



BIG HOLIDAY DEALS!

PRICE DROP

4⁹⁵



**GRADE A
LARGE EGGS**
brands varies by region
18's
œufs
20814294001_EA

PRICE DROP

4⁹⁵



**LACTANTIA
BUTTER**
selected varieties
454 g
beurre
20639926_EA

PRICE DROP

4⁹⁵



ARMSTRONG or **PC® SHREDDED CHEESE** 250-320 g,
ARMSTRONG or **PC® CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286240_EA/21346749_EA



APP EXCLUSIVE OFFER*

**4 DAYS ONLY
THURSDAY, DECEMBER 18 -
SUNDAY, DECEMBER 21**

Optimum
Members-Only Price™
4⁹⁹
Non-members
6⁹⁹

Members save
\$2



LIMIT 4, AFTER LIMIT \$6.99

ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
papier hygiénique
21572800_EA

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, DECEMBER 18 TO WEDNESDAY, DECEMBER 24, 2025.

BIG HOLIDAY DEALS!



SAVE 51%

5⁸⁸
LB

SIRLOIN TIP ROAST
cut from Canada AA or USDA select grade
rôti de pointe de surloin
12.96/kg
2074774_KG

WHILE QUANTITIES LAST

SAVE 25%

\$6

APP EXCLUSIVE OFFER:
Y-Optimum
EARN **2,000** ^{pts} = **\$2**
Back in points

FARMER'S MARKET™ PIES
selected varieties
580 g-1 kg
pâtés
21297367_EA/21297365_EA



HALAL

ONLY

4⁸⁸
LB

NEW ZEALAND SHORT CUT LAMB LEG
frozen
gigot d'agneau raccourci
10.76/kg
20142553_KG

WHILE QUANTITIES LAST

SAVE 30%

8⁹⁹

BERTOLLI OLIVE OIL
selected varieties
1 L
huile d'olive
20156182001_EA



SAVE UP TO 53%

6 OZ CLAMSHELL

1⁷⁷

BLACKBERRIES
product of Mexico, or U.S.A. or
RASPBERRIES
product of Mexico, or U.S.A., no. 1 grade
mûres ou framboises
20051015001_EA/ 20128938001_EA



ONLY

2⁹⁷

ASTRO or iöGO YOGURT TUBS
selected varieties, 650/750 g
conteneurs de yaourt
20143236001_EA/21439463_EA



SAVE 25%

\$3

LEAN GROUND PORK
fresh
450 g
porc haché
21461160_EA



SAVE 33%

\$4

MAPLE LEAF or SCHNEIDERS BACON
selected varieties
65-373 g
bacon
20773671_EA



SAVE 50%

1⁵⁰

PINEAPPLE
product of Costa Rica
each
cacaos
20140992001_EA



SAVE UP TO 35%

2⁷⁵

MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties, 1.09 L
cocktail de jus de palourdes ou canneberge
20300040008_EA/20318953002_EA



ONLY

3⁴⁷

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
220-410 g
pizzas
20296100001_EA/20296424001_EA



SAVE UP TO 47%

2⁵⁰

DORITOS TORTILLA 210/235 g or RUFFLES POTATO 180-220 g CHIPS
selected varieties
croustilles
21341053_EA/21493042_EA



SAVE 37%

1⁸⁸

CANTALOUPE
product of Guatemala or Honduras,
no. 1 grade
each
cantaloup
20167017001_EA



ONLY

10⁹⁹

PC® BELGIAN CHOCOLATE BISCUIT COLLECTION
500 g
collection de biscuits au chocolat
20047791_EA



WHILE QUANTITIES LAST

SAVE 59%

4⁴⁹

NESTLÉ TURTLES 150 g or QUALITY STREET CHOCOLATE BOX 148 g
selected varieties
boîte de chocolat
21395238_EA



WHILE QUANTITIES LAST

ONLY

4⁹⁹

LINDT EXCELLENCE CHOCOLATE BAR
selected varieties
80/100 g
barres de chocolat
2012320006_EA/20133327001_EA



WHILE QUANTITIES LAST

SAVE 50%

.47
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
chou vert
1.04/kg
20793034001_KG



SAVE UP TO 45%

1⁵⁰

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20294934002_EA/20314023002_EA



ONLY

2⁸⁸

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source
20134973_C24



SAVE UP TO 38%

7⁹⁹

TIDE SIMPLY LIQUID LAUNDRY DETERGENT 272 L or FLEECY FABRIC SOFTENER 3.3 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant
21311739_EA/214671000_EA



SAVE 33%

3⁹⁹

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS
selected varieties, product of U.S.A.
salades hachées
20074110_EA/ 21301581_EA



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, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

SAVE UP TO 33%

9.99
EA/LB



DOM SMOKED STEELHEAD SALMON FILLET 250 g or **SALMON FILLET** 22.02/kg
filet de saumon
21527800, EA/20339767, KG

WHILE QUANTITIES LAST

ONLY

\$3



APP EXCLUSIVE OFFER*

Y-Optimum
EARN
1,000^{pts}
=\$1
Back in points

PC® DIPS 200/227 g or **NAAN DIPPERS** 200 g
selected varieties
trempettes ou pains Naan
20584212, EA/21092033, EA

SAVE 40%

4.50



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

SAVE UP TO 37%

\$5



PILLER'S KOLBASSA 300-375 g or **SLICED PEPPERONI** 175-250 g or **MARCANGELO SLICED MEAT** 85 g or **SLICED PEPPERONI** 175 g or **COOKED CHICKEN BITES** 200 g
selected varieties
kolbassa ou pepperoni tranché ou viandes tranchées ou bouchées de poulet
20308469, EA/21706089, EA

SAVE 25%

\$6



HIGH LINER FAMILY FAVOURITES FISH FILLETS
selected varieties, frozen
315-700 g
filets de poisson
20303200001, EA

FRESH AT LOW PRICES

3⁹⁹

10 LB BAG

FARMER'S MARKET™ CARROTS, YELLOW ONIONS or BEETS
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes ou betteraves
20600930001_EA/20600991001_EA



2⁹⁹ LB

BRUSSELS SPROUTS
product of U.S.A. or the Netherlands, or
ROMA TOMATOES
product of Canada or Mexico, no. 1 grade
choux de Bruxelles ou tomates roma
6.59/kg
20036155001_KG/20143381001_KG

3⁹⁹

10 LB BAG

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001_EA/20601017001_EA



6⁹⁹

5 LB CLEMENTINES
product of Morocco or Spain
clémentines
20182566001_EA



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

1⁹⁹ EA/LB

BROCCOLI CROWNS each, product of U.S.A. or Mexico,
ENGLISH CUCUMBERS each, product of USA or Mexico
GREEN ZUCCHINI 4.39/kg, product of USA or Mexico
courgettes anglaises ou courgettes de brocoli ou courgette verte
21121560001_EA/20070132001_EA/20426596001_KG



3⁹⁹

PKG OF 5

ASPARAGUS product of Peru or Mexico, no. 1 grade,
RED or GREEN PEPPERS product of U.S.A.
asparagus ou poivrons verts ou rouges ou asperges
21044956001_EA/20113233001_EA/21644956001_EA

325 G



1²⁹ LB

SWEET POTATOES
product of Canada
patates douces
2.84/kg
20127030001_KG



1⁹⁹

POMEGRANATES
product of Egypt or Israel
grenades
20134767001_EA



2⁹⁹

283 G

GRAPE TOMATOES
product of Canada or Mexico
tomates raisins
21367888001_EA



3⁹⁹

PKG OF 2

3 LB BAG

ROMAINE HEARTS
product of U.S.A. or
FARMER'S MARKET™ RED ONIONS
product of Canada, Canada no. 1 grade or
cœurs de romaine ou oignons rouges
20811362001_EA/20083756001_EA



1⁹⁹ LB

BARTLETT or BOSCH PEARS
product of U.S.A., extra fancy grade
poires
4.39/kg
20172240001_KG/20287813001_KG



1²⁹

ATAULFO MANGOES product of Peru or
RED MANGOES product of Brazil
each
mangues
20121509001_EA/20039633001_EA



4⁹⁹



4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307213001_EA/20767998001_EA



3⁹⁹ EA/LB

RED or GREEN SEEDLESS GRAPES
8.80/kg, product of U.S.A. or Peru, no. 1 grade or
FARMER'S MARKET™ LEMONS
each, product of South Africa
raisins rouges ou verts sans pépins ou citrons
20795313001_EA/20423273001_KG/20159199001_KG



3⁹⁹

PC® LITTLE GEMS™ RED, YELLOW, or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini pommes de terre rouges, dorées ou assorties
21347301001_EA/21347399001_EA



\$4

225 G

PC® SALTED or PC® BLUE MENU® UNSALTED PISTACHIOS
product of U.S.A.
pistaches
20940332_EA/21351596_EA



2⁴⁹

227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Canada
champignons blancs ou cremini tranchés ou entiers
20775805_EA/20775239_EA



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

FRESH AT LOW PRICES

\$13

MAPLE LEAF PRIME SPLIT CHICKEN WINGS

up to 880 g
ailes de poulet séparées
21185158 EA



2.49
LB

GRADE A FRESH TURKEYS

selected varieties
dindes fraîches
5.49/kg
20145891 KG



5-11 KG

3.99
LB

PORK COMBO CHOPS

bone-in, fresh
côtelettes de porc
8.80/kg
20683470 KG

WHILE QUANTITIES LAST



\$7
LB

LEAN GROUND BEEF AND PORK

boeuf et porc hachés maigres
15.43/kg
20861188 KG



6.99
LB

SCHNEIDERS FESTIVE HAM

ponson
15.41/kg
21194338 KG

WHILE QUANTITIES LAST



11.99

MARCANO ITALIAN SAUSAGES or MEATBALLS

selected varieties, 1 kg
saucisses italiennes ou boulettes de viande
20867488 EA



\$6

WATSON RIDGE CHICKEN STRIPS or NUGGETS

frozen, 800 g
lanières ou pépites de poulet
21303349 EA



\$6

AGROPUR BRIE or CAMEMBERT CHEESE 170 g,
CASTELLO CHEESE 125-200 g, **APETINA FETA CUBES**,
HENRI WILLIG GOUDA or **TRE STELLE HALLOUMI** 200 g
selected varieties

Fromage
20177193 EA/20574963 EA



6.50

MARINA DEL RAY WILD RAW ARGENTINIAN SHRIMP or BAY SCALLOPS

300 g or 400 g
frozen
crevettes sauvages crues ou pétoncles de baie
21334287 EA



3.50

SMOKED STEELHEAD SALMON pre-sliced, 50 g.

GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 160 g.

SEAQUEST® FLAVOURED ALASKA POLLOCK ready to eat 227 g or

YELLOWFIN TUNA STEAKS 92 g
saumon steelhead fumé ou crevettes ou gobeorge d'Alaska aromatisée
ou dorées de thon albacore
21208591 EA



\$4

SNACK FACTORY PRETZEL CRISPS

selected varieties, 200 g
biscuits
2048940 EA



\$10

ZIGGY'S® SLICED DELI MEAT

900 g
charcuteries tranchées
21468301 EA



4.50

PC® CHUNKY GUACAMOLE selected varieties, 227-228 g

or **PC® PICO DE GALLO SALSA MILD** 300 g
guacamole ou salsa pico de gallo
21448079 EA / 20925175 EA



5.50

RESERS MAIN ST BISTRO MASHED POTATOES or MAC AND CHEESE

selected varieties, 567-680 g
purée de pommes de terre ou macaroni au fromage
20027947 EA/20338009 EA



\$3

D'ITALIANO BREAD

selected varieties
600-675 g
pain
2038333 EA



1.75

PC® or BLUE MENU® ENGLISH MUFFINS

selected varieties, 6's
muffins anglais
20610728 EA



\$5

FARMER'S MARKET® BUTTER CROISSANTS

selected varieties, 260-336 g
croissants au beurre
20772943 EA



3.50

STONEMILL ARTISAN BREAD

selected varieties, 350 g
pain
21506254 EA



BIG HOLIDAY DEALS!

ONLY

4⁹⁹

HÄAGEN-DAZS ICE CREAM
400-450 ml or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacées ou friandises glacées
30302298003, EA/21513347, EA



ONLY

5⁹⁹

NEILSON TRUTASTE MILK
selected varieties
4 L
lait
20146477, EA

SAVE 33%

\$2

NO NAME® DINNER ROLLS
selected varieties
12's
petits pains
21431228, EA



ONLY

3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20441207, EA/20866724010, EA

4²⁹

PC® ORANGE JUICE, TROPICANA TROPICS
or **DRINKS** or **PURE LEAF TEAS**
selected varieties, refrigerated, 1.36-1.75 L
jus d'orange ou boissons ou thé
21430551, EA/2073572003, EA



\$3

NEILSON CREAM
5% / 10% 1 L or
18% / 25% 473 mL or
NEILSON EGGNOG 946 mL
selected varieties
crème ou lait de poule
20122609, EA/2083402001, EA



\$10

HIGH LINER PAN-SEAR
or **BATTERED FISH FILLETS**
selected varieties, frozen, 425-600 g
filets de poisson
20432114, EA



\$12

NO NAME® FROZEN FRUIT
selected varieties
2 kg
fruits surgelés
21032314, EA



1⁵⁰

NO NAME® WHITE VINEGAR
club size
4 L
 vinaigre blanc
20122756, EA



\$5

INTERNATIONAL DELIGHT COFFEE
ENHANCERS 140 mL or
COLD FOAM 370 g
selected varieties
colorants à café ou mousses froides
2091540003, EA/21409946, EA



1²⁵

CAVENDISH HASHBROWNS
frozen
800 g
pommes de terre râsées
21404103, EA



\$4

TOSTITOS TORTILLA CHIPS
selected varieties
205-293 g
croustilles
21050073, EA



.79

FRANCO AMERICAN GRAVY
selected varieties
294 mL
sauce brune
20042334, EA



1⁵⁹

GREEN GIANT VEGETABLES 341/398 mL or
OCEAN SPRAY CRANBERRY SAUCE 348 mL
selected varieties
légumes ou sauce aux canneberges
20022297001, EA/21014483, EA



1⁶⁹

CAMPBELL'S BROTH
selected varieties
250/300 mL
bouillon
2022246001, EA/21347345, EA



1²⁹

KRAFT STOVE TOP STUFFING
selected varieties
120 g
farine
20310207001, EA



\$9

PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
bière déalcoolisée
20131729, EA



\$23

VAN HOUTTE or **MCCAFÉ GROUND COFFEE PODS**
selected varieties
30's
capsules de café moulu
20143449, EA/21340975, EA



\$2

PC® SEAFOOD SAUCE
selected varieties
250 mL
sauce pour fruits de mer
20022348002, EA



2⁵⁰

CHRISTIE CRACKERS
selected varieties
175-200 g
croustilles
21030947, EA/21347024, EA



BETTER AS A MEMBER

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

Optimum

EARN

3,500^{pts}

= 3⁵⁰

Back in points

for every \$15*
spent on

CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING
all sizes and varieties
épices ou assaisonnements ou extraits ou colorants alimentaires
20061848, EA/20302816001, EA/20308006002, 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



this product contains post consumer recycled paper



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



\$2⁵⁰

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



\$2⁸⁵

Prepared in Canada

PC® Cinnamon Raisin Bread

675 g

Limit: 6, over limit retail \$4.00

4913535_EA



\$4⁵⁰

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.

ONL NFO FLAP 1



Insiders
Report™

holiday

Hacks and Offers



Digital Coupons

CLICK FOR THESE
COUPONS AND MORE



**PC®
CRACKERS**
185 g
crackelins

Get
750^{pts}
with digital
coupon



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

Get
1,500^{pts}
with digital
coupon



**PC®
DINO
MELON**
melon

Get
500^{pts}
with digital
coupon



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

Get
750^{pts}
with digital
coupon



**PC®
PORCHETTA**
1.2 kg
porchetta

Get
3,000^{pts}
with digital
coupon



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

Get
1,000^{pts}
with digital
coupon



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

Get
500^{pts}
with digital
coupon



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

Get
3,000^{pts}
with digital
coupon



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

Get
2,000^{pts}
with digital
coupon



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

Get
2,500^{pts}
with digital
coupon



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

Get
2,000^{pts}
with digital
coupon



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

Get
1,500^{pts}
with digital
coupon



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

Get
2,000^{pts}
with digital
coupon



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

Get
500^{pts}
with digital
coupon



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

Get
1,000^{pts}
with digital
coupon



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

Get
2,500^{pts}
with digital
coupon

BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
dessert glacé
21651628 EA



SAVE 25%

\$3

PC® VEGETABLES 300-750 g or
CATCH OF THE DAY 350 g
selected varieties, frozen
légumes ou filets de poisson
20318915 EA



ONLY

2⁷⁵

YOPLAIT SOURCE 630 g,
TUBES 8's, **MINIGO** 6's or
PROTEIN 4's **YOGURT**
selected varieties
yogourt
21547595 EA/21619388 EA



ONLY

\$8

PC® BLACK LABEL PIZZA
selected varieties, frozen
pizza
21531415 EA



\$2

CAMPBELL'S READY TO SERVE
HABITANT 750 mL
selected varieties
soupe
21479030 EA/2029969002 EA



6⁹⁹

IMPERIAL MARGARINE
selected varieties
1.28/1.26 kg
margarine
20084992 EA



\$2

MCCAIN FRIES
selected varieties, frozen
800 g
frites
21521173 EA



3⁵⁰

PILLSBURY TOASTER STRUDEL or **SCRAMBLES**
selected varieties, frozen
204/232 g
pâtisserie
2017264001 EA/21474307 EA



\$8

TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.63 L
jus d'orange
20119754001 EA



\$5

PC® DRY ROASTED PEANUTS 700 g or
CASHEWS 200 g
selected varieties
arachides ou noix de cajou
2003799002 EA/21054942 EA



\$3

PRINGLES PARTY STACK POTATO CRISPS 194/203 g or **MINGLES** 155 g
selected varieties
croustilles ou grignolines
21074384 EA/21454338 EA



\$2

DARE CRACKERS
selected varieties
100-225 g
croustilles
21220666 EA/21220791 EA



\$6

HELLMANN'S REAL MAYO
selected varieties
710-890 mL
mayonnaise
20615579001 EA



2⁵⁰

TIM HORTONS SOUP
selected varieties
540 mL
soupe
21529119 EA



\$2

PRIMO PASTA SAUCE
selected varieties
680 mL
sauce pour pâtes
20162086 EA



\$5

POST FAMILY SIZE CEREAL
selected varieties
525-650 g
céréales
21454422 EA/21575249 EA



\$3

TETLEY TEA or HERBAL TEA
selected varieties
20/24's
thé ou tisane
20711138 EA/21343442 EA



3⁵⁰

PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de canneberges ou légumes
20307523001 EA/2030849004 EA



\$6

GATORADE SPORT DRINKS 6x591 mL or
POWDERS 560 g
selected varieties
boissons déshydratantes ou poudres
20303318003 C06/203246724001 EA



6⁵⁰

PC® CARBONATED SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
202188595001 C12/20490471002 C12



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

=\$3
Back in points

for every \$12*
spent on



BEN'S ORIGINAL RICE
selected varieties
68 g-2.2 kg
riz
21397330 EA/21405476 EA/21535549 EA/21680713 EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

\$4

SIMPLY DRINKS

selected varieties, refrigerated, 1.54 L

boissons sans sucre

21170784 EA/21170793 EA

EARN 1,000 Back in points = \$1



ONLY

\$15

POGO

selected varieties, frozen, 20's

sauces sur bâtonnet

20065224002 EA

SAVE 20%

\$2



PILLSBURY REFRIGERATED WRAPS

selected varieties, 200-227 g

pâte réfrigérée

20305424003 EA/211505340 EA

ONLY

\$3



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT

selected varieties, 410 g or

LACTANTIA CREAM CHEESE 227 g

produits de fromage fondu ou fromage à la crème

21323564 EA/21672558 EA

SAVE 33%

3.99



KRAFT CHEEZ WHIZ

selected varieties, 450 g

produit de fromage fondu

20639604001 EA

\$3



TOWNHOUSE

247-291 g or

CHEEZ IT SNAP'D CRACKERS 213 g

croquettes

21107402 EA/21431181 EA

\$5



NUTELLA B-READY

132 g or

HAZELNUT SPREAD 375 g

torréfiée de noisettes

20431988 EA/21437401 EA

\$4



GENERAL MILLS CHEEX

or

NATURE VALLEY GRANOLA CEREAL

300-390 g

céréales granolées

20849233 EA/21533235 EA

2.25



PC® 100% JUICE

or

NO NAME® FRUIT BEVERAGES 2 L

selected varieties

jus ou boissons aux fruits

2032043006 EA/21622812 EA

3.50



MINUTE MAID, FIVE ALIVE or FUZE DRINK BOXES

selected varieties, 8/10x200 mL

boîtes de boissons

20327043001 EA/21444710 C10

6.50



DEL MONTE JUICE BLENDS

2.5 L or

ACTIVIA YOGURT 12's

selected varieties

jus ou yogourt

21395736 EA/20400734 EA

\$6



NO NAME® NAPKINS

Club Size, 500's

serviettes

20304977 EA

\$9



PALMOLIVE DISHWASHING LIQUID

selected varieties, 4.27 L

détergent liquide à vaisselle

21314683 EA

7.99



UNICO VEGETABLE OIL

3 L

huile végétale

20098102 EA

3.49



HERSHEY'S CHOCOLATE POUCHES

selected varieties

160-230 g

sachets de chocolat

203049004 EA

3.50



DUNKAROOS

168 g or

NATURE VALLEY MUFFIN BARS 175 g

selected varieties

céréales aux barres

21434983 EA/21449836 EA

3.50



GENERAL MILLS CEREAL

selected varieties, 300-437 g

céréales

21104067 EA/21313642 EA/21533235 EA



\$6



PILLSBURY PIZZA POPS or BITES

selected varieties, frozen, 693/760 g

pizzas surgelées ou bouchées

21435146 EA

\$5



BEN & JERRY'S ICE CREAM

selected varieties, frozen, 473 mL

crème glacée

21438402 EA

\$5



MAGNUM NOVELTIES

selected varieties, frozen, 2's

bonbons glacés

20930739 EA

4.50



BREYERS CREAMERY STYLE ICE CREAM

selected varieties, frozen, 1.41 L

crème glacée

21435146 EA

OUR BRANDS

Made by us,
loved by you.



no name®



\$6

**PC® FREE FROM®
SLICED DELI MEAT** 175 g or
**ZIGGY'S® PEPPERONI
STICKS** 300 g
selected varieties
charcuteries tranchées ou
bâtonnets de pepperoni
20682966 EA/21665209 EA



250

**NO NAME®
WHIPPED TOPPING**
225 g
garniture fouettée
20017493 EA

450

**NO NAME®
STIRRED YOGURT**
selected varieties
12's
yogourt
20685574001 EA



250

**NO NAME®
NORTHPOLE-ITAN
ICE MILK**
frozen
1.65 L
lait glacé
21688287 EA

388

PC® LEMONADE or TEA
selected varieties, refrigerated
1.54 L
limonade ou thé
21430542 EA



\$2

**NO NAME®
SOUR CREAM**
selected varieties
500 mL
crème sure
20299637 EA



499

**NO NAME®
NATURAL
CHEESE SLICES**
selected varieties
210/230 g
tranches de fromage naturel
21614277 EA



\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20312253001 EA



250

PC® SWISS STICKS
selected varieties
100 g
bâtonnets suisses
20538543002 EA/21348623 EA



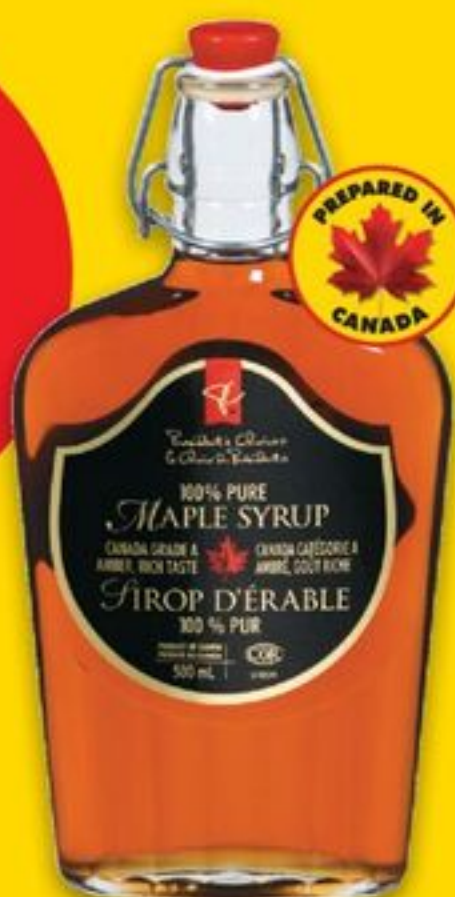
450

PC® CEREAL 570-725 g or
PUFFED WHEAT 400 g or
**CRUNCHY CRANBERRY
ALMOND CEREAL** 475 g
selected varieties
céréales ou blé soufflé
20049139 EA/20781434 EA



\$11

**PC® 100% PURE
MAPLE SYRUP**
500 mL
sirop d'érable
20049221 EA



\$20

**PC® ROAST AND
GROUND COFFEE** 800-930 g,
WHOLE BEAN 820/907 g or
PODS 30's
selected varieties
café torréfié et moulu ou
en grains ou capsules
21668446 EA/21668491 EA



\$2

NO NAME® PASTA
selected varieties
900 g
pâtes
20315613001 EA/20315613003 EA



275

PC® CROUTONS 140 g or
PC® SALAD DRESSING 475 mL
selected varieties
croûtons ou vinaigrette
20628488001 EA/207962488002 EA



\$4

PC® VINAIGRETTE
selected varieties
350 mL
vinaigrette
21072440 EA/21683167 EA



BIG HOLIDAY DEALS!

Mondelēz
International



Optimum
Members-Only Price**
2.25

Non-members
\$3

\$2

CADBURY CHOCOLATE BAR
selected varieties
80-100 g
barres de chocolat
21648577, EA/21648701, EA

MAYNARDS CANDY
selected varieties
135-154 g
friandise
21545554, EA/21694186, EA

MARC ANGELO
MEDITERRANEAN QUALITY / QUALITÉ MÉDITERRANÉENNE



\$4

\$11

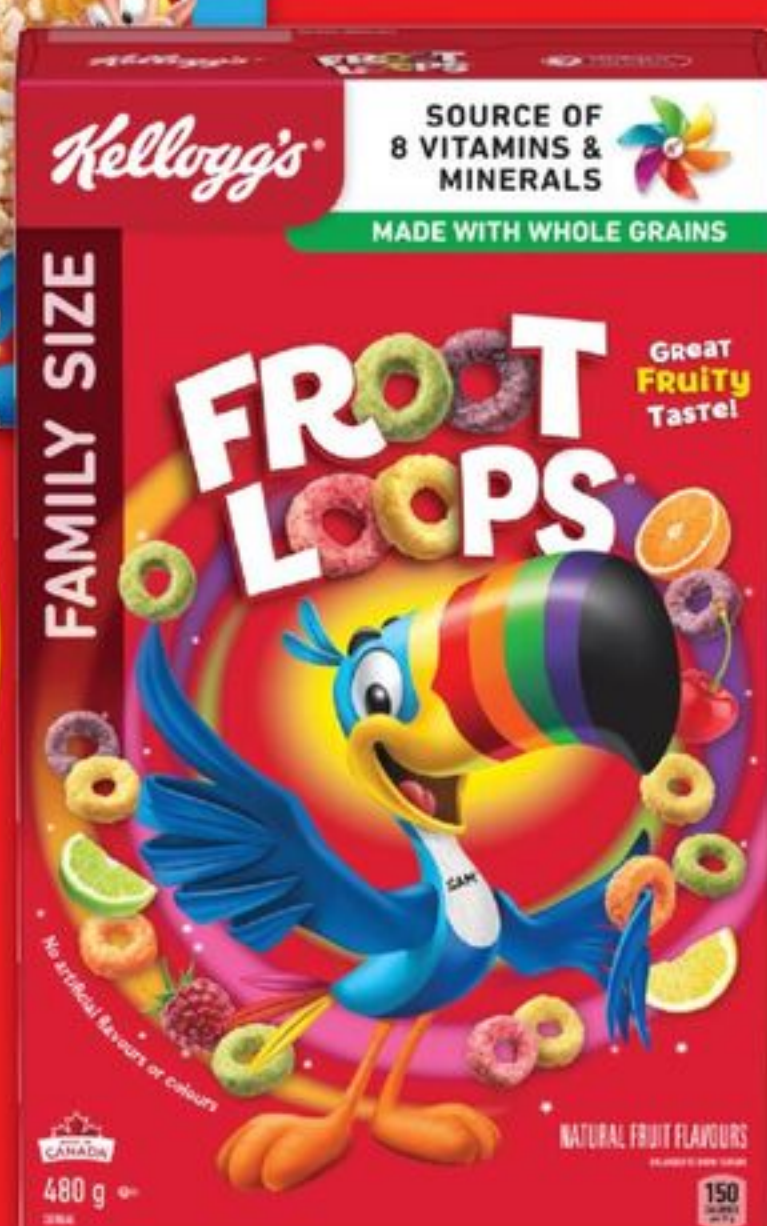
\$12

MARCANGELO MORTADELLA
110 g
charcuteries tranchées
21707188, EA

MARCANGELO CACCIATORE SALAMI CHUB 150/175 g or
SLICED DELI MEAT 175-200 g
selected varieties
charcuteries tranchées
21021491, EA/21706582, EA

MARCANGELO SLICED DELI MEAT
selected varieties
200 g
charcuteries tranchées
21206369, EA/21313142, EA

Kellogg's



\$5.50

\$4

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales
21449784, EA/21651640, EA

KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 375/436 g, **VECTOR** 306/400 g,
SPECIAL K 317-383 g, **MINI-WHEATS** 377-460 g,
CRISPIX 350 g or **MUSLIX** 450 g **CEREAL**
selected varieties
céréales
21607207, EA/21607294, EA



Optimum™

**SCRATCH TO
UNWRAP**



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

Dec. 4th - 24th

OPEN THE APP TO PLAY



*NO PURCHASE NECESSARY to enter and win. Open to Canadian residents who are PC Optimum members and PC Optimum app users 14 years or older at the time of entry. Contest ends at 11:59:59pm ET on December 24th, 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). 182,422 Bonus Offer Prizes and 151,515 Discount Offer Prizes available to be won at the onset of the contest (ARV: \$0.40 to \$5.00 CDN EA.). Limit 1 entry per Eligible Play Period per PC Optimum account during the Contest Period. Must correctly answer mathematical skill-testing question. If all Prizes are claimed/redeemed, your odds of winning a Prize are 926 in 1,000. For full contest details, including prizes and odds of winning each prize, visit Official Contest Rules.

ONL NFO GAME FLAP

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. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. 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 stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

ONLINE OVEN FLAP

EVERYDAY ESSENTIALS AT LOW PRICES

\$2

SURAJ® JUICE
selected varieties
1 L
jus
21001004_EA



\$1

NO NAME® GRAVY MIXES
selected varieties
25 g
mélanges à sauce
21687231_EA/21687380_EA

\$5

SURAJ® NAAN
selected varieties
10's
naan
20342261_EA



\$10

SURAJ® BASMATI RICE
3.63 kg
riz basmati
20838931_EA

\$1

PC® ORGANICS BABY FOOD POUCH
selected varieties
128 mL
sachet d'aliments pour bébé
20666167002_EA/20666167004_EA



\$5

NO NAME® PIE FILLING
selected varieties
540/796 mL
garniture pour tarte
21662314_EA/21667990_EA



\$10

NO NAME® FLOUR
selected varieties
10 kg
farine
20022248_EA



\$3

PC® WATER CRACKERS
125 g
craquelins
20431236_EA



\$5

PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
beurre d'arachide
20299178_EA



2.29

NO NAME® CHOCOLATE BAR
selected varieties
100 g
barres de chocolat
20580736_EA/20580737_EA



1.25

NO NAME® SOUP MIX
selected varieties
56-166 g
mélange à soupe
21099689_EA



1.50

NO NAME® SPINACH
selected varieties, frozen
300 g
épinards
20411796_EA



1.19

NO NAME® SAUCE
selected varieties
398 mL
sauce
20185228001_EA



\$2

NO NAME® DISHWASHING LIQUID
800 mL
détergent liquide à vaisselle
21309694_EA



1.50

ROOSTER® INSTANT EGG NOODLES
400 g
nouilles aux œufs instantanées
20096297_EA



1.50

ROOSTER® COCONUT MILK
selected varieties
398 mL
lait de coco
21378707_EA



HO-HO-HOST WITH THE MOST

Impressing your guests without breaking the bank?
That's what the PC® Holiday Insiders Report™ collection is for.



\$4.50

PC® M'AQUA™ COCKTAIL FLAVOURED SPARKLING WATER
selected varieties
6x355 mL
eau pétillante
21590669_C06



\$4.50

APP EXCLUSIVE OFFER*
Optimum™
EARN 2,000^{pt}
Back in points
= \$2

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20612237_EA/20612260_EA



\$3

PC® CRACKERS
selected varieties
185 g
craquelins
20603888003_EA



\$10

PC® HOT CRAB & LOBSTER DIP
360 g
trempelette à cuire et à servir au crabe et homard
21682673_EA/21682613_EA



\$7

PC® PORTUGUESE CUSTARD TARTS
frozen
360 g
tartelettes portugaises à la crème pâtissière
21686419_EA



\$9

PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
bière désalcoolisée
20121729_C12



\$11

PC® LOADED PIEROGI BAKE
frozen
770 g
pierogi tout garnis
21686110_EA



\$11

PC® CHEESECAKE
selected varieties
420/600 g
gâteau au fromage
21687935_EA



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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*
10,000 pts
\$10
Back in points

Dec 18 - 24, 2025

for every \$100* spent on any combination of Ultimate Dining Card, Harvey's, and Swiss Chalet 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 \$100 spent on any combination of Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction in store or online at www.giftofchoice.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.



PC Optimum™
members can
save up to 35%[†]
on home and
auto insurance.



Get started at pcinsurance.ca

† Conditions apply; for details, visit pcinsurance.ca.



Flu shot?
Think Pharmacist.

Talk to your Pharmacist or book now*
at pchealth.ca/flu

*Subject to vaccine availability. Pharmacists can administer flu shots to children aged: 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. © /™ Trademark of 911979 Alberta Ltd, used under license.

no name™ mobile

Save 50%* on
a SIM card

Limited time Boxing Week
savings for PC Optimum™
members.

exclusively at NOFRILLS



*Offer valid Nov. 27 - Dec. 3. Subject to change. Conditions apply. Visit nonamemobile.ca for full details.
**Must be a registered PC Optimum™ member to get this offer.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONL NFO MKT