 434-800 g
selected varieties, frozen
21508018, EA/201944972002, EA



SAVE 26%

3.50

LACTANTIA CREAM 10%, 35% 473 mL, DAIRYLAND CREAM 0-18% 946 mL or 33% 473 mL
selected varieties
20197007, EA/20197007, EA



SAVE 37%

1.44

UNICO TUNA
198 g
201112141, EA



SAVE 33%

\$2

CAMPBELL'S CHUNKY SOUP
selected varieties
513 mL
21488437, EA



ONLY

6.44

NESCAFÉ - TASTER'S CHOICE - SWEET & CREAMY INSTANT COFFEE 100-170 g
144-251 g
selected varieties
20460000001, EA/20460000001, EA



ONLY

6.99

LINDT CHOCOLATE BOX 100 g or
PC® SUISSSE CHOCOLATE BAR 400 g
selected varieties
20197007, EA/20197007, EA



SAVE UP TO 25%

\$6

SEAQUEST COOKED - RAW SHRIMP SHRIMP RING 227 g, frozen
21508018, EA



ONLY

2.29

NO NAME® WHITE VINEGAR
Club Size
4 L
20197007, EA



SAVE 55%

\$4

ROYALE FACIAL TISSUE
selected varieties
2x72/1200 sheets
201944972002, EA



ONLY

9.97

NO NAME® FLOUR
selected varieties
25 lb
201944972002, EA



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

[nofrills.ca](https://www.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.

327

Optimum
EARN
500

50¢
Back in profits

**CLASSICO
PASTA SAUCE**
selected varieties
410/600 mL
20225609001 SA/21618217 SA



SAVE 37%

250

**ZIGGY'S®
SALADS 454 g or
FRESH PASTA 350 g**
selected varieties
20084305 3A/21302270 SA



ONLY

350

**NO NAME® ORIGINAL
GARLIC TOAST**
638 g
21361140 SA



FRESH AT LOW PRICES

5⁹⁹

10 LB BAG

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



3⁹⁹
LB

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

3⁹⁹

BLACKBERRIES
product of Mexico, or U.S.A. or
RASPBERRIES
product of Mexico, or U.S.A., no. 1 grade
20001013001, 5A

**6 OZ
CLAMSHELL**



PINT

4⁹⁹

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



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

4⁴⁹

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



1⁴⁹
LB

SWEET POTATOES
product of Canada
5.28/kg
2012770001, 80



2⁴⁹
LB

BRUSSELS SPROUTS
product of Canada or U.S.A., no. 1 grade
5.49/kg
2000130001, 80



5⁹⁹

PKG OF 3

ROMAINE HEARTS
product of U.S.A. or Canada
20000001, 20



3⁹⁹

PKG OF 4

RED or GREEN PEPPERS
product of U.S.A.
201200001, 20C 2001200001, 20



.99
LB

GREEN CABBAGE
product of Canada, Canada No. 1 Grade
5.16/kg
20000001, 80



\$7

6" POINSETTIA
in assorted colours
20000001, 20



\$4

225 G

**PC® SALTED or
PC® BLUE MENU®
UNSALTED PISTACHIOS**
product of U.S.A.
21210001, 20C 20000001, 20



4⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico, Peru or Colombia
20000001, 20



6⁹⁹

1 LB BAG

CHESTNUTS
product of Italy
21210001, 20



1⁹⁹

RED MANGOES
product of Brazil
20000001, 20



6⁹⁹

5 LB BAG

**FARMER'S MARKET® AMBROSIA or
ROYAL GALA APPLES**
product of British Columbia, Canada farm grade or
BARTLETT PEARS
product of U.S.A., extra large grade
20000001, 20 21210001, 20C 20000001, 20



5⁹⁹

3 LB BAG

FARMER'S MARKET® LEMONS
product of Spain, Mexico
20000001, 20



3⁹⁹

680 G

CELERY
product of U.S.A., no. 1 grade or
**PC® LITTLE GEMS® RED, YELLOW, or
MIXED MINI POTATOES**
product of Canada, no. 1 grade
20000001, 20C 21210001, 20C 20000001, 20



3⁹⁹



454 G

**PC® WHOLE CREMINI or WHITE
MUSHROOMS**
product of Western Provinces
20000001, 20



*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

3-5 kg
\$18
each

5-7 kg
\$23
each

7-9 kg
\$30
each

9-11 kg
\$35
each



TURKEY
selected varieties, frozen
3-11 kg
21209181 SA

WHILE QUANTITIES LAST

Sides not included, but they are recommended

779

MARCANGELO CHICKEN BREAST PORTIONS
selected varieties
300 g
21706318 SA



CLUB SIZE

779
LB

EXTRA LEAN GROUND BEEF
17.17/kg
30991822 RD

5⁹⁹

BEYOND MEAT PLANT BASED STEAK, BURGERS, SAUSAGE & CHICKEN TENDERS
selected varieties, frozen
226-400 g
21706908 SA



15⁴⁹

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



3⁵⁰

FONTAINE SANTÉ HUMMUS & PC® NAAN DIPPERS
selected varieties
360/282 g
20871120, 21411700001 SA



3⁵⁰

SEAQUEST® FLAVOURED ALASKA POLLOCK GO SHRIMP
selected varieties
100 g
21706908 SA



\$10

SEAQUEST® WHOLE TILAPIA & WHOLE POMPANO
selected varieties, frozen
1.26 kg or 800 g
21706908 SA



\$5

ZIGGY'S® FRESH FILLED TWIN PACK PASTA & LADLES OF LOVE SOUP
selected varieties
500 g or 454 mL
21200000 SA, 21200001 SA



\$7

BALDERSON CHEESE
selected varieties
230/280 g
21706908 SA



7⁵⁰

NAPOLI PIZZA
selected varieties
500-543 g
21010106 SA



3⁵⁰

NATURAL BAKERY RYE BREAD
500 g
21010106 SA



2⁵⁰

WONDER BREAD & BUNS
selected varieties
270 g or 12x
21010106 SA



\$5

FARMER'S MARKET® COOKIES & LOAF CAKES
selected varieties
240-400 g
21010106 SA



\$10

PC® MINI ÉCLAIRS & PROFITEROLES
selected varieties, frozen
490-710 g
21010106 SA



BIG HOLIDAY DEALS!

SAVE UP TO 33%

\$5

**GIUSEPPE THIN CRUST
or RISING CRUST PIZZA**
selected varieties, frozen
429/785 g
21160467 SA



**ONLY
6⁵⁰**

**LIBERTÉ GREEK or
ACTIVIA EXPERT
YOGURT**
selected varieties
650/750 g
20704361001 SA/21688205 SA

**ONLY
6²⁵**

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



**ONLY
\$4**

**CHAPMAN'S SUPER PREMIUM PLUS
ICE CREAM** 500 mL or **CANADIAN COLLECTION** 8 L
21311147 SA/20223757001 SA

\$7

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



6⁹⁹

**BECHEL
MARGARINE**
selected varieties
637/850 g
20097818002 SA



1²⁵

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



3⁵⁰

LECLERC CELEBRATION COOKIES
selected varieties
200-300 g
21429573 SA/21429573 SA



\$4

**MISS VICKIE'S POTATO CHIPS
or CHEETOS SNACKS** 170-285 g
selected varieties
21429573 SA/21429573 SA



\$3

**KELLOGG'S RICE KRISPIES
POP TARTS 304 g SPECIAL K
or NUTRI-GRAIN 295 g BARS**
selected varieties
20704361001 SA/21429573 SA



8⁹⁹

**UNICO VEGETABLE
OIL** 3 L
20097818002 SA



5⁷⁹

**SMUCKER'S JAM, JELLY or
MARMALADE**
selected varieties
210-300 mL
20097818002 SA/20097818002 SA



\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
20097818002 SA/20097818002 SA



1⁵⁹

**GREEN GIANT VEGETABLES
or OCEAN SPRAY CRANBERRY
SAUCE** 343/398 mL
selected varieties
20097818002 SA/21429573 SA



1²⁷

**STOVE TOP
STUFFING**
selected varieties
170 g
20097818002 SA



\$27

**MCCAFÉ ROAST
AND GROUND COFFEE**
selected varieties
640-900 g
21429573 SA



7⁵⁰

NESTEA ICED TEA
selected varieties
12x341 mL
21429573 SA



3⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x170 mL
20097818002 SA/20097818002 SA



14⁹⁹

**BUDWEISER ZERO
NON-ALCOHOLIC BEER**
12x355 mL
21429573 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 typographic 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 labels and packaging for more info



04 NFW



Optimum™

**SCRATCH TO
UNWRAP**



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

Dec. 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 1/90 to 1/1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ON: NFW GAME FLAP

BRANDS YOU LOVE AT LOW PRICES

SAVE 38%

\$4



COOL WHIP TOPPING
selected varieties, frozen
1 L
200000001, 2A

SAVE 42%

\$6



HIGH LINER FAMILY BATTERED FISH FILLETS
selected varieties, frozen
315-700 g
200000001, 2A

PRICE DROP

5.99



LACTANTIA BUTTER
selected varieties
454 g
200000001, 2A

ONLY

3.50



iöco NANO YOGURT 4x173 mL or **PILLSBURY REFRIGERATED DOUGH**
selected varieties
200000001, 2A/200000002, 2A

ONLY

3.50



NO NAME® PIZZA
selected varieties
330-431 g
200000001, 2A

3.50



GAY LEA WHIPPED CREAM
200 g or
LACTANTIA DAIRYLAND 18% CREAM
500 mL/16 FL OZ
200000001, 2A

3.99



SIMPLY DRINKS or **MINUTE MAID ZERO SUGAR BEVERAGES**
selected varieties
1.5 L
200000001, 2A/200000002, 2A

\$6



BLACK DIAMOND CHEESTRINGS - SNACKS 200/234 g or **CRACKER BARREL CHEESE SHREDS** 230 g
selected varieties
200000001, 2A/200000002, 2A

\$2



CHEEZ-IT CRACKERS
selected varieties
171/230 g
200000001, 2A/200000002, 2A

1.79



KNORR SIDEKICKS
selected varieties
120-142 g
200000001, 2A/200000002, 2A

7.99



PC® CHOCOLATE COVERED NUTS - FRUITS
selected varieties
230-400 g
200000001, 2A/200000002, 2A

\$4



NO NAME® BACON BITS
selected varieties
82 g
200000001, 2A

5.99



BICK'S PICKLES
selected varieties
1 L
200000001, 2A

1.69



UNICO BEANS 240 mL or **TOMATOES** 750 mL
selected varieties
200000001, 2A/200000002, 2A

16.99



TIMOTHY'S, KRISPY KREME® DONUT HOUSE COFFEE PODS
selected varieties
20 pods
200000001, 2A/200000002, 2A

\$9



MONSTER 4x473 mL or **RED BULL** 4x250 mL
ENERGY DRINKS
200000001, 2A/200000002, 2A

1.25



POWERADE SPORT DRINKS
selected varieties
230 mL
200000001, 2A/200000002, 2A

\$3



FIBRE 1 BARS 101 g or **NATURE VALLEY GRANOLA BARS** 144-210 g
selected varieties
200000001, 2A/200000002, 2A

BETTER AS A MEMBER

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

Optimum
EARN
3,000 pts
for every \$10*
spent on

= \$3
Back in points

FRENCH'S MUSTARD, FRANK'S RED HOT, THICK - SQUEEZE SAUCE or CHOLULA SAUCE
selected varieties
120 mL/1 L
200000001, 2A/200000002, 2A/200000003, 2A



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

= \$1
Back in points

ORVILLE REDENBACHER MICROWAVE POPCORN
selected varieties
200-492 g or **KERNEL JAR** 830 g
200000001, 2A/200000002, 2A



BRANDS YOU LOVE AT LOW PRICES

11⁹⁹



EARN 3,000
Back in points

CADBURY CELEBRATIONS TIN
353 g
21479775 EA

10⁴⁹



KINDER MAXI
selected varieties
116/150 g
2047994 EA

3¹⁹



CARNABY SWEET CANDY CANES
selected varieties
16's
20406744 EA/20410903 EA

11⁹⁹



MERCI BOXED CHOCOLATE
400 g
21194024 EA

2⁹⁹



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

\$9



GILLETTE or VENUS DISPOSABLE RAZORS
selected varieties
1-6's
20179414001 EA/20444907 EA

\$6



POISE PADS or LINERS
selected varieties
14-48's
20113446 EA/21293307 EA

\$11



ALWAYS LINERS
92-108's, **PADS** 27-32's or
TAMPAX TAMPONS 22-34's
selected varieties
20413494 EA/21030073 EA

3⁵⁰



SOFTSOAP HOLIDAY LIQUID HAND SOAP PUMPS
selected varieties
232 mL
21400001 EA/21400041 EA

\$15



BATISTE DRY SHAMPOO HOLIDAY GIFT PACK
selected varieties
240/300 mL
21400075 EA

\$11



NIVEA PERSONAL CARE HOLIDAY GIFT PACK
selected varieties
1 set
21400140 EA

\$10



TREE HUT HOLIDAY SUGAR SCRUB or FOAMING GEL WASH
selected varieties
210 g/320 mL
21400041 EA/21400075 EA

\$14



CASCADE AUTO DISHWASHER TABS
selected varieties
30-48's
21400140 EA/21400144 EA

\$11



TIDE LIQUID 1.42/1.66 L or **PODS** 31/38's
LAUNDRY DETERGENT, DOWNY
FABRIC SOFTENER, GAIN Scent Boosters
BOUNCE DRYER SHEETS 130/200's
selected varieties
21400140 EA/21400144 EA

7⁴⁹



NO NAME® PAPER TOWELS
4x12 rolls
21400140 EA

\$5



PC® BEVERAGE NAPKINS
selected varieties
60's
21400140 EA/21400144 EA

\$3



TEMPTATIONS CAT TREATS
PURRÉS 40 g or **SPOONS** 40 g
selected varieties
2020410104 EA/21479903 EA

5⁵⁰



FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
20479903 EA

\$9



NO NAME® CAT LITTER
selected varieties
18 kg
2017799903 EA

\$10



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

DEALS ON BABY ESSENTIALS

Optimum[®]
EARN
10,000 pts

=\$10
Value

when you
spend \$50* on

**HUGGIES IN THE BABY
DEPARTMENT**
selected varieties and sizes
21456640_EA/21401195_EA/21371199_EA/21173500_EA



Optimum[®]
EARN
10,000 pts

=\$10
Value

when you
spent \$50* on

**PAMPERS IN THE BABY
DEPARTMENT**
selected varieties and sizes
21551525_EA/21551661_EA/21089365_EA/20304474001_EA





Insiders
Report™

holiday

Hacks and
Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g

Get
750¢
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

BIG HOLIDAY DEALS!



\$4

GENERAL MILLS CHEX or NATURE VALLEY GRANOLA CEREAL
selected varieties
300-360 g
21333223 SA



1.89

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, SNACK SIZE MIX 184/212 g or FROSTING 340/450 g
selected varieties
20543441007 SA/21347638 SA



2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
20216187001 SA



\$7

OKA CHEESE
selected varieties
190 g
20927279 SA



\$5

MONSIEUR GUSTAV GOUDA
selected varieties
170 g
21287420 SA



\$5

AGROPUR BRIE or CAMEMBERT CHEESE
selected varieties, 170 g
20016313 SA/20177193 SA



3.50

MASTRO CAPOCOLLO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
20576743 SA/20577341 SA



\$5

MASTRO SALAMI 150 g or SAN DANIELE PROSCIUTTO 100 g
selected varieties
20581660 SA/21061099 SA



\$6

MASTRO SALAMETTI CHUB
selected varieties
300 g
20046481 SA/20032790 SA

**NEW
LOWER
PRICES**



\$3

THE LAUGHING COW CHEESE
selected varieties
133 g
20319107 EA

250



HOSTESS SNACKCAKES
selected varieties
203-231 g
21283752 EA



PC® GARLIC & HERB RAW GRILLING SHRIMP
frozen
340 g
21100893 EA

\$10

\$7



PILLER'S PEPPERETTES or TURKEY BITES
selected varieties
300-500 g
21099386 EA/21099391 EA



\$6

PC® BACON
selected varieties
500 g
20132829 EA

\$3



LIBERTÉ GREEK YOGURT
selected varieties
4x100 g
2080173200 EA

\$4



GIUSEPPE GARLIC FINGERS
frozen
317 g
21164021 EA

125



NEILSON MILKSHAKES
selected varieties
310 mL
21040942 EA

\$4



PC® COLD BREW COFFEE
selected varieties, refrigerated
900 mL
21022342 EA/21397831 EA

\$6



ALFA ROLLINI
selected varieties, frozen
1 kg
21040986 EA/21040987 EA

\$7



KRAFT SINGLES
825 g
21188312 EA

225



QUAKER CRISPY MINIS
selected varieties
100-199 g
20347085 EA/20347086 EA

\$3



PILLSBURY PIZZA POPS
selected varieties, frozen
4's, 380 g
21430471 EA

\$4



TENDERFLAKE PIE SHELLS
selected varieties, frozen
255-397 g
2030284001 EA

\$5



ROYALE BATH TISSUE
selected varieties
8-16 rolls
21060704 EA

**NEW
LOWER
PRICES**



1⁵⁰

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

\$4

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



3⁵⁰

**CAVENDISH
PREMIUM FRIES**
selected varieties frozen
400-750 g
21044113 EA

\$5

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



4⁵⁰

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

1⁷⁵

MAPLE LEAF FLAKES
selected varieties
156 g
2094571001 EA



\$7

NO NAME® OLIVE OIL
selected varieties
730 mL
20047713 EA



1⁷⁵

PC® PASTA
selected varieties
454 g
21010171 EA/21009164 EA



3⁷⁷

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



1⁷⁵

**CARNATION
EVAPORATED MILK**
selected varieties
154 mL
20994612 EA/20994607 EA



\$6

**MAXWELL HOUSE
INSTANT COFFEE**
130 g
21034044 EA



\$10

**KICKING HORSE
ORGANIC GROUND
COFFEE**
selected varieties
234 g
2004720001 EA/21701091 EA



3⁵⁰

EXCEL GUM MULTIPACK
3's, 7's, 7's 77 g
21434091 EA/21434094 EA



2⁵⁰

**LIPTON®
KNORR
SOUP MIX**
selected varieties
113-238 g
2013000012 EA



\$3

**VH COOKING or
DIPPING SAUCE**
selected varieties
241-280 mL
2004720001 EA/20944113 EA



EVERYDAY ESSENTIALS AT LOW PRICES

6⁵⁰

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



5⁵⁰

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



7⁵⁰

MCCAIN FAMILY SIZE
selected varieties, frozen
1.45-1.9 kg
21049322 SA



6²⁹

**BUBLY or MONTELLIER
SPARKLING WATER**
selected varieties
10/12x355 mL
21094722 C10/21097177 C12

1²⁵

PEACE TEA 695 mL or
MONTELLIER CARBONATED 1 L
selected varieties
20642284 SA/21080330 SA



\$3

**ALANI ENERGY or
CELSIUS ENERGY DRINKS**
selected varieties, 355 mL
21579464 SA/21594434 SA



6⁹⁹

FUZE or PEACE TEA ICED TEA
selected varieties
12x341 mL
21443563 C12



.90

FANCY FEAST 85 g or **FRISKIES** 156 g
WET CAT FOOD
selected varieties
20219457006 SA/20548467901 SA



1²⁵

CARNABY SWEET CANDY BAG
selected varieties, 125 g
21219409 SA/21219522 SA



\$5

TIDE PODS 16%
DOWNY FABRIC SOFTENER 0.78/1.31 L
PURIFYING RINSE 473 mL or **SCENT BOOSTERS**
143/150 g • **BOUNCE DRYER SHEETS** 40/80%
CASCADE AUTO DISHWASHER TABS 10-15%
or **RINSE AID** 473 mL
21349771 SA



DEALS ON BABY ESSENTIALS

34⁹⁹

HUGGIES ECONO PACK DIAPERS

selected varieties

size N-8, 60-208's

21456435 EA/21463748 EA



65⁴⁷

ENFAMIL A+ NEUROPRO AND GENTLESE POWDER REFILLS

selected varieties

862/890 g

21589079 EA/21589205 EA



13⁹⁹

EARN
3,000⁰⁰
Back in points

AQUAPHOR HEALING BABY OINTMENT

85 g

21463433 EA



24⁹⁹

PAMPERS SWADDLERS, CRUISERS or BABY-DRY SUPER BIG PACK DIAPERS

selected varieties

38-120's

21370843 EA/21370844 EA



27⁹⁹

HUGGIES SUPER BIG PACK DIAPERS

size N-7, selected varieties

36-128's

21572000 EA/21371074 EA



32⁹⁹

PAMPERS ECONO PACK DIAPERS

selected varieties

size N-8, 58-180's

21551461 EA



8⁹⁹

PEDIASURE COMPLETE

selected varieties

4x235 mL

20323414001 EA/20323414002 EA



4⁵⁰

GERBER INFANT CEREAL

selected varieties

227 g

2035839006 EA/20574110001 EA



NATURAL FOODS AT LOW PRICES

6⁹⁹

**NATURE'S BAKERY
FIG & BROWNIE BAR**
selected varieties
175/240 g
31349402 SA



4⁵⁰

KIND HEALTHY GRAINS BARS 175 g or
BREAKFAST BARS 200 g
selected varieties
30934402 SA/31314003 SA

\$8

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



\$4

ELAN TRAIL MIX
selected varieties
133/130 g
31044147 SA



5⁴⁹

BELSOY PUDDING
selected varieties
4x123 g
8011708803 SA



4⁹⁹

**FREEYUMM
COOKIES & BARS**
selected varieties
135/134g
21046020 SA/21046040 SA



\$11

**RX BAR
MINIS** or
5 PACK
selected varieties
208/275 g
21046006 SA/21046007 SA



\$5

**TRADITIONAL MEDICALS
ORGANIC HERBAL TEA**
16 count, selected varieties
31307044 SA



\$4

HARDBITE CHIPS
selected varieties
138/130 g
31107016 SA



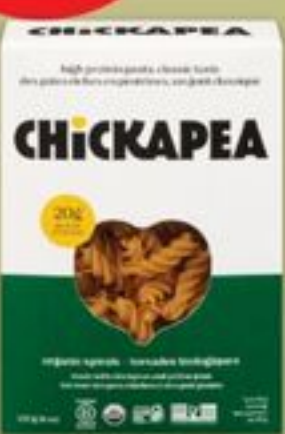
\$18

**KICKING HORSE
ORGANIC WHOLE BEAN COFFEE**
selected varieties
454 g
31050112 SA



5⁹⁹

**CHICKAPEA
HIGH PROTEIN
GLUTEN FREE PASTA**
selected varieties
337 g
21070001 SA



\$3

KETTLE BRAND CHIPS
selected varieties
154/198 g
31046010 SA/31046011 SA



\$7

**BOB'S RED MILL 1:1
BAKING FLOUR**
434 g
31070001 SA



8⁹⁹

**DAIYA PIZZA
GLUTEN FREE**
selected varieties, frozen
334-530 g
31046007 SA



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ONL NV NFW

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RIKON**
SWISS DESIGN

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ONLINE OVENWARE



Insiders Report™

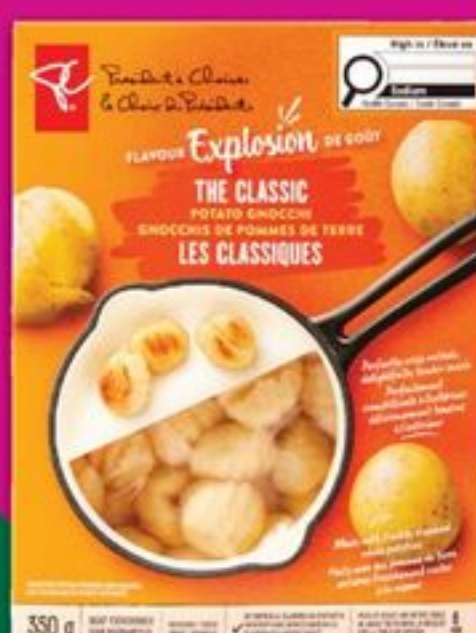
SNACKINGS OF COMFORT AND JOY

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



\$3⁵⁰

PC® HUMMUS
selected varieties
227 g
2014/09/17 EA



\$5

PC® FRESH GNOCCHI
selected varieties
280/350 g
2148/1345 EA



\$6

APP EXCLUSIVE OFFER
Optimum
EARN 1,500 = \$1.50
Back in points

PC® DOUBLE CREAM BRIE
200 g
2078/1327 EA



\$6⁵⁰

PC® CREAM FIRST™ ICE CREAM
selected varieties, frozen
1.5 L
2073/137002 EA



\$9

PC® FRESH POT PIES OR QUICHE
selected varieties
550-575 g
2148/1345 EA



\$11

PC® CHOCOLATE BASQUE CHEESECAKE
frozen
600 g
2148/7925 EA



\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
2153/5415 EA



\$4⁵⁰

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

PC® THE DECADENT™ COOKIE
selected varieties
280/300 g
2041/2231 EA/2041/2237 EA



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GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

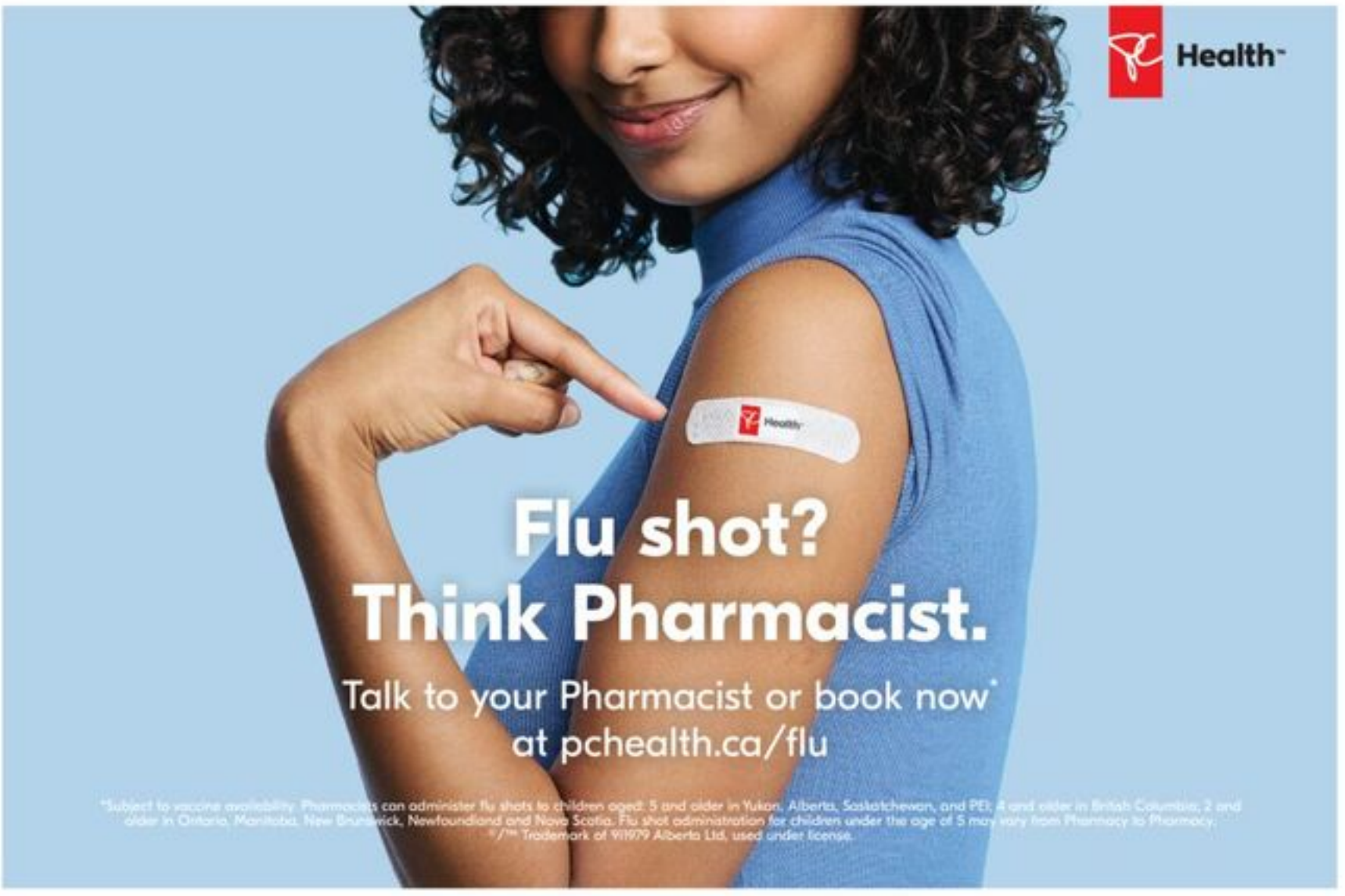
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*Standard message and data rates may apply.



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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.
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LOWER
PRICES**

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drops for longer.



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+ pts**

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



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everyday prices.



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GUARANTEE**

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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/W

ONL INFO MKT