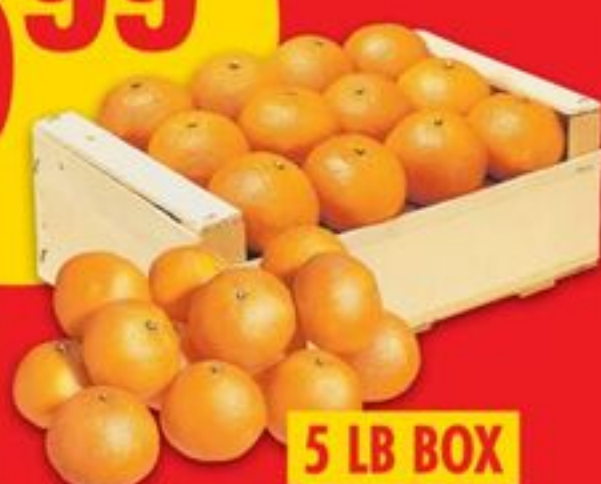




# BIG HOLIDAY DEALS!

WOW!

5<sup>99</sup>



5 LB BOX

**CLEMENTINES**  
product of Morocco or Spain  
clementines  
901823MARDI, 5A

ONLY

1<sup>44</sup>



**ENGLISH CUCUMBERS**  
product of Canada, Canada no. 1 grade  
cucumbers anglais  
90070122001, 5A

ONLY

1<sup>47</sup>  
LB



**ROYAL GALA & MCINTOSH APPLES**  
product of Atlantic provinces, Canada fancy grade  
3.24/kg  
pommes  
90070134001, 80/200832001, 80

ONLY

4<sup>99</sup>



PKG OF 3

**ROMAINE HEARTS**  
product of Canada or U.S.A.  
cœurs de romaine  
90067281001, 5A



# NOFRILLS®

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

## BIG HOLIDAY DEALS!

3-9 KG



ONLY

1<sup>77</sup> LB

CAVALIER TURKEY  
selected varieties, frozen  
3.96/kg  
about  
21/0001/00, 00

WHILE QUANTITIES LAST



SAVE UP TO 46%

6<sup>99</sup>

LOU'S KITCHEN & MANDARIN ENTRÉES  
selected varieties, frozen  
373-430 g  
about  
20/0001/00, 00

PRICE DROP

3<sup>25</sup>



CREAM  
selected varieties,  
frozen and dry variety  
by region  
473 and 1 L  
about  
20/0001/00, 00  
20/0001/00, 00



SAVE 50%

1<sup>99</sup> LB

WHILE QUANTITIES LAST

SAVE UP TO 40%

1<sup>50</sup>



CATELLI GARDEN SELECT SAUCE  
selected varieties, frozen  
400 mL  
about  
21/0001/00, 00

SAVE 43%

4<sup>49</sup>



WONG WING ENTRÉES  
selected varieties, frozen  
400/500 g  
about  
20/0001/00, 00

ONLY

3<sup>33</sup>



ACTIVIA YOGURT  
selected varieties  
450 g  
about  
20/0001/00, 00

SAVE UP TO 33%

\$7



PC DINNER ENTRÉES  
selected varieties, frozen, 900 g/1.13 kg  
about  
20/0001/00, 00

SAVE 30%

\$3



COUNTRY HARVEST BREAD & BAGELS  
selected varieties  
400 g or 400 g  
about  
21/0001/00, 00

SAVE UP TO 28%

\$2



CHRISTIE CRACKERS  
selected varieties  
190-200 g  
about  
21/0001/00, 00

WOW!

\$20

APP EXCLUSIVE OFFER\*

Optimum™ EARN 5,000<sup>PM</sup> = \$5 Back in points

PC® ROAST AND GROUND COFFEE 800-930 g, WHOLE BEAN 820/907 g or PODS 30%  
selected varieties  
about  
21/0001/00, 00



SAVE UP TO 52%

\$9



SUNLIGHT & PUREX  
selected varieties  
4.4 L or 4.4 L  
about  
20/0001/00, 00

SAVE UP TO 46%

4<sup>75</sup>



POT OF GOLD CHOCOLATE BOX 343-343 g or MERCI CHOCOLATE 300 g or PC® ROLLED WAFERS 400 g  
selected varieties  
about  
21/0001/00, 00

WHILE QUANTITIES LAST

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA M



# PRICE DROP

## \$4



### GRADE A LARGE EGGS

12's  
units  
20813144001 SA

## 4.95



### ARMSTRONG or PC® SHREDDED CHEESE 330-320 g ARMSTRONG or PC® CHEESE 400 g

selected varieties  
fromage  
21286140 SA/21346749 SA

## 4.95



### ATLANTIC BUTTER

selected varieties  
454 g  
beurre  
20066904 SA

## 4.50



### APP EXCLUSIVE OFFER\*

Y-Optimum  
EARN  
**2,000** <sup>pts</sup> = \$2  
Back in points

### PC® THE DECADENT® COOKIE

selected varieties  
280/300 g  
biscuits  
20612257 SA/20612340 SA







# BRANDS YOU LOVE AT LOW PRICES

ONLY

**\$2**

**BARILLA PASTA**  
selected varieties, 340/410 g  
pâtes  
2300007 SA/3110000 SA



SAVE 22%

**3<sup>50</sup>**

**NO NAME® PIE SHELLS**  
selected varieties, frozen, 2 x  
crusts à tarte  
3007101 SA



SAVE 22%

**3<sup>88</sup>**

**PC® ORANGE JUICE,  
TROPICANA DRINKS,  
PURE LEAF TEAS**  
TROPICANA TROPICS  
selected varieties, refrigerated,  
1.34-1.75 L  
lot d'orange ou boissons au fruit  
207473200 SA/31140001 SA



SAVE 37%

**\$10**

**KICKING HORSE ORGANIC  
GROUND COFFEE**  
selected varieties,  
384 g  
café moulu  
300071000 SA/31101000 SA



**\$3**

**PC® VEGETABLES**  
selected varieties, frozen  
300/330 g  
légumes  
3010001 SA



**\$5**

**BEN & JERRY'S  
ICE CREAM 473 mL or  
MAGNUM NOVELTIES 7 x**  
selected varieties, frozen  
crème glacée ou bonbons glaces  
3010001 SA/31100001 SA



**\$9**

**CAVENDISH CLUB PACK**  
selected varieties, frozen, 1-2.33 kg  
santitas de pommes de terre  
3010001 SA



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

**BECEL 427/454 g or  
BECEL PLANT BASED BRICKS 454 g**  
selected varieties  
végétariens ou végétaux à base de plantes  
3010001 SA



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

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties, 200 g  
fromage à la crème  
3010001 SA



**\$1**

**UNICO TOMATO PASTE  
PIZZA SAUCE 312 mL**  
selected varieties  
pâte de tomates ou sauce à pizza  
3010001 SA/31101000 SA



**2<sup>50</sup>**

**GOLDFISH CRACKERS**  
selected varieties, 136/204 g  
croustilles  
3010001 SA/31101000 SA



**\$2**

**CHEEZ-IT CRACKERS**  
selected varieties, 171/200 g  
croustilles  
3010001 SA/31101000 SA



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

**NESTLE CHOCOLATE POUCHES  
CHOCOLATE BAR MULTIPACK 1 x**  
selected varieties  
santitas de chocolat ou barre de chocolat  
3010001 SA/31101000 SA



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

**JAMIESON VITAMINS C + D 130/240 x or  
COLGATE TOOTHPASTE  
MANUAL TOOTHBRUSH 1 x**  
selected varieties  
Avaliable en format 2 dans un emballage C ou D  
3110001 SA/31101000 SA



**\$6**

**TEMPTATIONS  
CAT TREATS**  
selected varieties  
454 g  
snacks pour chats  
3010001 SA



**\$3**

**PURINA ONE  
WET DOG FOOD**  
selected varieties  
200 g  
nourriture humide pour chiens  
3010001 SA



**\$34**

**CESAR WET DOG FOOD**  
selected varieties, 24x100 g  
nourriture humide pour chiens  
3010001 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>**

**= \$4**  
Back in points

for every \$12\*  
spent on

**OASIS SMOOTHIES,  
HEALTH-BREAK or  
DEL MONTE BLENDS**  
selected varieties, refrigerated, 1.34-2.5 L  
boissons fourMins ou jus  
3110001 SA/31120001 SA/31120001 SA





# BIG HOLIDAY DEALS!



SAVE UP TO 24%

\$6

PC® WOOD-FIRED PIZZA 351-413 g or TAST!EZ 311 g selected varieties, frozen pizza 21040332 EA/21041071 EA

ONLY

350



OIKOS or ACTIVIA EXPERT YOGURT selected varieties, 4x100 g yogurt 20419713001 EA/20623053 EA

SAVE UP TO 34%

.97



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP 284 mL selected varieties soups 20176214001 EA

SAVE 26%

350



PILLSBURY TOASTER STRUDEL 326 g or SCRAMBLES 204 g selected varieties, frozen pastries 2017304001 EA

ONLY

125



NEILSON MILKSHAKE or MILK2GO selected varieties, 310 mL, 6x100 mL or 125 mL 21040922 EA/21040942 EA

125



NO NAME® BROTH selected varieties 400 mL, 1.36 L EA

225



FRUITE DRINKS or FRUITOPIA BEVERAGES selected varieties, 1.5 L/1.7 L EA

350



OLD DUTCH POTATO CHIPS or HUMPTY DUMPTY SNACKS 275/294 g selected varieties, resealable or zip-top EA

\$4



TOSTITOS TORTILLA CHIPS selected varieties, 228/270 g resealable or family EA

\$2



V8 VEGETABLE COCKTAIL or ALLEN'S DRINK BOXES selected varieties, 4x128 mL or 2x250 mL 2007704001 EA/2007704002 EA

\$2



CAMPBELL'S READY TO SERVE or HABITANT 710 mL SOUP selected varieties soups 20176214001 EA

\$2



UNICO PREMIUM COLLECTION TOMATOES selected varieties, 710 mL, 1.36 L EA

12.99



COCA-COLA or PEPSI SOFT DRINKS selected varieties, 500/550 mL, 1.5 L EA

\$2



PALMOLIVE DISHWASHING LIQUID selected varieties 473/1.28 L EA

\$3



OCEAN'S WHITE TUNA 170 g or GOLD SEAL PINK SALMON 130/113 g selected varieties, 100% salmon or salmon meal 20176214001 EA

\$6



HELLMANN'S REAL MAYONNAISE selected varieties 710/870 mL 20176214001 EA

\$8



NO NAME® CANOLA or VEGETABLE OIL 2 L EA

350



KELLOGG'S CEREAL selected varieties 240/253 g EA

8.99



TWINING'S TEA selected varieties EA

11.99



STARBUCKS ROAST AND GROUND COFFEE 340 g, PODS 10% or HOT CHOCOLATE 340/300 g EA

11.50



PC® 100% PURE MAPLE SYRUP 500 mL EA

NEW LOWER PRICES

\$6



PC® BACON selected varieties 100 g EA

350



CAVENDISH PREMIUM FRIES selected varieties, frozen, 400/750 g EA

175



CARNATION EVAPORATED MILK selected varieties, 234 mL EA

3.77



OLD EL PASO DINNER KITS selected varieties, 210/210 g 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



Do not put in recycling bin





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 ou biscuits



\$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



\$4

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



\$3

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



\$5

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



\$1

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



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

**Earn 1,000 points**  
Back in points



5<sup>50</sup>

**LYSOL WIPES** 75/84" x  
**DISINFECTANT**  
**SPRAY** 350 g or  
**MULTI-PURPOSE**  
**TRIGGER** 950 mL  
selected varieties  
lingettes ou vaporisateur  
désinfectant ou tout usage à  
gâchette  
30314311001 EA/21449626 EA



11<sup>99</sup>

**ROYALE TIGER TOWEL**  
selected varieties  
6x12 rolls  
essuie-tout  
21484723 EA



**GLAD GARBAGE BAGS**  
selected varieties  
20-40" x  
sacs à ordures  
2016439002 EA



**TRU EARTH LAUNDRY DETERGENT**  
**ECO-STRIPS**  
selected varieties  
32's  
bandes de détergent à lessive  
21425314 EA



**NO NAME® LAUNDRY DETERGENT** 4.43 L  
**FABRIC SOFTENER** 3.5 L or **SHEETS** 200's  
selected varieties  
détergent ou assouplissant  
21540383 EA

9<sup>99</sup>

12<sup>50</sup>

\$8



**GAIN LIQUID** 4.25 L or **FLINGS** 42's  
**LAUNDRY DETERGENT**  
selected varieties  
détergent à lessive  
2069627 EA/21671133 EA



EARN  
1,000<sup>00</sup>  
back in points

\$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



**MR. CLEAN ALL-PURPOSE CLEANER** 1.21 L  
**FEBREZE AIR** 350 g, **BATHROOM AIR**  
**FRESHENER** 7.5 mL, **CAR** 2 mL or **MAGIC ERASER** 2's  
selected varieties  
nettoyant ou déodorisant ou effleur magique  
21706198 EA/21060017 EA

\$15

\$22

\$4



**AIR WICK SCENTED OIL**  
**REFILL** or **KITS**  
selected varieties  
5x20 mL  
recharges d'huile parfumée ou trousse  
21298211 EA/21438370 EA



\$4

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



\$20

**FINISH AUTO**  
**DISHWASHER TABS**  
selected varieties  
40-105's  
capsules de détergent pour lave-vaisselle  
21218875 EA/21561337 EA



# BIG HOLIDAY DEALS!



**\$5**

**\$4**

**\$3**

**BOURSIN CHEESE**  
selected varieties  
150/220 g  
fromage  
20116794, 8A

**MINI BABYBEL**  
selected varieties  
120 g  
fromage  
20374332, 8A

**THE LAUGHING COW CHEESE**  
selected varieties, 133/140 g  
fromage  
20319107, 8A/21021434, 8A



**\$2**

**6<sup>49</sup>**

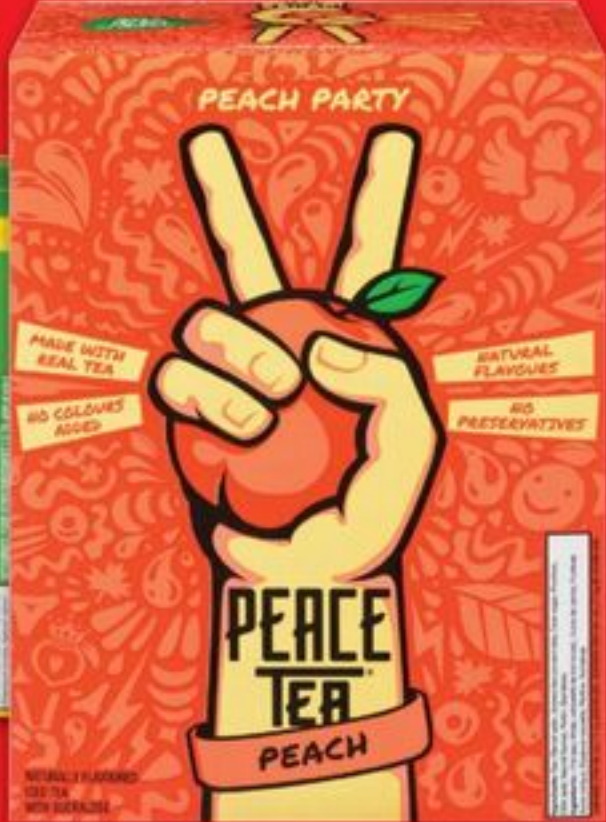
**\$5**

**MAPLE LODGE or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties  
450 g  
saucisses fumées de poulet  
20062713, 8A

**ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES**  
selected varieties  
375/500 g  
saucisses de poulet  
21379310, 8A

**MAPLE LODGE ULTIMATE CHICKEN WIENERS or ZABIHA HALAL SUPREME CHICKEN WIENERS**  
selected varieties, 900 g  
saucisses fumées de poulet  
20071791, 8A

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



**FUZE or PEACE TEA ICED TEA**  
selected varieties  
12x341 mL  
the glass  
21645563, C12/21343429, C13



**4<sup>50</sup>**

**1<sup>50</sup>**

**6<sup>29</sup>**

**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses  
2021054002, C06/2021054004, C06

**GATORADE SPORT DRINKS**  
selected varieties  
710 mL  
boissons désaltérantes  
20305773003, 8A/21357037, 8A

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties  
10/12x355 mL  
eau pétillante  
21096722, C10/21097177, C12



EVERYDAY  
ESSENTIALS  
AT LOW  
PRICES

1<sup>39</sup>



**NO NAME®  
VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
20296481, SA/20323222, SA

6<sup>50</sup>



**ACTIVIA YOGURT**  
selected varieties  
12x100 g  
yogourt  
20303412001, SA/20303412002, SA

\$10



**SURAJ® BASMATI RICE**  
3.63 kg  
riz basmati  
20828921, SA





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 890 in 1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONL/NFA FLAP 2



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.





5<sup>99</sup>

**KRAFT PEANUT BUTTER** 750 g/1 kg or **HAZELNUT SPREAD** 725 g  
selected varieties  
beurre d'arachide ou  
hortonade de noisettes  
20039381001 EA/21283418 EA



7<sup>99</sup>

**MAXWELL HOUSE or NABOB TASSIMO COFFEE DISCS**  
selected varieties  
8-16's  
capsules de café  
2003954001 EA/20332948 EA



3<sup>99</sup>

**KRAFT SINGLES**  
selected varieties  
410 g  
fromage en tranches  
21180454 EA/21181907 EA



3<sup>99</sup>

**KRAFT CHEEZ WHIZ**  
selected varieties  
450 g  
produit de fromage fondu  
20039606001 EA/20039606002 EA



3<sup>27</sup>

**CLASSICO PASTA SAUCE**  
selected varieties  
410/600 mL  
sauce pour pâtes  
20325009001 EA/21618217 EA



\$4

**CRAVE DINNER ENTRÉES** 200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g  
selected varieties, frozen  
plats cuisinés ou macaroni au fromage  
21083313 EA/21553329 EA

3<sup>99</sup>

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
produit de fromage à la crème  
20441367 EA/20864914010 EA



4<sup>29</sup>

**KRAFT COOL WHIP DESSERT TOPPING**  
selected varieties, frozen  
1 L  
garniture à dessert  
20030369001 EA



# 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 OVENWARE





Insiders  
Report™

# holiday

Hacks and  
Offers



Digital Coupons

CLICK FOR THESE  
COUPONS AND MORE



**PC®  
CRACKERS**  
185 g  
croquellins

Get  
**750**  
with digital  
coupon



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

Get  
**1,500**  
with digital  
coupon



**PC®  
DINO  
MELON**  
melon

Get  
**500**  
with digital  
coupon



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

Get  
**750**  
with digital  
coupon



**PC®  
PORCHETTA**  
1.2 kg  
porchetta

Get  
**3,000**  
with digital  
coupon



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

Get  
**1,000**  
with digital  
coupon



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

Get  
**500**  
with digital  
coupon



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

Get  
**3,000**  
with digital  
coupon



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

Get  
**2,000**  
with digital  
coupon



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

Get  
**2,500**  
with digital  
coupon



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

Get  
**2,000**  
with digital  
coupon



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

Get  
**1,500**  
with digital  
coupon



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

Get  
**2,000**  
with digital  
coupon



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

Get  
**500**  
with digital  
coupon



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

Get  
**1,000**  
with digital  
coupon



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

Get  
**2,500**  
with digital  
coupon



# GLOBAL FOODS AT LOW PRICES

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

**PAPAYA**  
product of Mexico  
4.39/kg  
papaye  
20817066001\_KD



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

**COCONUT**  
product of India or  
Dominican Republic  
each  
noix de coco  
30003774001\_EA

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

**RED or WHITE POMELO**  
product of China  
each  
pommele rouge ou blanc  
20081390001\_EA/20043410001\_EA



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

**OKRA**  
product of U.S.A., Guatemala or Honduras  
8.80/kg  
gombo  
20091263001\_KD



**\$9**

**SUFRA®  
HALAL  
CHICKEN  
DRUMSTICKS**  
fresh  
up to 840 g  
pièces de poulet halal  
2141004\_EA



**\$12**

**SEAQUEST®  
SHRIMP RING**  
frozen  
434 g  
croustilles de crevettes  
2007011\_EA



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

**T&T® PORTUGUESE STYLE TARTS**  
200 g  
tartelettes style portugaises  
2142023\_EA



**2<sup>29</sup>**

**HANS DAIRY DAHI**  
selected varieties  
730 g  
dahi  
2007011\_EA



**3<sup>49</sup>**

**INDOMIE  
NOODLES**  
selected varieties  
80-425 g  
nouilles  
2048077\_EA



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

**HALDIRAM'S PUNJABI SAMOSA**  
400 g  
bars of samosa  
20710713\_EA



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

**PRANA  
FROZEN  
PARATHA**  
selected varieties  
2.4 kg  
paratha  
21772384\_EA



**3<sup>79</sup>**

**GRACE JERK  
SEASONING** 284 g or  
**LA COSTENA SAUCE**  
435 mL  
selected varieties  
seasonnement à la jerk ou sauce  
20110630001\_EA/20091338\_EA



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

**HUY FONG SAMBAL OLEK** 475 mL  
**CHILI GARLIC SAUCE** 421 mL or  
**SRIRACHA SAUCE** 714 mL  
selected varieties or sauce chili à l'ail ou sauce  
2007011\_EA/207003179\_EA



**3<sup>79</sup>**

**FRITO LAY'S  
SPECIALTY  
FLAVOURS CHIPS**  
selected varieties  
200 g  
croustilles  
21043082\_EA/210432113\_EA



AVAILABLE AT SELECT LOCATIONS ONLY

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Insiders Report™

# SLEIGH THE BRUNCH GAME

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



**\$2** LB



**PC® CIDER GROVE APPLES**  
product of Canada, Canada fancy grade  
4.41/kg  
potatoes  
31484037001\_K0



**\$2** LB

**PC® DINO MELONS**  
product of Brazil  
4.41/kg  
melons  
31488131001\_K0



**\$18**

**PC® PORCHETTA ROAST**  
fresh  
1.2 kg  
rôti de porc porchetta  
31486448\_8A



**\$9**

**PC® FRESH POT PIES**  
selected varieties  
550-575 g  
pâtés frais  
31483000\_8A



**PC® PROBIOTIC YOGURT**  
selected varieties  
650 g  
yogourt aux probiotiques  
31484020\_8A/31484024\_8A



**PC® LOADED PIEROGI BAKE**  
frozen  
770 g  
pierogis tout garnis  
31486150\_8A



**PC® TEA or HERBAL TEA**  
selected varieties  
20%  
thé ou tisane  
30308417\_8A/30437412001\_8A

**\$3.50**

**\$11**

**\$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](http://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**

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



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



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

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



**Flu shot?  
Think Pharmacist.**

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

\*Subject to vaccine availability. Pharmacists can administer flu shots to children aged 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. †/™ Trademark of 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\*

**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.**



\*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](http://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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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

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