



# BUDGETS LOVE YELLOW

(So switch)



APP EXCLUSIVE OFFERS\*

\$5



**NO NAME® BACON**  
regular or salt reduced  
500 g  
20156771\_EA

1,500 pts

\$8

= 150  
Back in points



**6 LB BAG**

**NO NAME® NATURALLY IMPERFECT™ APPLES**  
product of Western Provinces  
20868985001\_EA

1,000 pts

5<sup>29</sup>

=\$ 1  
Back in points



**NO NAME® SHREDDED CHEESE**  
selected varieties  
320 g  
21082491\_EA

1,500 pts

\$15

= 150  
Back in points



**NO NAME® GROUND COFFEE**  
selected varieties  
925 g  
21380616\_EA

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

ONL NPW FLAP 1

# NOFRILLS®

## DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 1 TO  
WEDNESDAY, JANUARY 7, 2026.

SAVE 33%

\$2



**SCHNEIDERS  
LUNCHMATE LUNCH  
KITS, STACKERS or  
SNACK KITS**  
selected varieties  
75-120 g  
21310034\_EA



ONLY

3<sup>99</sup>  
LB

**PORK BACK RIBS**  
frozen  
8.80/kg  
21105394\_KG

WHILE QUANTITIES LAST

SAVE 30%

6<sup>99</sup>



**SCHNEIDERS  
WINGS 615 g or  
SCHNITZEL 450 g**  
selected varieties, frozen  
21481408\_EA/21551428\_EA

ONLY

2<sup>99</sup>



**CAULIFLOWER**  
product of Mexico, or U.S.A.,  
no. 1 grade  
20135377001\_EA



ONLY

2<sup>47</sup>  
LB

**RED or GREEN  
GRAPES**  
product of Peru or South Africa,  
no. 1 grade  
5.45/kg  
20425775001\_KG/20159199001\_KG

ONLY

1<sup>50</sup>



**HEREFORD  
LUNCHEON MEAT**  
320 g  
21722838\_EA

ONLY

\$3



**BLACK DIAMOND SLICES  
PROCESSED CHEESE PRODUCT** 410 g or  
**LACTANTIA CREAM CHEESE** 227 g  
selected varieties  
21223648\_EA/21873358\_EA

SAVE UP TO 46%

.27



**MR. NOODLES  
INSTANT NOODLES**  
85 g or **MAGGI  
NOODLES** 70 g  
selected varieties  
20322638001\_EA/20802444\_EA

ONLY

4<sup>87</sup>



**GENERAL MILLS  
FAMILY SIZE CEREAL**  
selected varieties  
425-778 g  
21103492\_EA/21103495\_EA

ONLY

\$6



**ALLEN'S DRINK BOXES**  
24x200 mL or **GATORADE  
SPORT DRINKS**  
6x591 mL/8x355 mL  
selected varieties  
20303218003\_C06/20340520\_EA

ONLY

\$4



**APP EXCLUSIVE OFFER**  
T-Optimum  
EARN  
2,000<sup>00</sup> = \$2  
Back in points

**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
20296985001\_EA/20296985002\_EA

ONLY

6<sup>50</sup>



**OIKOS, SIGGI'S, ACTIVIA EXPERT** 650/750 g or  
**IÖGO** 16x100 g **YOGURT**  
selected varieties  
20609583001\_EA/21006885\_EA

SAVE 27%

28<sup>88</sup>



**ROOSTER® SCENTED JASMINE RICE**  
18.1 kg  
20157222\_EA

SAVE 50%

\$8



**HIGH LINER PAN-SEAR or BATTERED FISH FILLETS**  
selected varieties, frozen  
425-600 g  
20845016\_EA

SAVE UP TO 38%

7<sup>99</sup>



**TIDE SIMPLY LIQUID LAUNDRY  
DETERGENT** 2.72 L,  
**FLEECE FABRIC  
SOFTENER** 3.5 L or  
**DRYER SHEETS** 200's  
selected varieties  
21311729\_EA/21671020\_EA

70 LOADS

148 LOADS

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

nofrills.ca

01 NFW

**JANUARY**

**HIT  
OF THE  
MONTH**

**STARTS THURSDAY JANUARY 1<sup>ST</sup>**



**Made in Canada**

**Catelli Smart or Healthy Harvest pasta**

Selected varieties, 340/375 g

20299819008\_EA/20527060\_EA



**Kellogg's Eggo Waffles 8's**

Frozen, selected varieties, 270/280 g

20302779\_EA/20323436001\_EA



**Prepared in Canada**

**Janes Cosmic Chicken Nuggets**

Frozen, 500 g

21717211\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.  
Offer valid January 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

# FRESH AT LOW PRICES

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

**FARMER'S MARKET™ ORANGES**  
product of U.S.A.  
20162945001\_EA

**3 LB BAG**

**PKG OF 5 OR 6**

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

**BLUEBERRIES**  
product of Mexico, Morocco, Chile, or Peru,  
no. 1 grade or  
**AVOCADOS**  
product of Mexico, Colombia, or Peru  
21644936001\_EA/20080137001\_EA

**PINT**

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

**BLACKBERRIES**  
product of Mexico or U.S.A., or  
**RASPBERRIES** product of Mexico or U.S.A., no.  
1 grade  
200511015001\_EA/ 01289338001\_EA

**6 OZ CLAMSHELL**

**PKG OF 3**

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

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western provinces,  
Canada no. 1 grade or  
**MINI SWEET PEPPERS**  
product of Western provinces  
20828461001\_EA/20889400001\_EA

**454 G**

GROWN IN THE  
WESTERN  
PROVINCES  
British Columbia  
Alberta • Saskatchewan  
Manitoba



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

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

EA/LB

**CHERRIES** 11.00/kg, product of Chile, no. 1 grade or  
**PINEAPPLE** each, product of Mexico, or Costa Rica  
20160992001\_EA/20159090001\_KG

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

**ROMAINE HEARTS**  
product of U.S.A.  
20067389001\_EA

**PKG OF 3**

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

**RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
20601020001\_EA

**10 LB BAG**



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

LB

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
6.59/kg  
20026161001\_KG

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

**GREEN or RED PEPPERS**  
product of U.S.A. or Mexico  
20115233001\_EA/20012308001\_EA

**PKG OF 4**

**1<sup>79</sup>**

**GREEN ONION**  
product of Mexico or U.S.A.  
each  
20107500001\_EA

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

**600 G**

**HONEYDEW** product of Guatemala, or Honduras,  
**MINI SEEDLESS WATERMELON**  
product of Guatemala, Honduras, Costa Rica, Mexico, or Brazil, or  
**FARMER'S MARKET™ KIWI** product of Greece  
20045378001\_EA/20143379001\_EA

**\$5**

**946 ML**

**BOLTHOUSE JUICE or SMOOTHIES**  
selected varieties  
20319871\_EA/21290793\_EA

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

**RED MANGO**  
product of Peru  
each  
20099435001\_EA

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

**5 LB BAG**

**BARTLETT PEARS** product of U.S.A., extra fancy grade,  
**FARMER'S MARKET™ MCINTOSH** or  
**ROYAL GALA APPLES**  
product of Western Provinces, Canada fancy grade  
21032832001\_EA/20625305001\_EA

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

**3 LB BAG**

**PC® MANDARINS**  
product of U.S.A.  
2084961001\_EA

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

**PKG OF 11**

**FARMER'S MARKET™ GRAPE TOMATOES**  
product of Canada or Mexico,  
**MINI CUCUMBERS** product of Canada, Canada no. 1 grade or  
**PC® VARIETY TOMATOES** product of Canada or Mexico  
20840038001\_EA/21070679001\_EA

**907 G**

**681 G**

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

**454 G**

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Western Provinces  
20761372\_EA/20738571\_EA

GROWN IN THE  
WESTERN  
PROVINCES  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**\$10**

**MIXED BOUQUET**  
in seasonal colours  
21993531\_EA/21993179\_EA

**PRICE DROP**

**\$2<sup>00</sup>**

**SWEET ONIONS**  
product of U.S.A., no. 1 grade  
4.41/kg  
20083454001\_KG

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

**LEEEKS**  
product of Canada  
20090117001\_EA



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

**RED CABBAGE**  
product of Canada  
3.31/kg  
20773654001\_KG



\*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

**\$24**

## MAPLE LEAF PRIME CHICKEN BREAST

boneless, skinless  
5's, up to 915 g  
21185067 EA



**779**  
LB

## EXTRA LEAN GROUND BEEF

17.17/kg  
20981822\_KG



**399**  
LB

## PORK COMBO CHOP

fresh, bone-in  
8.80/kg  
20976983\_KG



**CLUB SIZE**



**649**

## PC® or ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES

selected varieties  
375/500 g  
21378310 EA/21584342 EA

**\$6**

## SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES

selected varieties  
375/450 g  
20105411 EA



**\$8**

## NO NAME® MEATBALLS

selected varieties, 680 g  
21537713 EA



**350**

## SMOKED STEELHEAD SALMON pre-sliced, 50 g, GO SHRIMP raw, 51/70 per lb or cooked, 61/70 per lb, 160 g, SEQUEST® FLAVOURED ALASKA POLLOCK ready to eat, 227 g, or YELLOWFIN TUNA STEAKS 92 g, frozen

20792840 EA



**\$7**

## SEAQUEST® WHITE COLOSSAL SHRIMP SHRIMP RING 227 g or BAY SCALLOPS 400 g

frozen  
21043887 EA



**\$7**

## BALDERSON CHEESE 250/280 g or BARI RICOTTA CHEESE 500 g

selected varieties  
20572931 EA/21475455 EA



**450**

## PILLER'S SLICED DELI MEAT

selected varieties  
150/200 g  
21206382 EA/21206939 EA



**550**

## DAIYA VEGAN CHEESE

selected varieties  
170/200 g  
21207740 EA



**750**

## PACE PIZZA

selected varieties  
502/542 g  
21515170 EA



**\$2**

## NO NAME® BAGELS or ENGLISH MUFFINS

selected varieties  
6's  
21217967 EA/21213119 EA



**\$3**

## COUNTRY HARVEST BREAD BAGELS 6's

selected varieties  
21178271 EA/21178642 EA



**550**

## FARMER'S MARKET™ BUTTER CROISSANTS 260-336 g or MUFFINS 6's

selected varieties  
20975943 EA/21283356 EA



# DEALS FOR DAYS EVENT



ONLY

3<sup>50</sup>

**ACTIVIA** 650 g or  
**OIKOS** 4x100 g  
**YOGURT**  
selected varieties  
20325132003\_EA/20625055\_EA



ONLY

8<sup>79</sup>

**NO NAME®**  
**CHEESE**  
selected varieties  
700 g  
20975773\_EA

ONLY

\$6

**DEL MONTE**  
**JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
215925736\_EA



ONLY

6<sup>99</sup>

**BECEL MARGARINE**  
selected varieties  
637/850 g  
20297818002\_EA

5<sup>50</sup>

**LACTANTIA**  
**LACTOSE FREE** or  
**PUR FILTRE MILK**  
selected varieties  
2 L  
20301822001\_EA



\$4

**PC®**  
**DINNER**  
**ENTRÉES**  
selected varieties,  
frozen  
212-365 g  
203079407\_EA



\$3

**MCCAIN**  
**SUPERFRIES** or  
**SPECIALTY**  
**FRIES** 454-800 g or  
**POCKETS** 300 g  
selected varieties, frozen  
20324220002\_EA/21491308\_EA



\$4

**NO NAME®** ICE MILK  
selected varieties, frozen  
1.65 L  
216101714\_EA



\$2

**DARE GRISSOL MELBA TOAST,**  
**CANAPE** or **BAGUETTES**  
selected varieties  
120-200 g  
210331183\_EA/210331188\_EA



\$3

**OLD DUTCH** POTATO 225 g or **TORTILLA** 275/290 g  
**CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g  
selected varieties  
213673464\_EA/21443100\_EA



2<sup>50</sup>

**GOGO SQUEEZ** FRUIT SAUCE POUCHES  
selected varieties  
4x90 g  
20328979001\_EA



\$2

**OASIS JUICE, DEL**  
**MONTE NECTAR**  
or **ARIZONA ICED**  
**TEA** 900 mL or **FRUITE**  
**BEVERAGES** 2 L  
selected varieties  
20338722005\_EA/20884117004\_EA



1<sup>89</sup>

**COCA-COLA** or  
**PEPSI** SOFT  
**DRINKS**  
selected varieties  
2 L  
20294920002\_EA/20318020002\_EA



1<sup>79</sup>

**CHEF BOYARDEE**  
**PASTA**  
selected varieties  
418/425 g  
20315000002\_EA



\$2

**ITALPASTA**  
selected varieties  
750 g  
20296341002\_EA/20296341004\_EA



\$7

**HEINZ**  
**KETCHUP**  
1.5 L  
20110556\_EA



7<sup>99</sup>

**NESCAFÉ GOLD**  
**INSTANT COFFEE**  
selected varieties  
90-100 g  
21521456\_EA



\$3

**POST CEREAL**  
selected varieties  
311-325 g  
20299048\_EA/21427214\_EA



3<sup>50</sup>

**PC®** or **BLUE MENU** PANCAKE or  
**WAFFLE MIX** 905 g or **SYRUP** 750 mL  
selected varieties  
20173129\_EA/20374908\_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 instore for details. \*\*Must be a registered PC Optimum™ member to get this offer.

# BRANDS YOU LOVE AT LOW PRICES

ONLY

3<sup>50</sup>

**LIBERTÉ MÉDITERRANÉE** 500 g,  
**SIGGI'S** 4x100 g or **YOPLAIT**  
**PROTEINES** 650 g **YOGURT**  
selected varieties  
21590027, EA/20788062001, EA



SAVE UP TO 33%

\$6

**BLACK DIAMOND**  
**CHEESTRINGS** or  
**SNACKS** 252/336 g or  
**CRACKER BARREL** **CHEESE**  
**SHREDS** 320 g  
selected varieties  
20763661, EA/21290613, EA



ALWAYS

\$3

**NO NAME® FRUIT**  
selected varieties, frozen  
300/400 g  
21545097, EA/21545106, EA



ONLY

3<sup>50</sup>

**GREEN GIANT**  
**VEGETABLES**  
selected varieties, frozen  
400-750 g  
21022302, EA



\$7

**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
21438713, EA



3<sup>25</sup>

**SIMPLY DRINKS**  
selected varieties, refrigerated  
1.5 L  
21170792, EA



\$4

**RUFFLES POTATO CHIPS** 180-200 g or  
**SMARTFOOD POPCORN** 150-220 g  
selected varieties  
20772839, EA/21241033, EA



\$9

**MONSTER** 4x473 mL or  
**RED BULL** 4x250 mL  
**ENERGY DRINKS**  
selected varieties  
20166737001, C04/20927631, C04



\$3

**EARTH'S OWN BARISTA** 946 mL or  
**VITA COCO COCONUT WATER** 1 L  
selected varieties  
20322922, EA/21179478, EA



1<sup>50</sup>

**CAMPBELL'S CONDENSED SOUP**  
selected varieties  
284 mL  
2097346003, EA



2<sup>29</sup>

**DARE BEAR PAWS** 168-240 g,  
**ULTIMATE COOKIES** 290/300 g,  
**VIVA PUFFS** 300 g or  
**WAGON WHEELS** 315/360 g  
selected varieties  
20743446, EA/21080791, EA



1<sup>50</sup>

**CLOVER LEAF LIGHT TUNA**  
selected varieties, 85/170 g  
2018117001, EA



1<sup>99</sup>

**NO NAME® APPLESAUCE** 620 mL or  
**FRUIT** 398 mL  
selected varieties  
21374918, EA/21400866, EA



1<sup>89</sup>

**KNORR SIDEKICKS**  
selected varieties  
120-162 g  
2032140006, EA/20321430011, EA



\$3

**KRAFT SALAD DRESSING**  
selected varieties  
425 mL  
21584749, EA/21584850, EA



2<sup>29</sup>

**NO NAME® OLIVES**  
selected varieties  
375 mL  
20323649, EA



\$8

**NO NAME® CANOLA OIL**  
3 L  
20028456, EA



\$2

**PRIMO or UNICO PASTA SAUCE**  
selected varieties  
680 mL  
20326537003, EA/207307015, EA



# BRANDS YOU LOVE AT LOW PRICES

ONLY

8<sup>99</sup>

**TROPICANA  
ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
20119756001\_EA



SAVE 23%

3<sup>50</sup>

**DAIRYLAND  
SOUR CREAM**  
selected varieties  
500 mL  
20275966001\_EA



SAVE 28%

4<sup>99</sup>

**MCCAIN DEEP 'N DELICIOUS CAKES**  
selected varieties, frozen  
510 g  
20310132002\_EA



CLUB SIZE • FORMAT CLUB

no name® sans nom®

**meat lasagna**

4 layers of fresh pasta with a tomato meat sauce,  
topped with mozzarella cheese

**lasagne à  
la viande**

4 couches de pâtes fraîches avec une  
sauce tomate à la viande, le tout garni  
de fromage mozzarella

SAVE 21%

\$11

**NO NAME® MEAT LASAGNA**  
2.27 kg  
20099795\_EA



\$8

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-440 g  
21531415\_EA



4<sup>87</sup>

**GENERAL MILLS  
FAMILY SIZE  
CEREAL**  
selected varieties  
455-778 g  
21103499\_EA/21103492\_EA



\$4

**DORITOS  
TORTILLA CHIPS**  
selected varieties  
210/235 g  
21693042\_EA



4<sup>50</sup>

**CHRISTIE FAMILY SIZE COOKIES or CAKESTERS**  
selected varieties  
285-488 g  
21014087\_EA/21639135\_EA



\$14

**ROGERS WHITE  
GRANULATED SUGAR**  
10 kg  
20170195\_EA



\$1

**CLUB HOUSE GRAVY  
or DRY SAUCE MIXES**  
selected varieties  
20-47 g  
20302816001\_EA/20323721001\_EA



16<sup>99</sup>

**TIMOTHY'S, KRISPY KREME or  
DONUT HOUSE  
COFFEE PODS**  
selected varieties  
30's  
21007380\_EA/21433555\_EA



13<sup>99</sup>

**MCCAFÉ ROAST AND GROUND  
COFFEE 340 g or PODS 10/12's**  
selected varieties  
21238495\_EA/21238598\_EA



\$17

**KICKING HORSE  
ORGANIC WHOLE  
BEAN COFFEE**  
selected varieties  
454 g  
céréales  
21702012\_EA



5<sup>49</sup>

**RED ROSE ORANGE PEKOE  
BLACK TEA 70's or TAZO TEA 20's**  
selected varieties  
21692191\_EA



2<sup>47</sup>

**NATURE VALLEY GRANOLA BARS  
130-210 g or GENERAL MILLS  
CEREAL BARS 120-160 g**  
selected varieties  
20315520005\_EA/21184633\_EA



6<sup>50</sup>

**NATURE VALLEY GRANOLA BARS 525 g,  
REESE PUFFS CEREAL BARS 384 g or  
BETTY CROCKER FRUIT SNACKS 340-498 g**  
selected varieties  
21279930\_EA/21344016\_EA



\$1

**CARNABY SWEET CANDY BAG**  
selected varieties  
125 g  
21219408\_EA/21219409\_EA



# BRANDS YOU LOVE AT LOW PRICES

24<sup>99</sup>



**GILLETTE or VENUS  
CARTRIDGE REFILLS**  
selected varieties  
5-10's  
20984899\_EA/21047872\_EA



\$4



**SISTEMA  
SANDWICH BOX**  
450 mL  
21574561\_EA

\$4



**SISTEMA DRESSING TO GO**  
4's  
20976372\_EA



3<sup>99</sup>

**ZIPLOC STORAGE BAGS**  
selected varieties  
10-90's  
20871415\_EA/20871443\_EA

\$15



**CASCADE AUTO  
DISHWASHER TABS**  
selected varieties  
30-48's  
21012357\_EA/21507156\_EA

\$4



**LYSOL MULTI  
SURFACE CLEANER**  
1.2 L, BATHROOM  
SPRAYS 950 mL or  
BATHROOM  
AEROSOL 538 g  
selected varieties  
20309873002\_EA/21201235\_EA

\$9



**CORONA  
CERO 0%  
NON-ALCOHOLIC  
BEER**  
6x330 mL  
21650191\_C06

7<sup>50</sup>



**ATYPIQUE  
NON-ALCOHOLIC  
COCKTAILS**  
selected varieties  
4x355 mL  
21515994\_C04/21517134\_C04

7<sup>99</sup>



**ROYALE TIGER TOWEL**  
selected varieties  
2/3=6 rolls  
21484702\_EA

\$10



**PC® DE-ALCOHOLIZED BEER**  
selected varieties  
12x355 mL  
20121729\_C12

\$8



**PC® DE-ALCOHOLIZED WINE**  
selected varieties  
750 mL  
21045602\_EA/21045800\_EA

\$9



**OLÉ MOCKTAILS**  
selected varieties  
4x355 mL  
21579219\_EA

# NEW DIGITAL COUPONS



**MORE OFFERS. MORE POINTS.**

**CLICK FOR  
THESE COUPONS  
AND MORE**



**PC®  
ORANGE JUICE**  
1.54 L

Get  
**250** <sup>PTS</sup>  
with digital  
coupon



**PC®  
PASTA SAUCE**  
410/650 mL

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



**PC®  
100% JUICE**  
1 L

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



**PC®  
MAX STRENGTH  
AND THICKNESS  
PAPER TOWELS**  
3 = 6 Rolls

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



**PC®  
MINI MUFFINS**  
336 g

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



**PC®  
NAAN ROUNDS**  
480 g

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



**PC®  
PROBIOTIC  
YOGURT**  
650 g

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



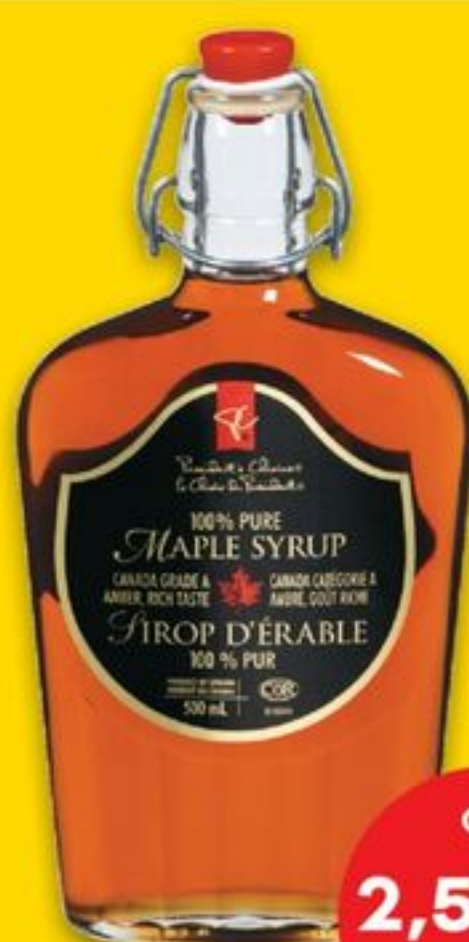
**PC®  
CHOCOLATE  
COVERED NUTS**  
340-400 g

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



**PC®  
BUTTER  
QUARTERS**  
454 g

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



**PC®  
MAPLE SYRUP**  
500 mL

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



**PC®  
SMOKIES**  
1 kg

Get  
**3000** <sup>PTS</sup>  
with digital  
coupon



**PC®  
SPLENDIDO® OLIVE OIL**  
1 L

Get  
**3000** <sup>PTS</sup>  
with digital  
coupon

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CLICK FOR  
THESE COUPONS  
AND MORE



**NO NAME®  
WINDSHIELD  
WASHER FLUID**  
3.78 L

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**250** <sup>PTS</sup>  
with digital  
coupon



**NO NAME®  
CHIPS**  
200 g

Get  
**250** <sup>PTS</sup>  
with digital  
coupon



**NO NAME®  
VINEGAR**  
4 L

Get  
**250** <sup>PTS</sup>  
with digital  
coupon



**NO NAME®  
DICED TOMATOES**  
796 mL

Get  
**250** <sup>PTS</sup>  
with digital  
coupon



**NO NAME®  
CHEESE BARS**  
400 g

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



**NO NAME®  
PEANUT BUTTER**  
1 kg

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



**NO NAME®  
MAYONNAISE**  
890 mL

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



**NO NAME®  
sour cream**  
500 mL

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



**NO NAME®  
FLOUR**  
2.5 kg

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



**NO NAME®  
MICROWAVE POPCORN**  
6 x 82 g

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



**T&T® FROZEN  
POTSTICKERS**  
567 g

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



**NO NAME®  
STRAWBERRY JAM**

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

**NEW  
LOWER  
PRICES**



**\$7**

**GREAT BRITISH  
CHEDDAR**  
400 g  
21527282, EA

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



**NATURAL BAKERY  
RYE BREAD**  
500 g  
20670549, EA

**\$5**

**HALAL**



**\$8**

**EXTRA LEAN GROUND BEEF**  
grass fed, fresh  
450 g  
21675592, EA



**SCHNEIDERS  
BOLOGNA**  
selected varieties  
500 g  
20039186, EA

**\$5**



**BURNBRAE  
NESTLAID  
WHITE EGGS**  
12's  
20816075001, EA

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



**MINUTE MAID ZERO SUGAR or  
FUZE BEVERAGES**  
selected varieties, refrigerated  
1.54/1.75 L  
21434019, EA/21652307, EA

**\$5**



**CHAPMAN'S  
FROZEN YOGURT or  
SORBET**  
selected varieties, frozen  
2 L  
20314434001, EA/20529120001, EA

**\$7**



**PC® ORGANICS  
FROZEN FRUIT**  
selected varieties  
600 g  
20431483003, EA/20993672, EA

**\$2**



**BEN'S ORIGINAL  
RICE CUPS**  
selected varieties  
62/68 g  
21480683, EA/21480713, EA

**\$4**



**HEALTHY CHOICE  
DINNER ENTRÉES**  
selected varieties, frozen  
269-298 g  
21406289, EA

**\$2**



**SNACK PACK  
PUDDING**  
selected varieties  
4x99 g  
20310707001, EA

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



**MCCAIN POCKETS**  
selected varieties, frozen, 540/600 g  
21047833, EA

**\$5**



**ACTIVIA  
YOGURT**  
selected varieties  
400/500 g  
21106459, EA

**4<sup>75</sup>**



**SMUCKER'S UNCRUSTABLES**  
selected varieties, frozen  
58 g  
21543057, EA

**\$4**



**TWININGS  
TEA**  
selected varieties  
20's  
20300740001, EA

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



**LILYDALE SLICED DELI MEAT**  
selected varieties  
400/500 g  
21675604, EA/21675636, EA

**\$8**

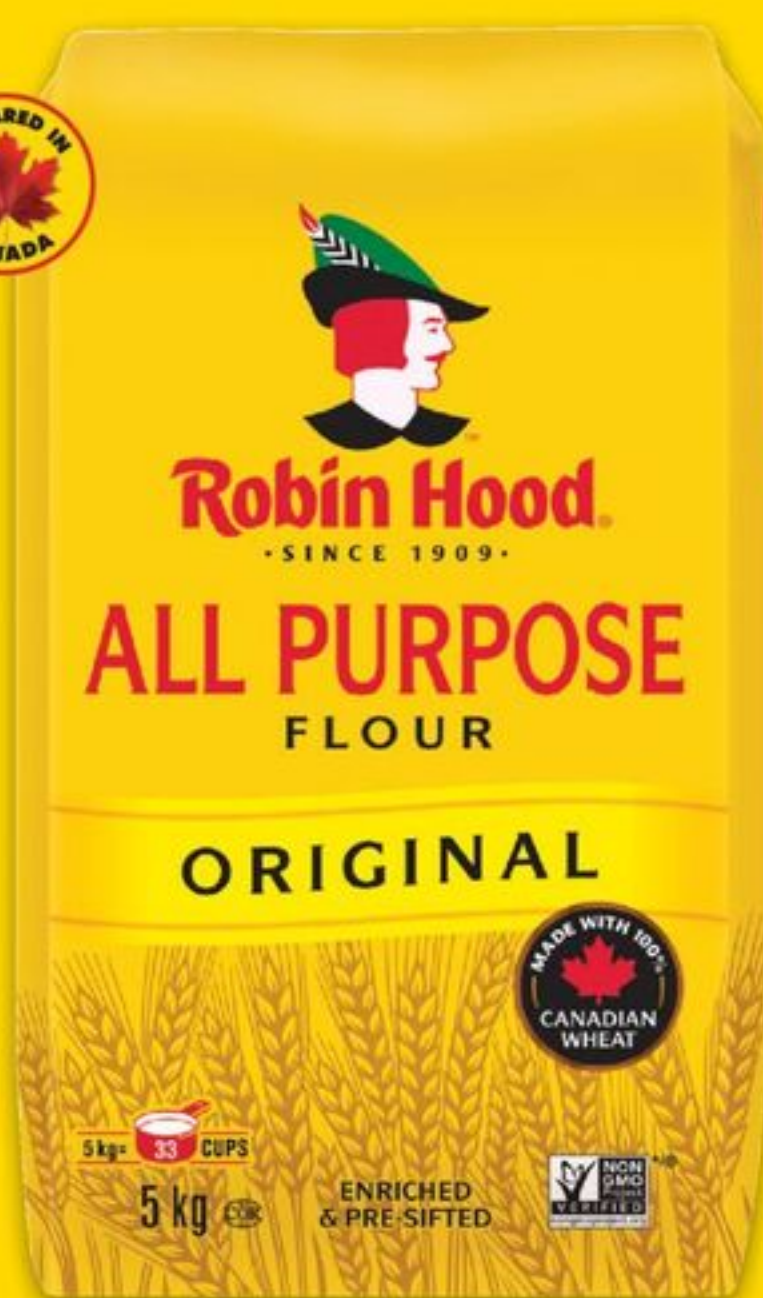


**CLIF BAR**  
selected varieties  
5's  
21664766, EA/21664843, EA

**NEW  
LOWER  
PRICES**

**\$10**

**ROBIN HOOD FLOUR**  
selected varieties  
5 kg  
20149342001 EA



**4.75**

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20312227 EA



**3.50**

**EARTH'S OWN ALMOND or SOY BEVERAGE**  
selected varieties, refrigerated  
1.75/1.89 L  
20327647 EA/21586394 EA



**5.50**

**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties frozen  
204 -288 g  
21623187 EA/21623288 EA



**\$5**

**CHAPMAN'S SUPER NOVELTIES**  
selected varieties frozen  
8-18's  
20111532 EA/2017581001 EA



**6.50**

**FRUTEE ICE CREAM**  
selected varieties, frozen  
270 mL  
21701523 EA



**7.50**

**MUSAFIR BUTTER CHICKEN BITES**  
357 g or **PANEER BURGERS** 480 g  
21705194 EA/21705196 EA



**\$5**

**M&M'S or MARS CHOCOLATE POUCHES**  
selected varieties  
155-170 g  
21371767 EA/21571768 EA



**\$3**

**TWIZZLERS CANDY PACK JOLLY RANCHER ROPE** 283 g  
selected varieties  
2002238004 EA



**7.50**

**SAMYANG NOODLES**  
selected varieties  
650 g  
21405283 EA



**1.50**

**LIPTON or KNORR SOUP MIX**  
selected varieties  
40-145 g  
20297514001 EA/20308188001 EA



**\$5**

**PAM COOKING OIL SPRAY**  
selected varieties  
141/170 g  
20178204001 EA



**\$6**

**NESTLÉ CARNATION HOT CHOCOLATE MIX**  
selected varieties  
400/450 g  
21397690 EA



**3.75**

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
21386780 EA



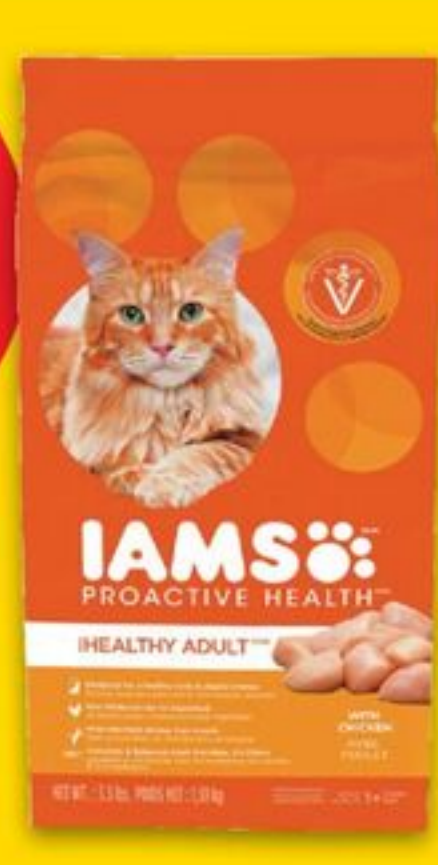
**\$7**

**PC® BATHROOM TISSUE** 12=24 rolls  
or **FACIAL TISSUE** 6x126 sheets  
20181283 EA/21450718 EA



**\$12**

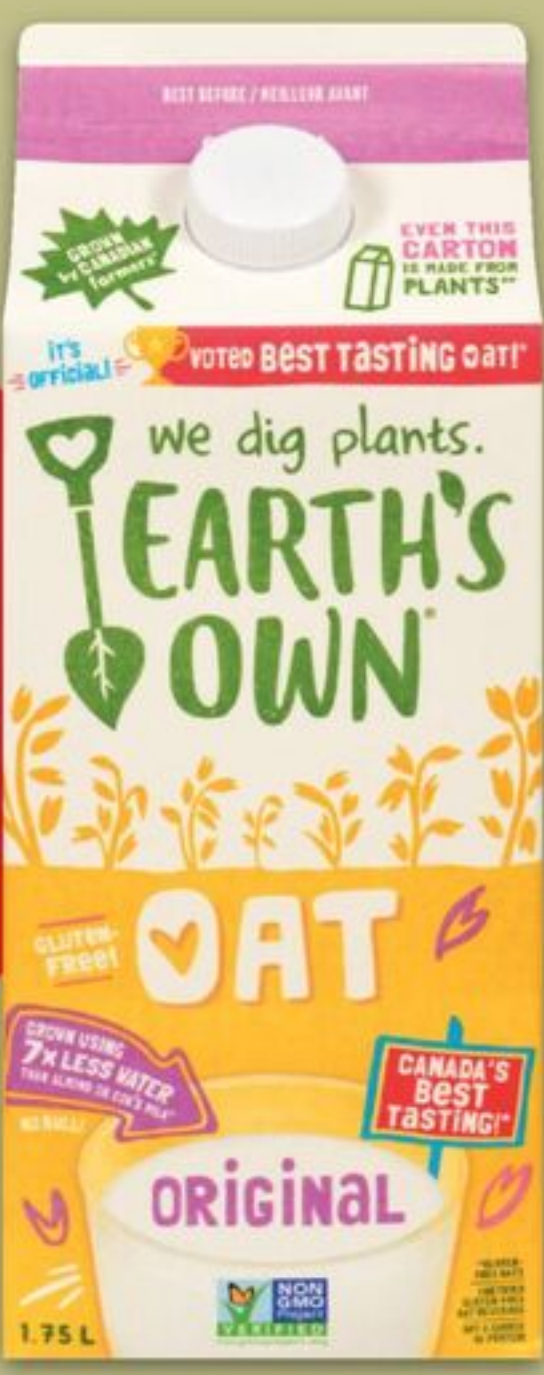
**IAMS DRY CAT FOOD**  
selected varieties  
1.36/1.59 kg  
21027553 EA



# NATURAL FOODS AT LOW PRICES

\$4

**EARTH'S OWN OAT BEVERAGES**  
selected varieties, refrigerated  
1.75 L  
21037796\_EA



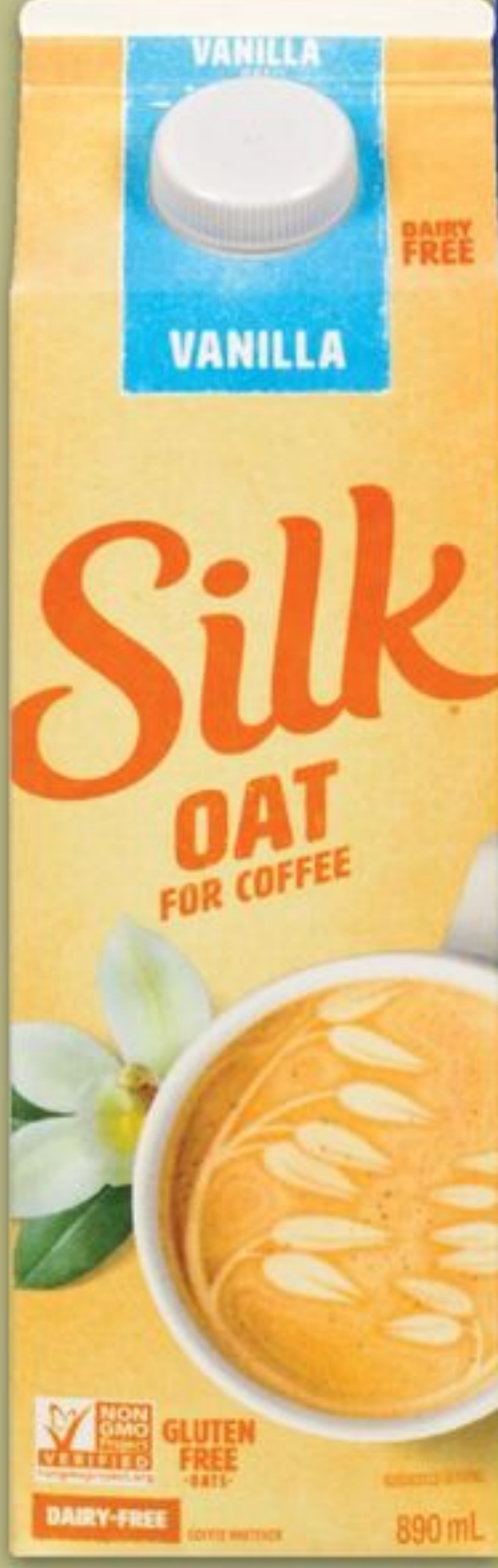
4<sup>50</sup>

**AMY'S BURRITO**  
selected varieties, frozen  
142-170 g  
20371439001\_EA



\$6

**PC® ORGANICS KEFIR**  
selected varieties  
1 L  
20944278\_EA



\$5

**SILK CREAMER**  
selected varieties, refrigerated  
890 mL  
21245360\_EA/21245361\_EA

7<sup>99</sup>

**CARBONAUT BREAD**  
selected varieties  
544/550 g  
21446964\_EA



22<sup>99</sup>

**VEGA PROTEIN + SUPERGREENS**  
selected varieties  
510-526 g  
20830386002\_EA



3<sup>50</sup>

**PC® ORGANICS APPLE SAUCE CUPS**  
6x100 mL, **SQUEEZABLE FRUIT SNACKS** 360 g  
or **JUMBO RAISIN SNACK PACK** 196 g  
selected varieties  
20320493001\_EA/21170526\_EA



5<sup>50</sup>

**BELSOY PUDDING**  
selected varieties  
4x125 g  
20151398003\_EA



2<sup>50</sup>

**CLIF ENERGY or BUILDERS BAR**  
selected varieties  
68 g  
20300133001\_EA/20300133002\_EA



5<sup>99</sup>

**JORDANS MORNING CRISP GRANOLA**  
selected varieties  
375/400 g  
21522230\_EA



7<sup>49</sup>

**BOB'S RED MILL GLUTEN-FREE ROLLED or PROTEIN OATS**  
selected varieties  
907 g  
21127426\_EA/21639699\_EA



8<sup>29</sup>

**BRAGG ORGANIC APPLE CIDER VINEGAR**  
946 mL  
20983004\_EA



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ONL NV NFW

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Kuhn Rikon Swiss  
design ovenware!

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OFF EACH



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**8 bonus stamps\***

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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](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-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](mailto:loblawpromotions@l-founders.com) for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit [pcoptimum.ca/collectandsave](https://pcoptimum.ca/collectandsave).

ONLINE OVEN FLAP

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\*Standard message and data rates may apply.

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PRICES**

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+ pts**

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**FRESH  
GUARANTEE**

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†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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