



# BIG HOLIDAY DEALS!

WOW!

3<sup>44</sup>

5 LB

**CLEMENTINES**  
product of Morocco or Spain  
clementines  
20182344001, 5A



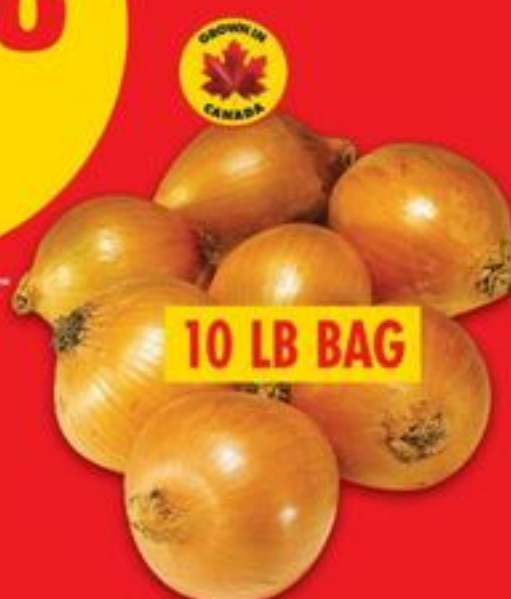
SAVE 27%

2<sup>88</sup>

**FARMER'S MARKET<sup>TM</sup>  
YELLOW ONIONS**  
product of Canada, USA or Mexico  
yellow onions  
20400991001, 5A



10 LB BAG



SAVE 37%

1<sup>88</sup>

283 G

**FARMER'S MARKET<sup>TM</sup>  
GRAPE TOMATOES**  
product of Canada, USA or Mexico  
tomatoes raisins  
21267888001, 5A



ONLY

6<sup>88</sup>

**PC<sup>®</sup> KAKI  
PERSIMMONS**  
product of Spain  
kaki piquettes  
21211438001, C01

CASE





# NOFRILLS®

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

## BIG HOLIDAY DEALS!

INCLUDES HALAL

CLUB SIZE

SAVE UP TO 26%

**4.77**  
LB



**CHICKEN BREAST**  
boneless, skinless  
poitrines de poulet  
10.32/kg  
30654134, 30

SAVE UP TO 33%

**\$5**

**SEAQUEST®  
COOKED or  
RAW SHRIMP**  
36/55 per lb., 300 g.  
**BAY SCALLOPS**  
400 g or  
**SHRIMP RING**  
227 g, frozen  
crevettes cuites ou crues ou paléoles  
ou crevettes de crevettes  
31436232, 3A



**PORK HALF LOIN**  
boneless, fresh, cryovac package  
4.39/kg  
demi longe de porc  
30354797, 3D

ONLY

**1.99**  
LB

SAVE UP TO 55%

**\$1**

**OASIS JUICE, DEL MONTE NECTAR or  
ARIZONA ICED TEA**  
selected varieties, 950 mL  
jus ou thé glacé  
3033672005, 3A/30894117004, 3A



SAVE 56%

**.99**

**ITALPASTA**  
selected varieties  
750 g  
pâtes  
30396241001, 3A/30396241003, 3A

SAVE 37%

**1.44**



**UNICO TUNA**  
198 g  
thon  
30113743, 3A

SAVE 33%

**\$2**



**CAMPBELL'S CHUNKY  
SOUP**  
selected varieties, 513 mL  
soupe  
31480487, 3A

SAVE UP TO 46%

**6.99**



**LOU'S KITCHEN ENTRÉES** selected varieties, fully cooked,  
375-400 g, **SWISS CHALET PIES** 650-655 g or  
**MANDARIN ENTRÉES** 400/450 g  
selected varieties, frozen  
plats cuisinés ou pâtes  
30076077, 3A

SAVE 25%

**1.50**



APP EXCLUSIVE OFFER  
500 = 50¢  
Back in points

**NO NAME®  
WHITE VINEGAR**  
Club Time, 4 L  
 vinaigre blanc  
30103794, 3A

SAVE 31%

**2.75**



**GREEN GIANT VEGETABLES**  
400-750g or **MCCAIN SUPERFRIES or  
SPECIALTY FRIES** 434-750 g  
selected varieties, frozen  
légumes ou frites  
30333353, 3A/3033420800, 3A

ONLY

**6.44**



EARLY  
1,000 = \$1  
Back in points  
**NESCAFÉ® TASTER'S CHOICE** 100-170 g or  
**SWEET & CREAMY** 144-351 g **INSTANT COFFEE**  
selected varieties  
café instantané  
3004181181, 3A/3004181304, 3A

SAVE 55%

**\$4**



**ROYALE FACIAL TISSUE**  
selected varieties  
6472/150 sheets  
mouchoirs  
30304754, 3A

ONLY

**6.99**



**LINDT CHOCOLATE BOX** 108 g or  
**PC® SUISSSE CHOCOLATE BAR** 400 g  
selected varieties  
boîte de chocolats ou barre de chocolat  
30079915, 3A/31480487, 3A

WHILE QUANTITIES LAST

ONLY

**11.99**



**ROBIN HOOD or  
FIVE ROSES ALL  
PURPOSE FLOUR**  
10 kg  
farine  
30344740, 3A/30030307, 3A



## SURPRISE OFFER 4 days only!

Thursday Dec. 11  
to Sunday Dec. 14

You could get

10% • 20% • 30%

back in (pts)

Open the app to get your offer!\*

Available for new and existing PC Optimum™ members.

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  
30622767001 SA



## 4<sup>95</sup>

**LACTANTIA BUTTER**  
selected varieties  
454 g  
beurre  
306339736 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  
3138650 SA/3134676 SA



## \$3

**NEILSON CREAM 5%/10%  
1 L OR 18%/35% 473 ML**  
selected varieties  
crème  
3071266 SA/3071461 SA





# FRESH AT LOW PRICES

**.99**  
LB



**SWEET POTATOES**  
product of Canada  
patates douces  
2.18/kg  
3012770601, EA

**6 OZ CLAMSHELL**

**PINT**



**BLACKBERRIES**  
product of Mexico or U.S.A.  
**RASPBERRIES**  
product of Mexico or U.S.A., no. 1 grade or  
**BLUEBERRIES**  
product of Peru, no. 1 grade  
mûres ou framboises ou bleuets  
30011013001, EA/30113463001, EA

**1.99**  
EA/LB



**TOMATOES ON THE VINE**  
4.39/kg, product of Canada or Mexico or  
**ENGLISH CUCUMBERS**  
each, product of Ontario, Canada no. 1 grade or  
**BROCCOLI CROWNS**  
each, product of Mexico or U.S.A.  
tomates sur vigne ou concombres anglais ou couronnes de brocoli  
30026703001, EA/31121546001, EA/30070133001, EA

**3.99**



**10 LB BAG**

**RED, YELLOW, or RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
30401013001, EA/30401030001, EA/30401017001, EA

**FRESH GUARANTEE**

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

**1.99**  
LB



**BARTLETT or BOSCH PEARS**  
product of U.S.A., extra heavy grade  
poires  
4.39/kg  
3017124601, EA/30407013001, EA

**3.99**  
LB



**GREEN or RED SEEDLESS GRAPES**  
product of Peru or U.S.A., no. 1 grade  
raisins verts ou rouges sans pépins  
8.90/kg  
3040712401, EA/30407013001, EA

**3.99**



**ASPARAGUS** product of Mexico or Peru, no. 1 grade or  
**RED or GREEN PEPPERS** product of U.S.A.  
asperges ou poivrons rouges ou verts  
3040712401, EA/30407013001, EA

**3.99**

**3 LB BAG**



**FARMER'S MARKET™ LEMONS**  
product of South Africa or  
**RED ONIONS** product of Canada, Canada no. 1 grade  
citrons ou oignons rouges  
3040712401, EA/30407013001, EA

**2.99**  
LB



**BRUSSELS SPROUTS**  
product of U.S.A. or The Netherlands  
choux de Bruxelles  
6.59/kg  
3040712401, EA

**3.99**



**PINEAPPLE** product of Costa Rica or  
**HONEYDEW** product of Guatemala or Honduras  
melon rose ou ananas  
8.90/kg  
3040712401, EA/30407013001, EA

**3.99**



**AVOCADOS**  
product of Mexico, Peru or Colombia or  
**CANTALOUPE**  
product of Guatemala, no. 1 grade  
avocat ou melons  
3040712401, EA/30407013001, EA

**.79**  
LB



**GREEN CABBAGE**  
product of Canada, Canada no. 1 grade  
chou vert  
1.74/kg  
3040712401, EA

**.99**  
LB



**RUTABAGAS**  
product of Canada, Canada no. 1 grade  
navet  
2.18/kg  
3040712401, EA

**2.99**  
LB



**BLACK PLUMS**  
product of Italy, no. 1 grade  
pruniers noirs  
6.39/kg  
3040712401, EA

**\$4**



**225 G**

**PC® SALTED or PC® BLUE MENU® UNSALTED PISTACHIOS**  
product of U.S.A.  
pistaches  
3040712401, EA/30407013001, EA

**2.99**



**3 LB BAG**

**FARMER'S MARKET™ CARROTS**  
product of Canada, Canada no. 1 grade  
carottes  
3040712401, EA

**4.99**



**4 LB BAG**

**FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES**  
product of Ontario, Canada heavy grade  
pommes  
3040712401, EA/30407013001, EA

**4.99**

**3 LB BAG**

**FARMER'S MARKET™ ORANGES**  
product of South Africa  
3040712401, EA

**\$7**



**6" POINSETTIA**  
in assorted colours  
3040712401, EA

\*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

**\$12**

**EARN 2,000** back in points

**MAPLE LEAF PRIME CHICKEN LEGS**  
back attached  
up to 1.4 kg  
cuisse de poulet  
21484302, 5A



**779**  
LB

**EXTRA LEAN GROUND BEEF**  
boeuf haché maigre  
17.17/kg  
30337910, 6B



**779**

**MARCANGELO CHICKEN BREAST PORTIONS**  
selected varieties, 300 g  
portions de poitrine de poulet  
21706318, 5A



**649**

**PC® or ULTIMATE DINNER SAUSAGES**  
selected varieties, 375/500 g  
saucisses rôties  
21378310, 5A/21584342, 5A

**350**

**EARN 1,000** back in points

**FONTAINE SANTÉ HUMMUS** 240/333 g or **PC® NAAN DIPPERS** 300 g  
selected varieties  
hummus ou naan  
20001102, 5A/21599302, 5A



**549**  
LB

**NO NAME® COTTAGE ROLL**  
sauc de porc rôti  
21360790, 6B



**599**

**BEYOND MEAT CHICKEN TENDERS, BURGERS, SAUSAGES & STEAK**  
selected varieties, frozen, 12oz/407 g  
filets de poulet, burgers, saucisses ou steaks à base de plantes  
21380102, 5A



**350**

**SMOKED STEELHEAD SALMON** pre-cooked, 50 g  
**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 327 g  
**GO SHRIMP** 117/90 per lb or cooked, 61/90 per lb, 180 g or **YELLOWFIN TUNA STEAKS** 61 g  
selected varieties  
saumon fumé ou saumon en conserve ou steaks de thon allumés  
20000104, 21/20000104, 5A



**\$7**

**SEAQUEST® FILLETS**  
selected varieties, frozen, 400 g  
filets de poisson  
21000104, 5A



**999**

**SALMON TERIYAKI SUSHI POCKET**  
128 g  
poches de sushi de teriyaki au saumon  
21000104, 5A



**\$5**

**ZIGGY'S® FRESH FILLED TWIN PACK PASTA** 400 g or  
**LADLES OF LOVE SOUP** 634 ml  
selected varieties  
pâtes ou soupe  
20000104, 21/20000104, 5A



**\$7**

**BALDERSON CHEESE**  
selected varieties, 250/390 g  
fromage  
21000104, 5A



**750**

**NAPOLI PIZZA**  
selected varieties  
300/340 g  
pizza  
21000104, 5A



**250**

**WONDER BREAD** 475 g  
selected varieties  
pain au pain de mie  
20000104, 21/20000104, 5A



**350**

**SUNMAID CINNAMON RAISIN BREAD**  
400 g  
pain aromatisé au raisin  
20000104, 5A



**\$5**

**FARMER'S MARKET® COOKIES** 12 x 6  
**LOAF CAKES** 344/390 g  
selected varieties  
biscuits ou gâteau  
20000104, 21/20000104, 5A



**\$6**

**NOVA ERA PORTUGUESE STYLE TART**  
frozen, 420 g  
tartelette style portugaise  
21071404, 5A





# BIG HOLIDAY DEALS!



**ONLY**  
**6<sup>50</sup>**

**LIBERTÉ GREEK or ACTIVIA EXPERT YOGURT**  
selected varieties, 650/750 g  
yogourt  
50643273 SA/31488305 SA

**SAVE UP TO 33%**

**\$5**



**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
pizza  
31156361 SA



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

**BECEL MARGARINE**  
selected varieties, 637/850 g  
margarine  
30297818002 SA

**ONLY**  
**6<sup>50</sup>**



**DEL MONTE JUGS**  
selected varieties, refrigerated  
2.5 L  
jus  
31595736 SA



**ONLY**  
**\$4**

**CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM** 500 mL  
or **CANADIAN COLLECTION** 8's  
selected varieties, frozen  
crème glacée ou bonbons glacés  
31511147 SA/30323757001 SA

**\$7**



**STARBUCKS COFFEE ENHANCER**  
selected varieties  
838 mL  
enhancement pour café  
31598473 SA/31484383 SA

**5<sup>50</sup>**



**MCCAIN CAKES**  
selected varieties, frozen  
310 g  
gâteaux  
3029132882 SA

**\$3**



**NEILSON EGG NOG**  
1440 mL  
boisson de Noël  
3062410001 SA

**1<sup>25</sup>**



**TINA'S BURRITO**  
selected varieties, frozen  
113 g  
burrito  
31487877 SA

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



**LECLERC CÉLÉBRATION COOKIES**  
selected varieties, 200-223 g  
biscuits  
31488330 SA/31488151 SA

**\$4**



**MISS VICKIE'S POTATO CHIPS or CHEETOS SNACKS** 170-283 g  
selected varieties  
craquelottes ou gaufrettes  
31487792 SA/31578715 SA

**\$3**



**FIBRE 1 BARS or NATURE VALLEY GRANOLA BARS** 125 or 140-210 g, selected varieties  
bonbons  
3080730801 SA/308068007 SA

**5<sup>79</sup>**



**SMUCKER'S JAM, JELLY or MARMALADE**  
selected varieties  
310/500 mL  
confiture ou gelée ou marmelade  
303080801 SA/303080806 SA

**7<sup>99</sup>**



**UNICO VEGETABLE OIL**  
3 L  
huile végétale  
30988100 SA

**\$1**



**CLUB HOUSE DRY SAUCE MIX**  
selected varieties  
20-47 g  
mélange à sauce déshydraté  
3093810001 SA/3093810001 SA

**1<sup>59</sup>**



**GREEN GIANT VEGETABLES or OCEAN SPRAY CRANBERRY SAUCE** 341/398 mL  
selected varieties  
sauce à sauce des cranberries  
308000001 SA/310014001 SA

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



**KRAFT STOVE TOP STUFFING**  
selected varieties  
130 g  
farine  
303080801 SA

**\$27**



**McCAFÉ ROAST AND GROUND COFFEE**  
selected varieties  
640-900 g  
café moulu et moulu  
31558881 SA

**7<sup>50</sup>**



**NESTEA ICED TEA**  
selected varieties  
12x341 mL  
boisson glacée  
31487877 SA

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



**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x170 mL  
boissons gazeuses  
303080801 SA/303080801 SA

**\$15**



**BUDWEISER ZERO NON-ALCOHOLIC BEER**  
selected varieties, 12x355 mL  
bière sans alcool  
31595736 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 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. Members must open their PC Optimum™ App by December 14, 2025 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between December 11 and December 14, 2025, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. \*\*Must be a registered PC Optimum™ member to get this offer.





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

ONL INFO GAME FLAP



**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.

ONE INFO FLAP 1



# DEALS ON BABY ESSENTIALS

Optimum<sup>®</sup>

EARN

10,000<sup>(pts)</sup>

= \$10 Value

when you spend \$50\* or more on

**BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES**  
all varieties and sizes  
couches ou lingettes ou préparation pour nourrisson  
ou aliments ou articles ou accessoires  
21456748 EA/21540721 EA/21692756 EA/21699547 EA/  
20322414002 EA/2035833900 EA





ONLY

3<sup>27</sup>

Optimum

EARN

500

=50¢  
Back to points

**CLASSICO PASTA SAUCE**

selected varieties

410/400 mL

sauce pour pâtes

2022040906 SA/21418218 SA



SAVE UP TO 28%

2<sup>50</sup>

**ZIGGY'S® SALADS** 454 g or

**FRESH PASTA** 350/360 g

selected varieties

salades ou pâtes fraîches

20209160 SA/21321146 SA



ONLY

3<sup>50</sup>

**NO NAME® ORIGINAL GARLIC TOAST**

638 g

toast à l'ail

21341140 SA







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  
canneberges

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



# BRANDS YOU LOVE AT LOW PRICES

SAVE 27%

\$4



**COOL WHIP  
DESSERT TOPPING**  
selected varieties, frozen  
1 L  
signature & dessert  
SEPTEMBER 24, OCTOBER 1, 2024

SAVE UP TO 42%

\$6



**HIGH LINER FAMILY  
BATTERED FISH**  
selected varieties, frozen  
315-750 g  
signature grille  
SEPTEMBER 24, OCTOBER 1, 2024

SAVE UP TO 21%

3.75



**MINUTE MAID  
ZERO SUGAR  
BEVERAGES**  
selected varieties, refrigerated  
1.5 L  
signature  
SEPTEMBER 24, OCTOBER 1, 2024

ONLY

3.50



**iOCO NANO YOGURT** 6x125 mL or **PILLSBURY  
REFRIGERATED DOUGH** 310-448 g  
selected varieties  
signature & grille  
SEPTEMBER 24, OCTOBER 1, 2024

ONLY

3.50



**NO NAME®  
PIZZA**  
selected varieties,  
frozen  
300-411 g  
grille  
OCTOBER 1, 2024

3.50



**GAY LEA WHIPPED  
CREAM** 225 g or **NEILSON  
ULTRAFILTERED MILK** 1 L  
selected varieties  
signature grille & full  
OCTOBER 1, 2024

2.50



**GAY LEA  
sour cream**  
selected varieties  
425/500 mL  
signature grille  
OCTOBER 1, 2024

\$6



**BLACK DIAMOND  
CHEESTRINGS  
SNACKS** 315/330 g or  
**CRACKER BARREL  
CHEESE SHREDS** 200 g  
selected varieties  
signature  
OCTOBER 1, 2024

1.69



**CAMPBELL'S  
BROTH**  
selected varieties  
250/400 mL  
signature  
OCTOBER 1, 2024

\$2



**CHEEZ-IT  
CRACKERS**  
selected varieties  
191/200 g  
signature  
OCTOBER 1, 2024

\$3



**KELLOGG'S RICE KRISPIES** 156/178 g,  
**POP TARTS** 304 g, **SPECIAL K  
NUTRI-GRAIN** 133 g or  
**BAR** 293 g  
selected varieties  
signature  
OCTOBER 1, 2024

7.99



**PC® CHOCOLATE COVERED NUTS - FRUITS**  
selected varieties  
250-400 g  
note: no fruits available de décembre  
2023-2024, 2025-2026

\$4



**NO NAME® REAL  
BACON BITS**  
87 g  
signature de real bacon  
OCTOBER 1, 2024

5.99



**VLASIC  
PICKLES**  
selected varieties  
1 L  
signature  
OCTOBER 1, 2024

1.69



**UNICO BEANS** 340 mL or **TOMATOES** 270 mL  
selected varieties  
signature  
OCTOBER 1, 2024

1.79



**KNORR SIDEKICKS**  
selected varieties  
170-142 g  
signature & grille  
OCTOBER 1, 2024

2.79



**LANTIC  
GRANULATED  
SUGAR**  
1 kg  
signature grille  
OCTOBER 1, 2024

16.99



**TIMOTHY'S, KRISPY KREME®  
DONUT HOUSE COFFEE PODS**  
selected varieties  
30 g  
signature de café  
OCTOBER 1, 2024

1.25



**POWERADE  
SPORT DRINKS**  
selected varieties  
710 mL  
signature & grille  
OCTOBER 1, 2024

\$9



**MONSTER  
RED BULL  
ENERGY DRINKS**  
selected varieties  
4x473 mL or  
signature  
OCTOBER 1, 2024

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.

if Optimum  
EARN  
**1,000** <sup>(pts)</sup>  
for every \$6\*  
spent on

=\$1  
Back in points



**ORVILLE REDENBACHER  
MICROWAVE POPCORN  
KERNEL JAR** 830 g  
selected varieties  
note: la variété de noisette popcorn  
signature  
OCTOBER 1, 2024

if Optimum  
EARN  
**3,000** <sup>(pts)</sup>  
for every \$10\*  
spent on

=\$3  
Back in points



**FRENCH'S KETCHUP - MUSTARD,  
FRANK'S RED HOT, THICK -  
SQUEEZE SAUCE - CHOLULA SAUCE**  
selected varieties  
120 mL - 1 L  
signature de sauce piquante  
signature  
OCTOBER 1, 2024



# BRANDS YOU LOVE AT LOW PRICES

11<sup>99</sup>

**EARN 3,000**  
Back in points



**CADBURY CELEBRATIONS TIN**  
353 g  
boîte de chocolat  
21879773, EA



10<sup>49</sup>

**KINDER MAXI**  
selected varieties  
116/150 g  
franchise  
20497938, EA



**CARNABY SWEET CANDY CANES**  
selected varieties  
16's  
cannes en sucre  
204983748, EA/20498374, EA



**MERCI BOXED CHOCOLATE**  
400 g  
chocolat en boîte  
21194024, EA



**PC® DUSTED TRUFFLES** 200 g or  
**NERDS GUMMY CLUSTERS**  
selected varieties  
116/150 g  
franchise  
21194140, EA

\$9



**GILLETTE or VENUS DISPOSABLE RAZORS**  
selected varieties  
1-6's  
rasoirs jetables  
20179414001, EA/20494907, EA

\$6



**POISE PADS or LINERS**  
selected varieties  
14-48's  
serviettes ou protège-dosiers  
20113048, EA/211930507, EA

\$11



**ALWAYS LINERS** 92-100's,  
**PADS** 27-32's or **TAMPAX**  
selected varieties  
protège-dosiers ou serviettes ou tampons  
20433694, EA/21020071, EA

3<sup>50</sup>



**SOFTSOAP LIQUID HAND SOAP**  
selected varieties  
30-48's  
savon liquide pour les mains  
21040302, EA/21040301, EA

\$15



**BATISTE DRY SHAMPOO**  
selected varieties  
1.4-4.8 L  
shampooing sans rinçage  
21040302, EA

\$11



**NIVEA PERSONAL CARE**  
selected varieties  
1 set  
soins personnels  
21040302, EA

\$10



**TREE HUT HOLIDAY SUGAR SCRUB or FOAMING GEL WASH**  
selected varieties  
316 g/322 mL  
scrub ou gel moussant  
21040302, EA/21040301, EA

\$14



**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
30-48's  
tablettes de détergent pour lave-vaisselle  
21040302, EA/21040301, EA

\$11



**TIDE LIQUID** 1.42/1.86 L or **PODS** 21/28's,  
**LAUNDRY DETERGENT, DOWNY**  
selected varieties  
1.42/1.86 L  
détergent ou assouplissant ou  
sachets de parfum ou feuilles pour sècheuse  
21040302, EA/21040301, EA

6<sup>50</sup>



**NO NAME® PAPER TOWELS**  
selected varieties  
18-12 rolls  
serviettes  
21040302, EA

\$5



**PC® BEVERAGE NAPKINS**  
selected varieties  
40's  
serviettes  
21040302, EA/21040301, EA

\$3



**TEMPTATIONS CAT TREATS**  
selected varieties  
180 g or **SPOONS** 40's  
gâteries pour chats  
21040302, EA/21040301, EA

5<sup>50</sup>



**FRISKIES DRY CAT FOOD**  
selected varieties  
1.4-1.2 kg  
nourriture sèche pour chats  
21040302, EA

\$9



**NO NAME® CAT LITTER**  
selected varieties  
18-12 kg  
litière pour chats  
21040302, EA

\$10



**DENTASTIX DOG TREATS**  
selected varieties  
200 g - 1.9 kg  
gâteries pour chiens  
21040302, EA



**NEW  
LOWER  
PRICES**



**\$3**

**THE LAUGHING COW CHEESE**  
selected varieties  
133 g  
fromage  
30219107 SA

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



**HOSTESS SNACKCAKES**  
selected varieties  
202-231 g  
petits gâteaux  
21282752 SA



**\$6**

**PC® BACON**  
selected varieties, 500 g  
bacon  
30133829 SA

**\$7**



**PILLER'S PEPPERETTES or TURKEY BITES**  
selected varieties  
300-500 g  
bâtonnets ou bouchées de saucisson  
21099386 SA/21099391 SA



**\$4**

**HAPPY DAIRY PANEER**  
300 g  
paneer  
21343832 SA

**\$6**



**ALFA ROLLINI**  
selected varieties  
1 kg  
rollini  
21340916 SA/21340917 SA

**\$10**



**PC® HERB & GARLIC SHRIMP**  
340 g  
crevettes  
21102479 SA

**\$7**



**KRAFT SINGLES**  
selected varieties  
825 g  
fromage en tranches  
21188271 SA

**\$3**



**LIBERTÉ GREEK YOGURT**  
selected varieties  
4x100 g  
yaourt grec  
3001572802 SA

**\$5**



**ROYALE BATH TISSUE**  
8x16 rolls  
papier hygiénique  
21295774 SA

**1<sup>25</sup>**



**NEILSON MILKSHAKE**  
selected varieties  
250 mL  
boisson sucrée  
21340916 SA

**\$4**



**PC® COLD BREW COFFEE**  
selected varieties, refrigerated  
900 mL  
café infusé à froid  
21340916 SA/21340917 SA

**2<sup>25</sup>**



**QUAKER CRISPY MINIS**  
selected varieties  
150-199 g  
céréales de riz  
21340916 SA/21340917 SA

**\$4**



**TENDERFLAKE PIE SHELLS**  
selected varieties, frozen  
235-297 g  
coquilles à tarte  
2030384001 SA

**\$4**



**GIUSEPPE GARLIC FINGERS**  
frozen  
337 g  
bâtonnets à l'ail  
21340916 SA

**\$3**



**PILLSBURY PIZZA POPS**  
selected varieties, frozen  
380 g  
pizza pop  
21340916 SA



**NEW  
LOWER  
PRICES**



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

**MICHELINA'S  
DINNER  
ENTRÉES**  
selected varieties, frozen  
154-284 g  
plats cuisinés  
21208414 SA

**\$4**

**PC® ORGANICS  
FROZEN  
VEGETABLES**  
selected varieties  
500 g  
légumes surgelés  
2041484P001 SA/2041484P002 SA



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

**CAVENDISH  
PREMIUM FRIES**  
selected varieties, frozen  
400-750 g  
frites  
21094815 SA

**\$5**

**CHAPMAN'S  
PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
crème glacée  
20233372001 SA



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

**CHAPMAN'S  
YUKON or SUPER  
NOVELTIES**  
selected varieties, frozen  
5-8's  
friandises glacées  
21012281 SA

**1<sup>75</sup>**

**MAPLE LEAF FLAKES**  
selected varieties  
154 g  
flakes  
2020572001 SA



**\$7**

**NO NAME® OLIVE OIL**  
selected varieties  
750 mL  
huile d'olive  
20047713 SA



**1<sup>75</sup>**

**PC® PASTA**  
selected varieties  
454 g  
pâtes  
21091075 SA/21091084 SA



**3<sup>77</sup>**

**OLD EL PASO DINNER KITS**  
selected varieties  
250-550 g  
friandises cuites  
20710134 SA/20710136 SA



**1<sup>75</sup>**

**CARNATION  
EVAPORATED MILK**  
selected varieties  
254 mL  
lait évaporé  
20048013 SA/20048017 SA



**\$6**

**MAXWELL HOUSE  
INSTANT COFFEE**  
selected varieties  
130 g  
café instantané  
21010408 SA



**\$10**

**KICKING HORSE  
ORGANIC GROUND  
COFFEE**  
selected varieties  
254 g  
café moulu  
2006072001 SA/21070916 SA



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

**EXCEL GUM MULTIPACK**  
selected varieties  
2 x 75-77 g  
gommes  
21428007 SA/21428008 SA



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

**LIPTON or KNORR SOUP MIX**  
selected varieties  
113-238 g  
mélange à soupe  
2010080803 SA/2010080802 SA



**\$3**

**VH COOKING or  
DIPPING SAUCE**  
selected varieties  
241-340 mL  
sauce à cuisson ou à  
déguster  
2006072001 SA/2006072002 SA





# BIG HOLIDAY DEALS!



**\$4**

**GENERAL MILLS CHEX or NATURE VALLEY GRANOLA CEREAL**  
selected varieties  
300-360 g  
céréales  
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  
mélanges à gâteau ou mélanges à collation ou glacage  
20543641007 SA/21347838 SA



**2.49**

**ANNIE'S MACARONI & CHEESE**  
selected varieties  
170 g  
macaroni au fromage  
20214187001 SA



**\$7**

**OKA CHEESE 190 g or MONSIEUR GUSTAV ST PAULIN CHEESE 190 g**  
selected varieties  
fromage  
20921279 SA/21377209 SA



**\$5**

**MONSIEUR GUSTAV GOUDA or BRIE**  
selected varieties  
125/170 g  
gouda ou brie  
21387420 SA



**\$5**

**AGROPUR BRIE or CAMEMBERT CHEESE**  
selected varieties  
170 g  
brie ou camembert  
20514312 SA/20177193 SA



**3.50**

**MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g**  
selected varieties  
capocollo ou prosciutto cotto ou jambon ou mortadelle  
20576743 SA/20577341 SA



**\$11**

**MASTRO GENOA SALAMI CHUB**  
selected varieties  
600 g  
saucisson de salami  
20181136 SA/20302336 SA



**\$5**

**MASTRO SALAMI 125-150 g or SAN DANIELE PROSCIUTTO 100 g**  
selected varieties  
salami ou prosciutto  
20581440 SA/21041099 SA



# DEALS ON BABY ESSENTIALS

4<sup>50</sup>

**GERBER  
INFANT CEREAL**  
selected varieties  
180-227 g  
céréales pour bébé  
20258329006 EA/202574110001 EA



27<sup>99</sup>

**HUGGIES SUPER  
BIG PACK DIAPERS**  
size N-7, selected varieties  
36-120's  
couches  
21370918 EA/21371008 EA

34<sup>99</sup>

**HUGGIES  
ECONO PACK DIAPERS**  
selected varieties  
size N-8, 60-208's  
couches  
21436748 EA/21463748 EA



32<sup>99</sup>

**PAMPERS ECONO PACK  
DIAPERS**  
selected varieties  
size N-8, 58-180's  
couches  
21411990 EA/21463758 EA

13<sup>99</sup>

**AQUAPHOR HEALING  
BABY OINTMENT**  
85 g  
onguent pour bébé  
21453431 EA



8<sup>99</sup>

**PEDIASURE COMPLETE**  
selected varieties  
4x235 mL  
Boisson nutritive pour enfants  
20222614002 EA/21371922 EA



65<sup>47</sup>

**ENFAMIL A+ NEUROPRO AND  
GENTLELEASE POWDER REFILLS**  
selected varieties  
862/890 g  
recharges de préparation pour nourissons  
21589079 EA/21589200 EA



24<sup>99</sup>

**PAMPERS SWADDLERS,  
CRUISERS or  
BABY-DRY DIAPERS**  
selected varieties  
38-120's  
couches  
21370843 EA/21370844 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

10,000<sup>pts</sup>

when you  
spend \$50\* on

= \$10<sup>pts</sup>  
Back in points

**HUGGIES IN THE BABY  
DEPARTMENT**  
selected varieties  
couches  
20910843 EA/21370918 EA/21371008 EA/21371199 EA  
21461195 EA/21456748 EA/21463748 EA





# NATURAL FOODS AT LOW PRICES

6<sup>99</sup>

**NATURE'S BAKERY  
FIG or BROWNIE BAR**  
selected varieties  
270/240 g  
barnes  
21040001 SA/21040001 SA



4<sup>50</sup>

**KIND HEALTHY  
GRAINS BARS 175 g or  
BREAKFAST BARS 300 g**  
selected varieties  
barnes  
20954001 SA/21014001 SA

5<sup>49</sup>

**CHICKAPEA  
HIGH PROTEIN  
GLUTEN FREE PASTA**  
selected varieties  
227 g  
pasta pour diète  
21040001 SA



8<sup>99</sup>

**DAIYA PIZZA  
GLUTEN FREE**  
selected varieties, frozen  
354-550 g  
pizza  
20954001 SA

4<sup>50</sup>

**BELSOY PUDDING**  
selected varieties  
4x125 g  
pudding  
21010001 SA



4<sup>50</sup>

**FREYUMM  
COOKIES or BARS**  
selected varieties  
135/154g  
biscuits ou barres  
21040001 SA/21040001 SA



\$11

**RX BAR  
MINIS or  
5 PACK**  
selected varieties  
200-275 g  
barres de collation  
21040001 SA/21040001 SA



\$8

**BOB'S  
GLUTEN FREE OATS**  
selected varieties  
907 g  
Flocons d'avoine  
21010001 SA



5<sup>50</sup>

**ELAN  
ORGANIC PECANS**  
125 g  
pecanes biologiques  
21040001 SA



\$18

**KICKING HORSE  
ORGANIC WHOLE BEAN  
COFFEE**  
selected varieties  
454 g  
café en grains  
21040001 SA



\$5

**TRADITIONAL MEDICINALS  
ORGANIC HERBAL TEA**  
16 count, selected varieties  
84 bottles  
21040001 SA



\$3

**KETTLE BRAND CHIPS**  
selected varieties  
150g/170g g  
croustilles  
21040001 SA/21040001 SA



\$4

**HARDBITE CHIPS**  
selected varieties  
130/150 g  
croustilles  
21040001 SA



\$7

**BOB'S RED MILL 1:1  
BAKING FLOUR**  
524 g  
farine  
21010001 SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV 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



# EVERYDAY ESSENTIALS AT LOW PRICES

6<sup>25</sup>

**NEILSON MILK**  
selected varieties, 4 L  
lait  
2018873 SA



6<sup>50</sup>

**ACTIVIA YOGURT**  
selected varieties, 12x100 g  
yogourt  
20203412004 EA/20608924 EA

5<sup>50</sup>

**NESTLÉ DRUMSTICK**  
selected varieties, frozen, 4's  
friandises de crème glacée  
20222380001 SA



7<sup>50</sup>

**MCCAIN FAMILY SIZE**  
selected varieties, frozen, 1.45-1.9 kg  
frites et pommes de terre  
21049322 EA



1<sup>25</sup>

**NEILSON CHOCOLATE MILK**  
750 mL  
lait au chocolat  
2018873 SA



1<sup>25</sup>

**PEACE TEA** 675 mL or  
**MONTELLIER CARBONATED** 1 L  
selected varieties  
thé glacé ou eau pétillante  
21049322 EA/21049322 EA



1<sup>25</sup>

**CARNABY SWEET CANDY BAG**  
selected varieties, 125 g  
sac de friandises  
21049322 EA/21049322 EA



\$3

**ALANI ENERGY - CELSIUS ENERGY DRINKS**  
selected varieties, 333 mL  
boissons énergisantes  
21049322 EA/21049322 EA



6<sup>29</sup>

**BUBLY or MONTELLIER SPARKLING WATER**  
selected varieties, 10/12x355 mL  
eau pétillante  
21049322 EA/21049322 EA



6<sup>99</sup>

**FUZE or PEACE TEA ICED TEA**  
selected varieties, 12x341 mL  
thé glacé  
21049322 EA



\$5

**TIDE PODS 16x, DOWNY FABRIC SOFTENER 0.78/1.21 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/130 g, BOUNCE DRYER SHEETS 40/60x, CASCADE AUTO DISHWASHER TABS 10-15x or RINSE AID 473 mL**  
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sécheuse ou régulateur de détergent pour lave-vaisselle ou aide au rinçage  
2018873 SA/21049322 EA



.90

**FANCY FEAST 83 g = FRISKIES 154 g WET CAT FOOD**  
selected varieties  
nourriture humide pour chats  
2011228 EA/2011228 EA



.75

**LIFE BRAND® X-BRISTLE MANUAL TOOTHBRUSH**  
selected varieties, 1 pc  
brosse à dents manuelle  
21049322 EA







Insiders Report™

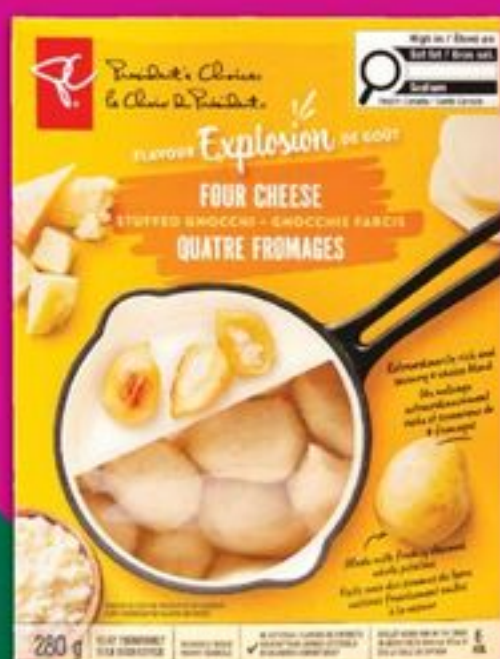
# SNACKINGS OF COMFORT AND JOY

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



\$3.50

**PC® HUMMUS**  
227 g  
hummus  
20584097 EA



\$5

**PC® GNOCCHI**  
selected varieties  
280/350 g  
gnocchi  
21481513 EA



\$6

**APP EXCLUSIVE OFFER**  
Optimum  
EARN  
1,500 = \$150  
Back in points

**PC® DOUBLE CREAM BRIE**  
200 g  
brie double crème  
20787337 EA



\$6.50

**PC® CREAM FIRST™ ICE CREAM**  
selected varieties, frozen  
1.5 L  
crème glacée  
2075713706 EA



\$9

**PC® FRESH POT PIES or QUICHE**  
selected varieties  
550-575 g  
pâtée à la viande ou quiche fraie  
21482154 EA



\$11

**PC® CHOCOLATE BASQUE CHEESECAKE**  
frozen  
400 g  
gâteau au fromage au chocolat basque  
21487933 EA



\$8

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-440 g  
pizza  
21331413 EA



\$4.50

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

**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
biscuits  
20612251 EA/20612257 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](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.



# 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 W1979 Alberta Ltd, used under license.

## MORE WAYS TO SAVE

**NEW  
LOWER  
PRICES**

Enjoy these price  
drops for longer.

**RAIN  
CHECK  
+ pts**

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

**ALWAYS**

Count on low  
everyday prices.

**FRESH  
GUARANTEE**

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

**The  NOFRILLS® thing to do.**

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](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).

ONL INFO MKT