

NEW LOWER PRICES

3⁵⁰

**MINUTE MAID
ZERO SUGAR or
FUZE BEVERAGES**
selected varieties, refrigerated
1.54/1.75 L
21434119 EA/21652207 EA



\$2

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



\$5

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



6⁵⁰

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



5⁵⁰

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



NOFRILLS®

DEALS FOR DAYS EVENT

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 8 TO
WEDNESDAY, JANUARY 14, 2026.



ONLY

249
LB

PORK HALF LOIN
fresh, boneless
5.49/kg
20554787_KG

WHILE QUANTITIES LAST

ONLY

999

**PINTY'S CHICKEN
BREASTS** 600 g,
THIGHS 640 g or
DRUMSTICKS 950 g
selected varieties, frozen
21703414_EA/21703423_EA



SAVE 33%

\$4



SCHNEIDERS or
MAPLE LEAF BACON
uncooked or precooked
selected varieties
65/375 g
20772671_EA

SAVE 28%

299

PINT



BLUEBERRIES
product of Mexico, Chile, Morocco, or Peru, no. 1 grade
2006137001_EA

PKG OF 5 OR 6

AVOCADOS
product of Mexico, Peru, or Colombia
21644936001_EA

SAVE UP TO 22%

\$1



**NO NAME®
TUNA**
selected varieties
85/170 g
20521647_EA

ONLY

525

HALAL



**LEAN
GROUND BEEF**
450 g
21615428_EA

ONLY

\$6



**LACTANTIA LACTOSE
FREE, PUR FILTRE** or
ULTRA PUR MILK
selected varieties
1.5/2 L
20301822001_EA/21424991_EA

PRICE DROP

125



**ALLEN'S FRUIT
COCKTAIL**
selected varieties
1 L
20307424001_EA/21630125_EA

SAVE 25%

450



**BRAR'S
MALAI PANEER**
375 g
20283164_EA

ONLY

\$7



PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
21531644_EA

SAVE 20%

\$2



**CHRISTIE
CRACKERS**
selected varieties
145-200 g
21030647_EA/21547034_EA

SAVE 22%

\$7



**PC® DINNER
ENTRÉES**
selected varieties frozen
770 g-1.13 kg
20326534_EA

SAVE UP TO 33%

1199



**817 ELEPHANT
BRAND BASMATI RICE**
selected varieties
4 kg
20787524_EA/21341987_EA

SAVE UP TO 39%

\$2



NO NAME® SOUR CREAM 500 mL or
CHEEMO PEROGIES
selected varieties, frozen 745-907 g
20299457_EA/20527159_EA

ONLY

327



CLASSICO PASTA SAUCE
selected varieties
410-600 mL
2032640001_EA/21618017_EA

ONLY

1388

908 G



DAN-D PAK CASHEWS
roasted or unroasted
20314662002_EA

SAVE UP TO 29%

1299



ROYALE BATHROOM TISSUE or
TIGER TOWEL
selected varieties
21378233_EA/21484732_EA

AVAILABLE AT: MIKE'S - ABBOTSFORD, ROB'S - AIRDIIE, TERASHITA'S - BROOKS, ANDREWS - CALGARY, BLAIR'S - CALGARY, HARMAN'S - CALGARY, JOHN & IRISH'S - CALGARY, SEUN & ALEXANDRA'S - CHESTERMERE, MARK'S - COCHRANE, ROB & KATHY'S - COLD LAKE, DAVE'S - DAWSON CREEK, BROOK'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, JAY & SUZIE'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHELTON'S - EDMONTON, TEJUS & RAMAN'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, CHRIS' - FORT SASKATCHEWAN, AMANDA'S - FORT ST JOHN, SIMRAN'S - GRAND FORKS, AARON & KATRINA'S - GRANDE PRAIRIE, TERRY'S - HUMBOLDT, KEN'S - LANGLEY, MICHAEL'S - LANGLEY, CRAIG'S - LEDUC, TROY'S - LETHBRIDGE, SHIPLEY'S - MAPLE RIDGE, GAGAN & SATVEER'S - MEADOW LAKE, MIKE'S - NORTH BATTLEFORD, WESAM'S - OKOTOKS, PATRICK'S - OLDS, KARL'S - PEACE RIVER, SEWAK'S - PORT COQUITLAM, TOBI'S - QUESNEL, SHANE & TINA'S - SASKATOON, LENORA'S - ST PAUL, DEEPU'S - SURREY, GLENN'S - SURREY, DYLAN & GALEN'S - SWAN RIVER, TONY & SAM'S - TABER, ARKEE'S - VANCOUVER, BRANDON & JOANNY'S - VANCOUVER, DEAN'S - VANCOUVER, JOTI'S - VANCOUVER, JUSTIN'S - VANCOUVER, SIMON'S - VANCOUVER, ADAM'S - VEGREVILLE, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, MIKE'S - WINNIPEG

JANUARY

**HIT
OF THE
MONTH**



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

4⁹⁹
EA/LB

CHERRIES 11.00/kg,
product of Chile, no. 1 grade or
PINEAPPLE
product of Costa Rica
20159690001_KG/20160992001_KG

3⁹⁹
EA/LB

**RED or GREEN
SEEDLESS GRAPES** 8.80/kg,
product of Peru, or South Africa, no. 1 grade,
BLACKBERRIES each,
product of Mexico, or U.S.A., or
RASPBERRIES each,
product of Mexico, or U.S.A., no. 1 grade
20423775001_KG/20159199001_KG

**6 OZ
CLAMSHELL**

10 LB BAG

5⁹⁹

RUSSET POTATOES
product of Canada, Canada no. 1 grade
20001020001_EA

4⁹⁹

CAULIFLOWER
product of U.S.A. or Mexico, no. 1 grade
or **FARMER'S MARKET™ ENGLISH CUCUMBERS**
product of Canada, Canada no. 1 Grade
20135377001_EA/20828461001_EA



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

3⁹⁹

PKG OF 4

GREEN or RED PEPPERS
product of Mexico
20115233001_EA/20013208001_EA

4⁴⁹

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

5⁹⁹

**3 LB
BAG**

**1 LB
CLAMSHELL**

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade or
FARMER'S MARKET™ LEMONS or ORANGES
product of U.S.A.
20798811001_EA/20162943001_EA/20049778001_EA

2⁴⁹

**3 LB
BAG**

2 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
20036828001_EA/20811994001_EA

1⁹⁹

BUNCH SPINACH or KALE
product of Mexico or U.S.A.
20162840001_EA/20138803001_EA

\$10

**PC® KAKI
PERSIMMONS**
product of Spain
21211638001_C01

CASE

1⁹⁹

RED MANGO
product of Peru
each
2005796330001_EA

2⁹⁹
LB

BROCCOLI CROWNS
product of Mexico or U.S.A.
6.59/kg
200226161001_KG

4⁹⁹

PKG OF 3

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

3⁹⁹

**PC® LITTLE GEMS™ RED, YELLOW, or
MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
21247299001_EA/21247300001_EA

**GROWN IN
CANADA**

**RUBY
ROUSSES**

680 G

6⁹⁹

5 LB BAG

**FARMER'S MARKET™ MCINTOSH or
ROYAL GALA APPLES**
product of Western provinces, Canada fancy grade
20623202001_EA/21195877001_EA

6⁹⁹

3 LB BAG

PC® MANDARINS
product of U.S.A.
20849951001_EA

5⁹⁹

907 G

**FARMER'S MARKET™ GRAPE TOMATOES
or PC® VARIETY TOMATOES**
product of Canada or Mexico
20840038001_EA/20949860001_EA

681 G

**VARIETY PACK
ASSORTMENT**

3⁹⁹

454 G

**PC® WHOLE WHITE or CREMINI
MUSHROOMS**
product of Western Provinces
20741372_EA/20738571_EA

**GROWN IN THE
WESTERN
PROVINCES**

**BRITISH COLUMBIA
ALBERTA SASKATCHEWAN
MANITOBA**

**PRICE
DROP**

\$2
LB

**COSMIC
CRISP
APPLES**
product of U.S.A.,
extra fancy grade
4.41/lb
21340884001_KG

\$3

BUNCH DILL
product of U.S.A. or Mexico
20183183001_EA

\$2
LB

SWEET ONIONS
product of U.S.A., no. 1 grade
4.41/lb
20083454001_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

\$13

**PC® BLUE MENU®
BONELESS,
SKINLESS
CHICKEN THIGHS or
SPLIT WINGS**
up to 720 g
21606306_EA



\$11 LB

BONELESS BEEF STEW
24.25/kg
20106117_KG



4.49

**MAPLE LEAF TOP DOGS
or SCHNEIDERS WIENERS**
selected varieties
375 g
21093477_EA



13.99

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
21041735_EA



\$7

SEAQUEST® COOKED or RAW SHRIMP 36/55 per lb,
300 g, **BAY SCALLOPS** 400 g, or **SHRIMP RING** 227 g
frozen
21636352_EA



\$9

**HIGH LINER
PINK SALMON**
frozen
400 g
21093881_EA



11.99

**MARCANGELO SAUSAGE, BREAKFAST
SAUSAGE, PATTIES or MEATBALLS**
selected varieties, frozen, 1.2/1.4 kg
20796699_EA



2.50

THE LAUGHING COW CHEESE
selected varieties
120-140 g
20319107_EA/21201454_EA



\$3.50

**ZIGGY'S®
SLICED MEAT**
selected varieties
175 g
21592461_EA/21599921_EA

Members save



5.49

ASIAN INSPIRATIONS ENTRÉES
frozen, 400 g
21047378_EA



\$5

SAPUTO CHEESE
selected varieties
170-200 g
20573975_EA/21031214_EA



5.50

**MAIN ST BISTRO MAC AND CHEESE
or MASHED POTATOES**
selected varieties
567-680 g
20338009_EA/20027947_EA



\$7

**PILLER'S
PEPPERETTES or
TURKEY BITES**
300-500g
21099391_EA/21099386_EA



2.50

**DELI WORLD
LIGHT RYE BREAD**
500 g
20097456_EA



2.50

WONDER BREAD 570 g or **BUNS** 12's
selected varieties
20305674_EA/20320827_EA



\$5

LA BAGUETTERIE MICHE
selected varieties
600/800 g
204602393_EA



\$4

PC® TOPPED HUMMUS 280 g or
SABRA GUACAMOLE 198 g
selected varieties
20811328_EA/21586063_EA



DEALS FOR DAYS EVENT

ONLY

3²⁵

**ASTRO, iÖGO 650/750 g,
LIBERTÉ GREEK 4's YOGURT
or PILLSBURY
REFRIGERATED DOUGH 318-468 g**
selected varieties
20165226001_EA/20320962002_EA



SAVE 20%

5⁹⁹

LACTANTIA BUTTER
selected varieties
454 g
20639926_EA



SAVE 33%

3⁹⁹

**KRAFT
CHEEZ WHIZ**
450 g
20659606001_EA



ONLY

\$4

**DR. OETKER RISTORANTE
or CASA DI MAMA PIZZA**
selected varieties frozen
320-410 g
20296100001_EA/20296424004_EA

\$6



PC® FREE RUN EGGS
12's
20813638001_EA

\$4



PC® DINNER ENTRÉES
selected varieties frozen
212-385 g
2031707_EA

3⁵⁰



CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
21605114_EA

2²⁹



HOLIDAY LUNCHEON MEAT 340 g or
MAPLE LEAF FLAKES 156 g
selected varieties
20916273001_EA/20616778_EA

5⁵⁰



HÄAGEN-DAZS ICE CREAM 450 mL or
NOVELTIES 3/4's
selected varieties, frozen
20302298001_EA/215133506_EA

2⁷⁹



CHRISTIE COOKIES
selected varieties
251-302 g
21338407_EA/213613508_EA

\$4



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

2⁴⁹



**SENSIBLE PORTIONS
VEGGIE STRAWS or CHIPS**
selected varieties
120-142 g
20377504001_EA/21380091_EA

\$4



OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties
1.89 L
20300004008_EA

\$4



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
20310544002_C06/20313741002_C06

3⁵⁰



MOTT'S CLAMATO
selected varieties
1.89 L
20318955002_EA

\$3



CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
20794233_EA

\$3



OLD EL PASO COMPONENTS
selected varieties
9x334 g/243-398 mL
20300092001_EA/20838196_EA

\$22



PC® ROAST AND GROUND COFFEE
WHOLE BEAN 820/907 g or **PODS** 30's
selected varieties
21608446_EA/21668491_EA

5⁵⁰



KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
21649784_EA/21651640_EA

2²⁹



QUAKER DIPP'S or CHEWY GRANOLA BARS
selected varieties
120-156 g
20847382_EA/21339366_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.

NOFRILLS

CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



this product contains
post consumer recycled
paper



BRANDS YOU LOVE AT LOW PRICES

ONLY

6⁷⁹

YOPLAIT SOURCE YOGURT

selected varieties
16x100 g
20317317001, EA



SAVE 53%

\$2

HELUVA GOOD! DIP

selected varieties
250 g
20179979002, EA

SAVE 28%

4⁹⁹

MCCAIN DEEP 'N DELICIOUS CAKES

selected varieties, frozen
510 g
20310132002, EA



SAVE UP TO 29%

\$6

PILLSBURY PIZZA POPS

760 g or BITES 693 g
selected varieties, frozen
21435938, EA



\$7

STARBUCKS COFFEE ENHANCER

selected varieties
828 mL
21434900, EA



\$7

STOK COLD BREW COFFEE

selected varieties
1.42 L
21303737, EA/21303739, EA



3⁸⁸

SUNCHIPS

255 g or MUNCHIE'S
selected varieties
21370317, EA/21370415, EA



2⁵⁰

BEN'S ORIGINAL BISTRO EXPRESS RICE

selected varieties
240/250 g
21404900, EA/21405476, EA



3⁵⁰

KOOL-AID JAMMERS SUNNYD BEVERAGES

selected varieties
10x180 mL or 1.89 L
20079979006, EA/21102303, EA



\$9

POPPI SODA

selected varieties
4x335 mL
21400583, EA



1⁵⁰

NO NAME® BEANS

selected varieties
540 mL
20324921001, EA



4⁸⁸

HUY FONG SAMBAL OLEK CHILI GARLIC SAUCE

selected varieties
481 mL or 714 mL
20074956, EA/21103178, EA



2⁵⁰

PEPPERIDGE FARM GOLDFISH CRACKERS

selected varieties
167/227 g
20300320, EA/2030894003, EA



2²⁵

CAMPBELL'S CHUNKY SOUP

selected varieties
515 mL
21480047, EA



1⁵⁰

CLARK BAKED BEANS

398 mL or MR. NOODLES BOWL 110 g
selected varieties
20344960001, EA/21308477, EA



1⁷⁹

KRAFT DINNER SALAD PASTA

selected varieties
200 g
21140589, EA/21140590, EA



4⁵⁰

HELLMANN'S REAL MAYONNAISE

selected varieties
340/445 mL
2000032001, EA



8⁸⁸

MAZOLA CORN OIL

2.84 L
20011080, EA



12⁹⁹

BERTOLLI OLIVE OIL

selected varieties
750 mL/1 L
20104182001, EA



2²⁹

NO NAME® WHITE VINEGAR

Club Size
4 L
201023756, EA



BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 37%

4⁹⁹

IMPERIAL
MARGARINE 850 g
or TROPICANA
ORANGE JUICE 1.36 L
selected varieties
20054663 EA/21622130 EA



SAVE 39%

\$7

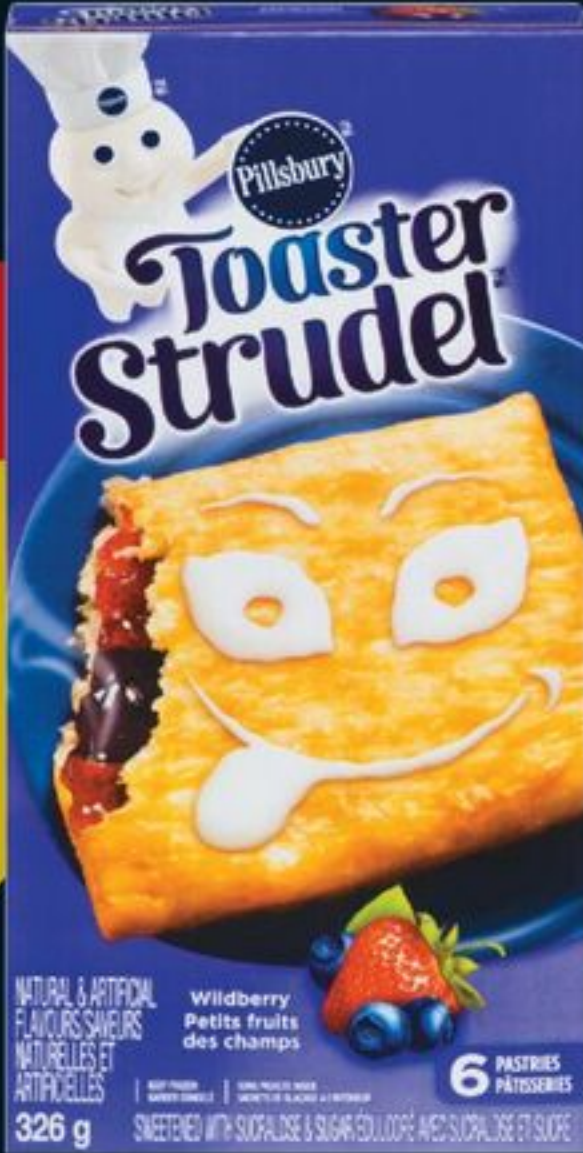
KRAFT SINGLES
825 g
2118312 EA



ONLY

\$4

PILLSBURY
TOASTER STRUDEL
selected varieties, frozen
326 g
2017264004 EA



ONLY

2⁷⁵

YOPLAIT SOURCE
630 g, TUBES 8's,
MINIGO 6's or
PROTEIN 4's YOGURT
selected varieties
21547595 EA/21619318 EA



1²⁵

TINA'S BURRITO
selected varieties, frozen
113 g
21639797 EA



\$3

MOTT'S FRUITSATIONS
selected varieties
6x113 g
2032434001 EA



\$3

PRINGLES CRISPS
selected varieties
148/156 g
21003823 EA/21003823 EA



3⁵⁰

LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
21648530 EA/21680155 EA



5⁵⁰

ROBIN HOOD FLOUR
selected varieties
2/2.5 kg
20029497001 EA/20029497005 EA



\$6

QUAKER BAKING MIXES
or OAT FLOUR
selected varieties
700/900 g
20001864003 EA/20001864004 EA



7⁹⁹

TETLEY TEA
selected varieties
80/144's
20311144 EA/20638842 EA



8⁹⁹

TWININGS TEA
selected varieties
50's
20006148001 EA/21111078 EA



7⁹⁹

TIM HORTONS
INSTANT COFFEE
selected varieties
100 g
21161584 EA/21606418 EA



4⁵⁰

MARS CHOCOLATE BAG
selected varieties
155-170 g or
MULTI PACK 4's
20311923 EA/20638842 EA



\$3

QUAKER INSTANT OATMEAL
selected varieties
232-344 g
21190260 EA/21190265 EA



3²⁹

KELLOGG'S SPECIAL K or KASHI
CRUNCHY, CHEWY or SOFT BAKED BARS
selected varieties
165-200 g
20444832001 EA/21010324 EA



3⁴⁹

KETTLE BRAND
POTATO CHIPS
selected varieties
156/198 g
21306492 EA



BRANDS YOU LOVE AT LOW PRICES

\$5



\$5



DOVE BAR SOAP 3x106 g, **BODY WASH** 325 mL, **DEODORANT** or **ANTIPERSPIRANT** 45-76 g selected varieties 20188212003 EA/21220717 EA

SENSODYNE or **PRONAMEL TOOTH PASTE** 75/100 mL or **POLIGRIP** 40 g selected varieties 20301179001 EA/20756075 EA

\$4



MR. CLEAN ALL PURPOSE CLEANER 1.21 L, **FEBREZE AIR** 250 g, **BATHROOM AIR FRESHENER** 7.5 mL, **CAR** 2 mL or **MAGIC ERASER** 2/3's selected varieties 21005017 EA/21700198 EA

\$14



FINISH DISHWASHING TABS 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL selected varieties 21218146 EA/21565525 EA

\$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, **PODS** or **FLINGS** 45/76's selected varieties 21593670 EA/21593679 EA

\$6



NO NAME® NAPKINS 500's 20306897 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 5,000 pts = \$5 Value for every \$12* spent on

LYSOL CLEANING PRODUCTS all sizes and varieties 20310677001 EA/21238361 EA



NEW DIGITAL COUPONS



MORE OFFERS. MORE POINTS.

**CLICK FOR
THESE COUPONS
AND MORE**



**PC®
ORANGE JUICE**
1.54 L

Get
250 ^{PTS}
with digital
coupon



**PC®
PASTA SAUCE**
410/650 mL

Get
500 ^{PTS}
with digital
coupon



**PC®
100% JUICE**
1 L

Get
750 ^{PTS}
with digital
coupon



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

Get
1,000 ^{PTS}
with digital
coupon



**PC®
MINI MUFFINS**
336 g

Get
1,000 ^{PTS}
with digital
coupon



**PC®
NAAN ROUNDS**
480 g

Get
1,000 ^{PTS}
with digital
coupon



**PC®
PROBIOTIC
YOGURT**
650 g

Get
1,500 ^{PTS}
with digital
coupon



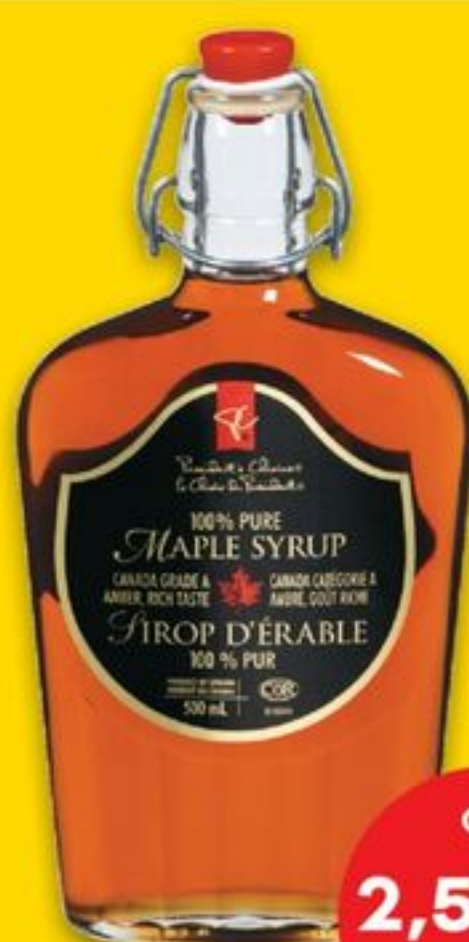
**PC®
CHOCOLATE
COVERED NUTS**
340-400 g

Get
1,500 ^{PTS}
with digital
coupon



**PC®
BUTTER
QUARTERS**
454 g

Get
1,500 ^{PTS}
with digital
coupon



**PC®
MAPLE SYRUP**
500 mL

Get
2,500 ^{PTS}
with digital
coupon



**PC®
SMOKIES**
1 kg

Get
3000 ^{PTS}
with digital
coupon



**PC®
SPLENDIDO® OLIVE OIL**
1 L

Get
3000 ^{PTS}
with digital
coupon

MORE OFFERS. MORE POINTS.

CLICK FOR
THESE COUPONS
AND MORE



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

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
CHIPS**
200 g

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
VINEGAR**
4 L

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
DICED TOMATOES**
796 mL

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
CHEESE BARS**
400 g

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
PEANUT BUTTER**
1 kg

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
MAYONNAISE**
890 mL

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
sour cream**
500 mL

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
FLOUR**
2.5 kg

Get
500 ^{PTS}
with digital
coupon



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

Get
1,000 ^{PTS}
with digital
coupon



**NO NAME®
STRAWBERRY JAM**

Get
1,500 ^{PTS}
with digital
coupon



**T&T® FROZEN
POTSTICKERS**
567 g

Get
1,500 ^{PTS}
with digital
coupon

EASY MEALS AT LOW PRICES

\$3

ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
21521168_EA



3.50

APP EXCLUSIVE OFFER*

Optimum
EARN
1,000 pts

=\$1
Back in points

PC® DIPS 227 g or
PC® NAAN DIPPERS 200 g
selected varieties
20584212_EA/21092033_EA



\$6

PACE PIZZA 510-542 g or
LA CASA ROSA FRESH ENTREES 350 g
selected varieties
20584212_EA/21092033_EA





恭賀新禧

2⁸⁸

DRAGON FRUIT
product of Vietnam,
RED or WHITE
POMELO
product of China
20168395001, EA/20081390001, EA

.98^{LB}

DAIKON or JUMBO
CARROTS product of China or
NAPA CABBAGE product of U.S.A.
2.16/kg
20082109001, KG/20015025001, KG

1⁸⁸^{LB}

ASIAN YELLOW
PEARS
product of China
4.14/kg
20035618001, KG

.88^{LB}

TAIWANESE
CABBAGE
product of Mexico, or U.S.A.
1.94/kg
20020863001, KG

1⁹⁸^{LB}

GINGER ROOT
product of China
4.37/kg
20179038001, KG

.98



GOLDEN HAPPINESS
SPECIALTY BUNS
selected varieties
100 g
21297542, EA

3⁸⁸



KIMBERLEY'S
FROSTED COOKIES
383 g
21432281, EA

3⁸⁸



SUMMI! SPRING ROLLS or
DUMPLINGS
selected varieties
250-250 g
21114397, EA/21379394, EA

5⁴⁸^{LB}



PORK BELLY
PORTIONS
fresh
12.08/kg
21614914, KG

10⁴⁸^{LB}



ETNICO
BEEF OXTAIL
selected varieties
400 ml
20079358, KG

8⁸⁸



PC! SPRING ROLLS
selected varieties, frozen
574 g
20096133, EA

.88



CAMPBELL'S SWANSON
CHICKEN BROTH
412 mL
20042814, EA

1⁶⁸



AROY-D COCONUT MILK
selected varieties
400 mL
20063664, EA

4⁴⁸



PALDO VOLCANO
NOODLES
selected varieties
560 g
21676222, EA/21676223, EA

2⁹⁸



UFC COCONUT
WATER
1 L
20070006, EA

2⁸⁸



LEE KUM KEE
HOISIN SAUCE 445 mL
or **PANDA OYSTER**
SAUCE 510 g
20060066, EA/20179600, EA

4⁸⁸



KEWPIE MAYONNAISE
450 mL or **O'FOOD**
GOCHUJANG 215 g
21453182, EA/21444088, EA

1⁸⁸



LUNAR NEW YEAR RED ENVELOPES
selected varieties
8 x
21672074, EA
SELECTION VARIES BY STORE

2¹⁸



LUNAR
NEW YEAR
HONEYCOMB
LANTERN
each
21672195, EA
SELECTION VARIES BY STORE

3⁴⁸



LUNAR NEW YEAR HORSE PLATES
8 x
21672810, EA
SELECTION VARIES BY STORE

8⁸⁸



BILLY BEE HONEY
1 kg
20038715, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

.88

**KOSA RICE FLOUR or
KOSA GLUTINOUS RICE FLOUR**
400 g
21412730 EA/21412794 EA



198

**KOSA CRISPY
SEAWEED**
selected varieties
36 g
21377035 EA



148

KOSA RICE VERMICELLI
selected varieties
400 g
21446288 EA/21446289 EA



.88

**HOT-KID
GUMMY CANDY**
selected varieties
70 g
21450187 EA

388

**ROASTED
SESAME SEEDS**
selected varieties
227 g
20739488 EA/20739491 EA



.88

MEGA SARDINES
selected varieties
155 g
20774942 EA



148

LOTTE ALOE DRINK
500 mL
21672606 EA



228

**TASTIE
SPRING ROLL**
selected varieties
204 g
20995597 EA

288

**ROOSTER®
CORN STARCH**
454 g
21047841 EA



128

**ROOSTER®
SUSHI GINGER**
210 g
21100328 EA



\$2

ROOSTER® TOFU
selected varieties
454 g
21474765 EA



488

ROOSTER® KIMCHI
selected varieties
400 g
21040695 EA

HAPPY LOHRI

ਲੋਹੜੀ ਦੀਆਂ ਵਧਾਈਆਂ!



\$11



NO NAME® PEANUTS
product of U.S.A.
20293477 EA

.99



CILANTRO
product of Mexico or U.S.A
each
20091825001 EA

795 G



DEGLET NOUR PITTED DATES product of Saudi Arabia,
HONEY PITTED DATES product of Iran or
ORGANIC PITTED DATES product of Tunisia
21562279001 EA / 20772841 EA

907 G



10 LB

5.99

FARMER'S MARKET® RED ONIONS
product of Canada, Canada no. 1 grade
20171965001 EA



340 G

3.50



CRISPY NAMAK PARA
selected varieties
360 g
21443491 EA

\$3



SURAJ® NAAN
selected varieties
5's
21051352 EA

2.29



SURAJ® DAHI YOGURT
selected varieties
750 g
20959052 EA

\$8



TEA INDIA 681 g
or **TATA TEA AGNI** 1 kg
2077172 EA/2075115 EA

\$2



FROOTI MANGO JUICE
or **SHERBON FRUIT DRINK**
selected varieties
1 L
20041155 EA/21403524 EA

3.99



QUALITY MANGO PULP
selected varieties
850 g
2047643001 EA

9.99



QUALITY BROWN SUGAR
4.5 kg
20718452 EA

4.49



SURAJ® DRY BEANS or LENTILS 1.8 kg
or **DABUR MUSTARD OIL** 500 mL
selected varieties
20558757 EA/21000533 EA

1.50



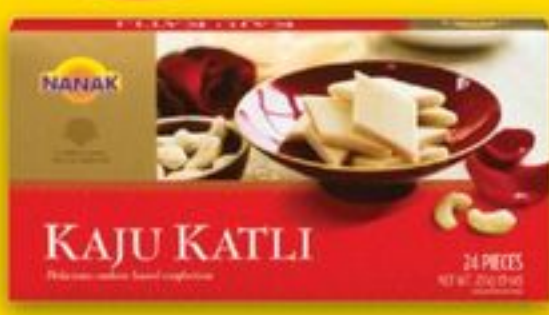
KURKURE or HALDIRAM'S INDIAN SNACKS
selected varieties
90-160 g
20309917 EA/20408742 EA

21.99



NANAK DESI GHEE
1.6 kg
20181744 EA

5.99



NANAK KAJU KATLI
selected varieties
225 g
20636744 EA

8.99



NANAK RASMALAI
selected varieties
850 g
21284818 EA

6.99



NANAK GULAB JAMUN
frozen
908 g
20426317 EA

3.49



KFI COOKING SAUCE 375/395 mL or
MAGGI SAUCE 340 mL
selected varieties
2041940001 EA/20487724 EA

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get 60-80% off*
one piece of high-quality
Kuhn Rikon Swiss
design ovenware!

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60-80%*
OFF EACH



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in the PC Optimum™
App and get
8 bonus stamps*

**KUHN
RIKON**
SWISS DESIGN

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BUDGETS LOVE YELLOW (So switch)

Your home of
no name®

2⁵⁰

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

NO NAME® NACHO CHEESE TORTILLA CHIPS

selected varieties
200 g
21654374_EA



1⁴⁷

NO NAME® POTATO CHIPS

selected varieties
200 g
21302821_EA



4⁵⁰

NO NAME® CHOCOLATE CHIP COOKIES

907 g
20318678001_EA



2²⁹

NO NAME® GRANOLA BARS

selected varieties
120-175 g
20915354_EA/21540823_EA



\$3

NO NAME® 400 g FROZEN FRUIT

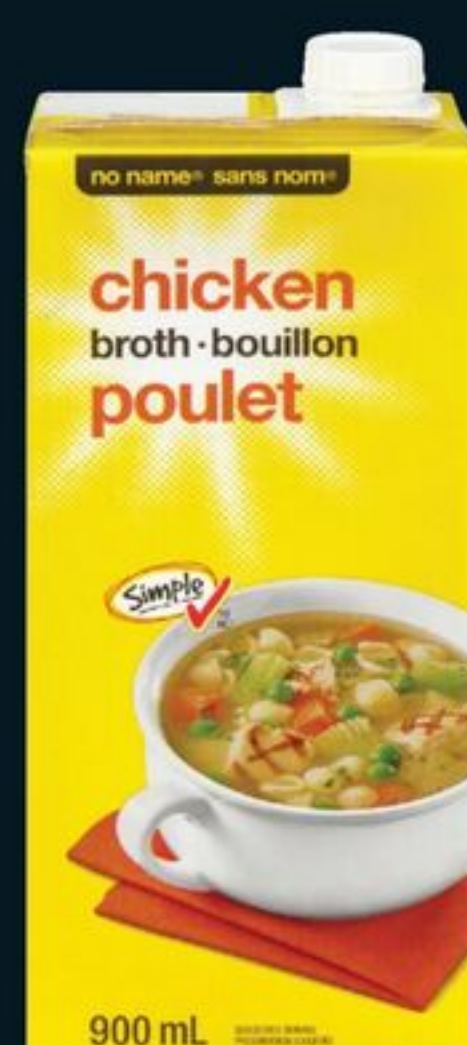
assorted varieties
21545106_EA



1⁵⁰

NO NAME® BROTH

selected varieties
900 mL
21189611_EA



\$3

NO NAME® JUICE BOXES

selected varieties, 8/10x200 mL
20503035003_EA



1⁷⁵

NO NAME® EVAPORATED MILK

selected varieties
354 mL
21040510_EA/21040543_EA



\$7

4 LB BAG

NO NAME® NATURALLY IMPERFECT™ ORANGES

product of U.S.A.
21649536001_EA



3⁵⁰

NO NAME® COTTAGE CHEESE

selected varieties, 500 g
20183991002_EA



\$6

NO NAME® CHICKEN STRIPS or NUGGETS

frozen, 908 g
21178745_EA



\$14

NO NAME 4 oz BEEF BURGERS

frozen, 1.36 kg
20114154_EA



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no name®

KITCHEN ESSENTIALS

\$3

**EVERYDAY ESSENTIALS™
HANDHELD
ZESTER**

21351350, EA



**EVERYDAY ESSENTIALS™
SPICE SHAKER**

large

21162852, EA



**EVERYDAY ESSENTIALS™
STAINLESS
STEEL LADLE**

21213849, EA



\$4

**EVERYDAY ESSENTIALS™
NESTED
TONGS**

3 pack

21162313, EA



**PC® CERAMIC
BERRY PINT**

blue

21351929, EA



**EVERYDAY ESSENTIALS™
POTATO
MASHER**

21214379, EA



\$6

**PC® SILICONE
DRINKING
STRAWS WITH
BRUSH**

21186435, EA



**EVERYDAY ESSENTIALS™
6-PIECE STEAK KNIFE SET**

20113389, EA



**PC® SQUARE
CLIP JAR**

2.0 L

20774691, EA



\$18

**EVERYDAY ESSENTIALS™
HAND BLENDER**

20164241, EA



**EVERYDAY ESSENTIALS™
SANDWICH MAKER**

20164267, EA



**EVERYDAY ESSENTIALS™
6 CUP RICE COOKER**

20053721, EA



**EVERYDAY ESSENTIALS™
FOOD CHOPPER**

20121544, EA

\$15

**PC® INSTANT READ
DIGITAL PEN
THERMOMETER**

21218258, EA



\$20

**EVERYDAY ESSENTIALS™
2 SLICE TOASTER**

20219347002, EA



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points while
you save



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\$15
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25% off

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& Sports Bras*

Select Styles | Regular Price \$29 - \$35
January 8 - 21



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\$26²⁵

~~\$35~~
Active Momentum
Sports Bra



~~\$29~~
Active
Bike Short

NOW
\$21⁷⁵



~~\$29~~
Active Balance
High Rise Legging

NOW
\$21⁷⁵



~~\$35~~
Women+ Active
Momentum Sports Bra

NOW
\$26²⁵

NOW
\$15²⁰

~~\$19~~
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Active Four-Way
Stretch Jogger



20% off

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Apparel & Sneakers*

Regular Price Only
January 8 - 14

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LOWER
PRICES**

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drops for longer.

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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. 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 NFW MKT