



DEALS FOR DAYS EVENT

1⁹⁹

ROMAINE HEARTS
product of U.S.A. or
BLACKBERRIES
product of U.S.A. or Mexico
cœurs de romaine ou mûres
20082756001_EA/20051015001_EA



ONLY

3⁸⁸



**FARMER'S MARKET™
ROYAL GALA APPLES** or
AMBROSIA APPLES
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_EA



ONLY

2⁸⁸

**FARMER'S MARKET™
MANDARINS**
product of South Africa
mandarines
20099819001_EA



SAVE 27%

1⁴⁴

**BROCCOLI
CROWNS**
product of U.S.A.
or Mexico
couronnes de brocoli
21121560001_EA



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
frousses-repas
21310034 EA



ONLY

3.49
LB

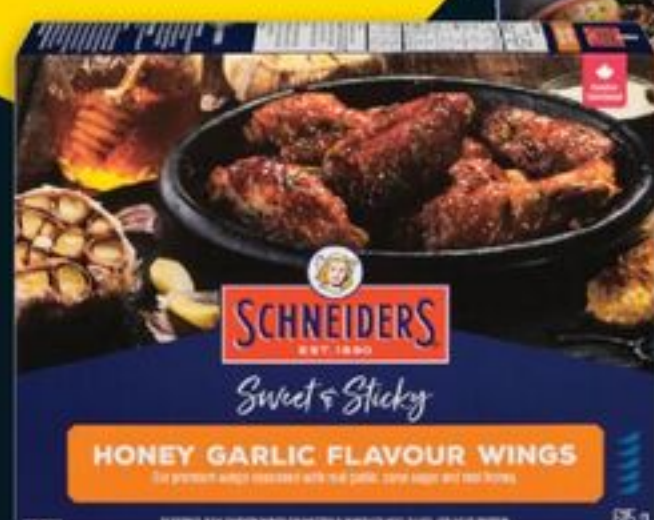
PORK BACK RIBS

frozen, cryovac package
côtes de dos de porc
7.69/kg
21105394 KG

WHILE QUANTITIES LAST

SAVE UP TO 46%

6.99



SCHNEIDERS WINGS 615 g or **SCHNITZEL** 450 g
frozen selected varieties
ailes ou escalope
20105611 EA



8 KG

**ROOSTER®
SCENTED JASMINE
RICE**
riz au jasmin
20121871 EA

SAVE 32%

12.88

SAVE UP TO 46%

.27

**MR. NOODLES
INSTANT NOODLES** 85 g or
MAGGI NOODLES 70 g
selected varieties
nouilles instantanées ou nouilles
20322628001 EA/20802664 EA



ONLY

\$3

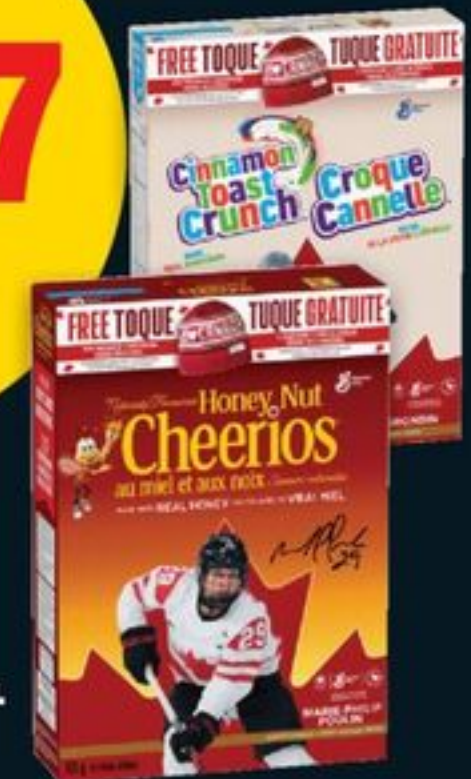
**BLACK DIAMOND
SLICES PROCESSED CHEESE PRODUCT** 410 g
or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
tranches de produit de fromage fondu ou fromage à la crème
21323264 EA/21673558 EA



ONLY

4.87

**GENERAL MILLS
FAMILY SIZE CEREAL**
selected varieties
455-778 g
céréales
21103492 EA/21103493 EA



SAVE 49%

\$8

**HIGH LINER
PAN-SEAR** or
BATTERED FISH FILLETS
selected varieties, frozen
425-600 g
filets de poisson
20845016 EA



SAVE 23%

\$5

ALLEN'S DRINK BOXES 24x200 mL or
GATORADE SPORT DRINKS 6x291 mL/8x355 mL
selected varieties
boissons en boîte ou boissons désaltérantes
20302218003 C06/20340520 EA



SAVE UP TO 23%

12.99

**AASHIRVAAD
WHOLE WHEAT
FLOUR** or
BRAR'S DESI GHEE
farine de blé entier ou ghee
2069986 EA/21339688 EA



ONLY

1.50

**HEREFORD
LUNCHEON MEAT**
320 g
pain de viande
21722858 EA



ONLY

6.50

OIKOS, SIGGI'S, ACTIVIA EXPERT 650/750 g or
IOGO 16x100 g **YOGURT**
selected varieties
yogourt
20606778001 EA/21006885 EA



SAVE UP TO 38%

7.99

TIDE SIMPLY LIQUID LAUNDRY DETERGENT 2.72 L,
FLEECY FABRIC SOFTENER 3.5 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant ou feuilles pour sècheuse
21311739 EA/21671020 EA



AVAILABLE AT: JEROME & ALISHA'S - AJAX, STEVE & AMANDA'S - AJAX, JOE'S - BILLEVILLE, ADRI'S - BRAMPTON, DAVE'S - BRAMPTON, FARZIN'S - BRAMPTON, HECTOR & ALICIA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVI & SALMA'S - CAMBRIDGE, ROSS & LINDA'S - CAMBRIDGE, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HERB'S - ETOBICOKE, JEFF'S - ETOBICOKE, DOMENIK'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARYLL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, ROB'S - MARKHAM, VANSPALL'S - MARKHAM, JOHN'S - MILTON, ASHLEY'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, MARK'S - MISSISSAUGA, RAMAN'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, YAMAS - MISSISSAUGA, JOHN'S - NEWMARKET, ANAND & SHIVYONNE'S - NORTH YORK, CARLO'S - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LUSTRO'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, DYLAN'S - OSHAWA, MIKE'S - OSHAWA, NADINE'S - OSHAWA, GABE'S - OTTAWA, DACOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, FRASER & MELISSA'S - RICHMOND HILL, JIM'S - RICHMOND HILL, KYLIE'S - SARNIA, AJMAL'S - SCARBOROUGH, ALI'S - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, HASHIM'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LING'S - SCARBOROUGH, JEFF & HOLLY'S - STITTSVILLE, MICHAEL'S - STOUFFVILLE, ALI'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DARREN'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELLAND, CONROY'S - WHITBY, UZE'S - WHITBY, QALIS - WHITBY, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

nofrills.ca

01 NFO ET



BUDGETS LOVE YELLOW

(So switch)



APP EXCLUSIVE OFFERS*

\$5

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



2,000 pts

\$4

=\$2

Back in points

NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide
20296985001_EA/20296985002_EA



1,000 pts

\$6

=\$1

Back in points

4 LB BAG

**NO NAME® NATURALLY IMPERFECT™
ORANGES**
product of Morocco or Spain
oranges
21049335001_EA



1,000 pts

5²⁹

=\$1

Back in points

NO NAME® SHREDDED CHEESE
selected varieties
320 g
fromage râpé
21082795_EA



1,500 pts

14⁹⁹

=1⁵⁰

Back in points

NO NAME® GROUND COFFEE
selected varieties
925 g
café moulu
21380616_EA



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

NFO FLAP 2

**NEW
LOWER
PRICES**

7⁵⁰

**BRAR'S DAIRY
DAHI 3.25%**

1.8/kg
Dahi
21576316 EA



\$10

**ZABIHA HALAL
CHICKEN STRIPS,
NUGGETS AND
BURGERS** frozen

selected varieties
800/908 g
lanières, pépites ou
burgers de poulet
21192505 EA



\$8

**EXTRA LEAN GROUND BEEF BRICK
PACK, GRASS FED** 450 g

fresh
boeuf haché
extra-maigre
21675592 EA



7⁵⁰

**TASTIEZ 400 g or
MCCAIN PIZZA POCKETS** 600 g,

selected varieties, frozen
pochettes de pizza
21047833 EA



FRESH AT LOW PRICES

3⁹⁹

BLUEBERRIES
product of Mexico, Peru, Chile or Morocco, no. 1 grade or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
framboises ou bleuets
20080137001_EA/20128938001_EA

PINT

6 OZ CLAMSHELL

3⁹⁹
EA/LB

PINEAPPLE each,
product of Costa Rica or
CHERRIES 8.80/kg,
product of Chile, no. 1 grade
cerises ou ananas
20159690001_KG/20160992001_EA

3⁹⁹
EA/LB

RED or GREEN SEEDLESS GRAPES
8.80/kg, product of Peru or South Africa, no. 1 grade or
CANTALOUPE each,
product of Guatemala, or Honduras, no. 1 grade
cantaloup ou raisins rouges ou verts sans pépins
20425775001_KG/20159199001_KG/20167017001_EA

PKG OF 6

2⁹⁹
EA/LB

ROMA TOMATOES 6.59/kg,
product of Canada or Mexico, no. 1 grade or
FARMER'S MARKET™ MINI CUCUMBERS
each,
product of Canada, Canada no. 1 grade
tomates roma ou mini-concombres
20143381001_KG/201737570001_EA



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

4⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162940001_EA

3⁹⁹

2 LB BAG

PKG OF 5

FARMER'S MARKET™ LEMONS product of U.S.A. or
AVOCADOS product of Mexico
citrons ou avocats
21578167001_EA/20162940001_EA

1⁷⁹
LB

BARTLETT or BOSC PEARS
product of U.S.A., extra fancy grade
poires
3.95/kg
20172340001_KG/20287815001_KG

1⁹⁹

POMEGRANATES
product of Israel or Egypt
grenades
20134767001_EA

.69

KIWI
product of Italy, Chile or Greece
each
kiwi
20130242001_EA

3⁹⁹

PKG OF 4

GREEN PEPPERS product of Mexico or
RED PEPPERS product of U.S.A.
poivrons
20115333001_EA/20013208001_EA

5⁹⁹

567 G

681 G

PC® AXIANY or VARIETY TOMATOES
product of Canada or Mexico
tomates
20949860001_EA/21634164001_EA

1⁷⁹



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20070132001_EA

3⁹⁹

10 LB BAG

RUSSET, RED or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601020001_EA

\$4

946 ML

BOLTHOUSE JUICE or SMOOTHIES
selected varieties
jus ou boissons frappées
20164122_EA/21290793_EA

2⁹⁹

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
20600927001_EA/20811994001_EA

1⁴⁹
LB

SANTA CLAUS or CANARY MELONS
product of Brazil
melons
3.28/kg
21023090001_KG/21022511001_KG

1²⁹

RED or ATAUFO MANGOES product of Peru or
GREEN ONIONS product of Mexico
each
mangues ou oignons verts
20036330001_EA/20131309001_EA/20107300001_EA

3⁹⁹

680 G

PC® LITTLE GEMS™ RED, YELLOW, or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21347301001_EA/21347299001_EA

2⁴⁹



227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20733803_EA/20776239_EA

\$10

MIXED BOUQUET
in seasonal colours
bouquet varié
2161952_EA

PRICE DROP

\$2⁰⁰
LB

SWEET ONIONS
product of Peru, no. 1 grade
oignons
4.41/kg
2008345001_KG

\$3⁰⁰

PKG OF 2

GEN-V BOSTON LETTUCE
product of Canada
laitue
20666537_EA

\$4⁰⁰

380 G

GREEN BEANS
product of U.S.A.
légumineuses
21108053001_EA

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

FRESH AT LOW PRICES

\$20

MAPLE LEAF PRIME CHICKEN BREASTS

fresh, boneless, skinless
5's, up to 915 g
poitrines de poulet

21185111_EA



779 LB

EXTRA LEAN GROUND BEEF

boeuf haché extra maigre
17.17/kg
20357910_KG



12.99

MARCANGELO SOUVLAKI KABOBS

selected varieties
480/640 g
brochettes

21041735_EA



ALWAYS

\$10

CLUB SIZE



BUTCHER'S CHOICE® SAUSAGE

selected varieties, 1.1 kg
saucisses

21565790_EA

\$6

SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES

selected varieties, 375/450 g
bologna ou saucisses fumées

20105611_EA



\$8

NO NAME® MEATBALLS

selected varieties, frozen, 680 g
boulettes de viande

21538491_EA



5.50

DAIYA VEGAN CHEESE

selected varieties, 170/200 g
simili-fromage végétal

21207740_EA



3.50

SEAQUEST® FLAVOURED ALASKA POLLOCK

ready to eat, 227 g, GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 140 g,
or YELLOWFIN TUNA STEAKS 92 g, frozen

saumon steelhead fumé ou gobeorge d'Alaska aromatisée ou crevettes ou dorades de thon albacore

2072840_EA



\$7

SEAQUEST® WHITE COLOSSAL SHRIMP or BAY SCALLOPS

300 g
frozen
crevettes blanches colossales ou pétoncles de baie

21045887_EA



4.50

PILLER'S SLICED DELI MEAT

selected varieties, 150/200 g
charcuteries tranchées

20965534_EA/21206382_EA



\$7

BALDERSON CHEESE BARI RICOTTA CHEESE

250/280 g or
selected varieties
fromage

20572951_EA/21495455_EA

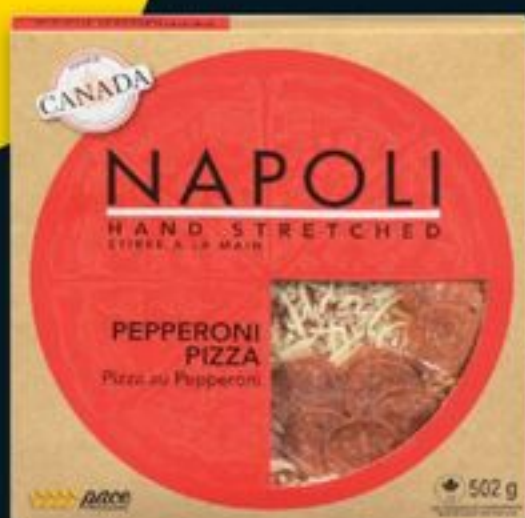


7.50

PACE PIZZA

selected varieties
502-542 g
pizza

21515170_EA



\$2

NO NAME® BAGELS or ENGLISH MUFFINS

selected varieties, 6's
bagels ou muffins anglais

21297780_EA/21297931_EA



\$3

COUNTRY HARVEST BREAD

600/650 g or
selected varieties
pain ou bagels

21179597_EA/21178642_EA



5.50

FARMER'S MARKET® BUTTER CROISSANTS

260-336 g or MUFFINS 6's
selected varieties
croissants ou beignets ou muffins

20972943_EA/21283356_EA



DEALS FOR DAYS EVENT



ONLY

3⁵⁰

ACTIVIA 650 g or **OIKOS**
4x100 g **YOGURT**
selected varieties
yogourt
20325132003 EA/20625055 EA



ONLY

8⁷⁹

NO NAME®
CHEESE
selected varieties
700 g
fromage
20975773 EA

ONLY

\$6

DEL MONTE JUICE BLEND
selected varieties, refrigerated
2.5 L
jus
21395736 EA



ONLY

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002 EA

7⁵⁰

NEILSON WHIPPING CREAM 1 L or
STARBUCKS COLD BREW 1.42 L
selected varieties
crème à fouetter ou café infusé à froid
20101029 EA/21313530 EA



\$4

PC® DINNER
ENTRÉES
selected varieties frozen
212-365 g
plats cuisinés
20317938 EA/20324619 EA



\$3

MCCAIN SUPERFRIES or
SPECIALTY
FRIES 434-600 g, or
POCKETS 300 g
selected varieties frozen
fries
20324238002 EA/21091304 EA



\$4

NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
21610174 EA



\$2

DARE GRISSOL MELBA TOAST,
CANAPE or **BAGUETTES**
selected varieties
120-200 g
biscottes
21033185 EA/21033188 EA



\$3

OLD DUTCH POTATO 325 g or **TORTILLA** 275/290 g
CHIPS or **HUMPTY DUMPTY** SNACKS
selected varieties
croustilles ou grignolines
21442103 EA



2⁵⁰

GOGO SQUEEZ FRUIT SAUCE POUCHES
selected varieties
4x90 g
sachets de sauce aux fruits
20328697001 EA



\$2

OASIS JUICE, **DEL MONTE**
NECTAR or **ARIZONA** ICED
TEA 240 mL or **FRUITE**
BEVERAGES 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons
20330722005 EA/20894117004 EA



1⁸⁹

COCA-COLA or
PEPSI SOFT
DRINKS
selected varieties
2 L
boissons gazeuses
20294950002 EA/20316020002 EA



1⁷⁹

CHEF
BOYARDEE
PASTA
selected varieties
418/425 g
pâtes
2031200001 EA



\$2

ITALPASTA
selected varieties
750 g
pâtes
20294341002 EA/20294341004 EA



6⁹⁹

HEINZ
KETCHUP
1.5 L
ketchup
20110556 EA



7⁹⁹

NESCAFÉ GOLD
INSTANT COFFEE
selected varieties
90-100 g
café instantané
21074565 EA



\$3

POST CEREAL
selected varieties
313-525 g
céréales
20299048 EA/21427214 EA



3⁵⁰

PC® or **BLUE MENU** PANCAKE
MIX 905 g or **SYRUP** 750 mL
selected varieties
mélange à crêpes ou sirop
20175129 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 in-store for details. **Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

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

nofrills.ca



this product contains
post consumer recycled
paper



JANUARY

**HIT
OF THE
MONTH**

STARTS THURSDAY JANUARY 1ST

\$1.50



🇨🇦 **Made in Canada**

Catelli Smart or Healthy Harvest pasta

Selected varieties, 340/375 g

Limit: 6, over limit retail \$2.50

20299819008_EA/20527060_EA

\$2.25



Kellogg's Eggo Waffles 8's

Frozen, selected varieties, 270/280 g

Limit: 6, over limit retail \$3.00

20302779_EA/20323436001_EA

\$3.50



🇨🇦 **Prepared in Canada**

Janes Cosmic Chicken Nuggets

Frozen, 500 g

Limit: 6, over limit retail \$4.50

**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. No rainchecks.

NEW DIGITAL COUPONS



MORE OFFERS. MORE POINTS.

**CLICK FOR
THESE COUPONS
AND MORE**



**PC®
ORANGE JUICE**
1.54 L
jus d'orange

Get
250 ^{PTS}
with digital
coupon



**PC®
PASTA SAUCE**
410/650 mL
sauce pour pâtes

Get
500 ^{PTS}
with digital
coupon



**PC®
100% JUICE**
1 L
jus

Get
750 ^{PTS}
with digital
coupon



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

Get
1,000 ^{PTS}
with digital
coupon



**PC®
MINI MUFFINS**
336 g
mini-muffins

Get
1,000 ^{PTS}
with digital
coupon



**PC®
NAAN ROUNDS**
480 g
naan

Get
1,000 ^{PTS}
with digital
coupon



**PC®
PROBIOTIC
YOGURT**
650 g
yogourt aux probiotiques

Get
1,500 ^{PTS}
with digital
coupon



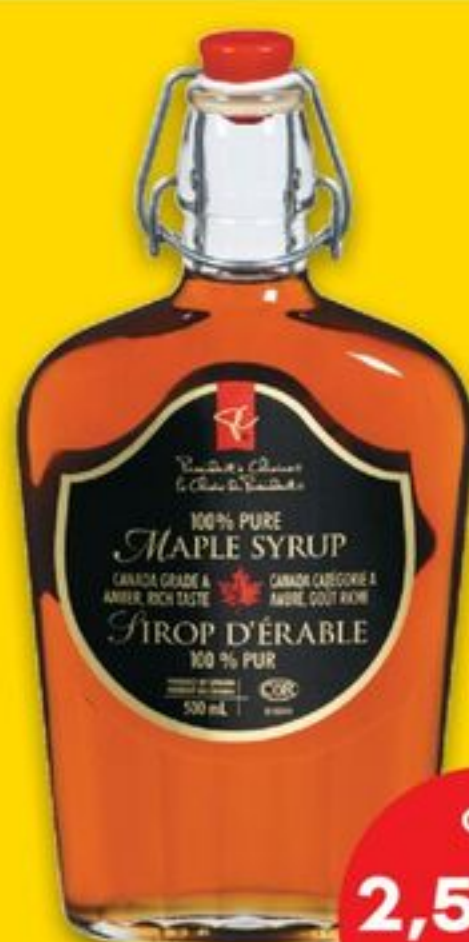
**PC®
CHOCOLATE
COVERED NUTS**
340-400 g
noix enrobées de chocolat

Get
1,500 ^{PTS}
with digital
coupon



**PC®
BUTTER
QUARTERS**
454 g
bâtonnets de beurre

Get
1,500 ^{PTS}
with digital
coupon



**PC®
MAPLE SYRUP**
500 mL
sirop d'érable

Get
2,500 ^{PTS}
with digital
coupon



**PC®
SMOKIES**
1 kg
saucisses fumées

Get
3000 ^{PTS}
with digital
coupon



**PC®
SPLENDIDO® OLIVE OIL**
1 L
huile d'olive

Get
3000 ^{PTS}
with digital
coupon

MORE OFFERS. MORE POINTS.

CLICK FOR
THESE COUPONS
AND MORE



**NO NAME®
WINDSHIELD
WASHER FLUID**
3.78 L
liquide lave-glace

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
CHIPS**
200 g
croustilles

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
VINEGAR**
4 L
vinaigre

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
DICED TOMATOES**
796 mL
tomates en dés

Get
250 ^{PTS}
with digital
coupon



**NO NAME®
CHEESE BARS**
400 g
barres de fromage

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
PEANUT BUTTER**
1 kg
beurre d'arachide

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
MAYONNAISE**
890 mL
mayonnaise

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
SOUR CREAM**
500 mL
crème sure

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
FLOUR**
2.5 kg
farine

Get
500 ^{PTS}
with digital
coupon



**NO NAME®
MICROWAVE
POPCORN**
6 x 82 g
maïs à éclater au four à micro-ondes

Get
1,000 ^{PTS}
with digital
coupon



**NO NAME®
STRAWBERRY JAM**
confiture de fraises

Get
1,500 ^{PTS}
with digital
coupon



**T&T® FROZEN
POTSTICKERS**
567 g
quenelles

Get
1,500 ^{PTS}
with digital
coupon

BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰

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



SAVE UP TO 25%

\$6

BLACK DIAMOND
CHEESTRINGS or
SNACKS 252/336 g or
CRACKER BARREL
CHEESE SHREDS 320 g
selected varieties
collations au fromage ou fromage râpé
20763661, EA/21290612, EA



ALWAYS

\$3

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



ONLY

3⁵⁰

GREEN GIANT
VEGETABLES
selected varieties, frozen
400/750 g
légumes
21022302, EA/21022355, EA



5⁵⁰

NEILSON TRUTASTE
LACTOSE FREE 2 L or
PROTEIN MILK 1.89 L
selected varieties
lait sans lactose ou avec protéines
2018032001, EA



3²⁵

SIMPLY DRINKS
selected varieties, refrigerated, 1.54 L
boissons
21170792, EA



\$4

RUFFLES POTATO CHIPS 180-200 g or
SMARTFOOD POPCORN 150-220 g
selected varieties
croustilles ou maïs soufflé
20172839, EA/21241053, EA



\$9

MONSTER 4x473 mL or
RED BULL 4x250 mL
ENERGY DRINKS
selected varieties
boissons énergisantes
20164737001, C04/20927631, C04



\$3

EARTH'S OWN BARISTA MILK 946 mL
or **VITA COCO COCONUT WATER** 1 L
selected varieties
lait ou eau de noix de coco
20332922, EA/21179479, EA



1⁵⁰

CAMPBELL'S SOUP
selected varieties
284 mL
soupe condensée
20297240002, EA



2²⁹

DARE BEAR PAWS 168-240 g,
ULTIMATE COOKIES 290/300 g,
VIVA PUFFS 300 g or
WAGON WHEELS 315/360 g
selected varieties
biscuits ou collations
20176346, EA/21080791, EA



1⁵⁰

CLOVER LEAF LIGHT TUNA
selected varieties, 85/170 g
than pills
2001117001, EA



1⁹⁹

NO NAME® APPLESAUCE 620 mL or
FRUIT 398 mL
selected varieties
purée de pomme ou fruits
20028456, EA/21179479, EA



1⁸⁹

KNORR SIDEKICKS
selected varieties, 120-162 g
pâtes
2022430011, EA/20221430012, EA



\$3

KRAFT SALAD DRESSING
selected varieties
425 mL
 vinaigrette
21584747, EA/21584850, EA



2²⁹

NO NAME® OLIVES
selected varieties
375 mL
olives
20226449, EA



\$8

NO NAME® CANOLA or VEGETABLE OIL
3 L
huile de canola ou végétale
20028456, EA/20103390, EA



\$2

PRIMO or UNICO PASTA SAUCE
selected varieties, 680 mL
sauce pour pâtes
20226537001, EA/20731317003, EA



BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 41%

3⁵⁰

**NORDICA
COTTAGE CHEESE**
selected varieties
500 g or 4x113 g
fromage cottage
20319458001_EA



SAVE 28%

4⁹⁹

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



ONLY

\$11

**NO NAME®
MEAT LASAGNA**
frozen
2.27 kg
lasagna à la viande
20099795_EA



ONLY

\$8

**PC® BLACK LABEL
PIZZA**
selected varieties, frozen
370-420 g
pizza
21531415_EA

8⁹⁹

TROPICANA ORANGE JUICE
selected varieties, refrigerated
2.63 L
jus d'orange
20119756001_EA



\$4

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



4⁵⁰

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



2⁷⁹

**LANTIC WHITE
GRANULATED
SUGAR**
2 kg
sucre granulé blanc
20145033_EA



\$1

CLUB HOUSE GRAVY or DRY SAUCE MIXES
selected varieties
20-47 g
mélanges à sauce
20302816001_EA/20801021_EA



5⁴⁹

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



16⁹⁹

**TIMOTHY'S,
KRISPY KRÈME or
DONUT HOUSE
COFFEE PODS**
selected varieties
30's
capsules de café
20899992_EA/21433355_EA



13⁹⁹

**MCCAFÉ ROAST AND GROUND
COFFEE 300/340 g or PODS 10/12's**
selected varieties
café torréfié et moulu ou capsules
21233493_EA/21233598_EA



\$17

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



2⁴⁷

**NATURE VALLEY
GRANOLA BARS 130-210 g or
GENERAL MILLS CEREAL BARS**
120-160 g
selected varieties
barres
2031520005_EA/21184633_EA



6⁵⁰

**NATURE VALLEY GRANOLA BARS 525 g,
REESE'S PUFFS CEREAL BARS 384 g or
BETTY CROCKER FRUIT SNACKS 340-498 g**
selected varieties
barres granola ou de céréales ou collations aux fruits
21279905_EA/21154616_EA



\$1

CARNABY SWEET CANDY BAG
selected varieties
125 g
sac de bonbons
21219408_EA/21219409_EA



BRANDS YOU LOVE AT LOW PRICES

24⁹⁹

**GILLETTE or VENUS
CARTRIDGE REFILLS**
selected varieties
5-10's
cartouches de rechange
20994899_EA/21047872_EA



\$4

SISTEMA SANDWICH BOX
450 mL
boîte à sandwich
21574561_EA



\$4

SISTEMA DRESSING TO GO
4's
contenants
20976372_EA



3⁹⁹

ZIPLOC STORAGE BAGS
selected varieties
10-90's
sacs de rangement
20871415_EA/20871443_EA



\$15

CASCADE DISHWASHING TABS
selected varieties
30-48's
capsules de détergent
pour lave-vaisselle
21012337_EA/21507156_EA



\$4

**LYSOL MULTI
SURFACE CLEANER 1.2 L,
BATHROOM SPRAYS 950 mL or
BATHROOM AEROSOL 538 g**
selected varieties
nettoyant ou vaporisateurs ou
aérosol pour salle de bains
20309873002_EA/21231235_EA



\$9

**CORONA CERO 0%
NON-ALCOHOLIC
BEER**
6x330 mL
bière sans alcool
21650191_C06



7⁵⁰

**ATYPIQUE
NON-ALCOHOLIC
COCKTAILS**
selected varieties
4x355 mL
cocktails sans alcool
21515994_C04/21517134_C04



6⁹⁹

ROYALE TIGER TOWEL
selected varieties
2/3=6 rolls
essuie-tout
21484702_EA



\$9

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



\$8

PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
vin désalcoolisé
21045602_EA/21045800_EA



\$9

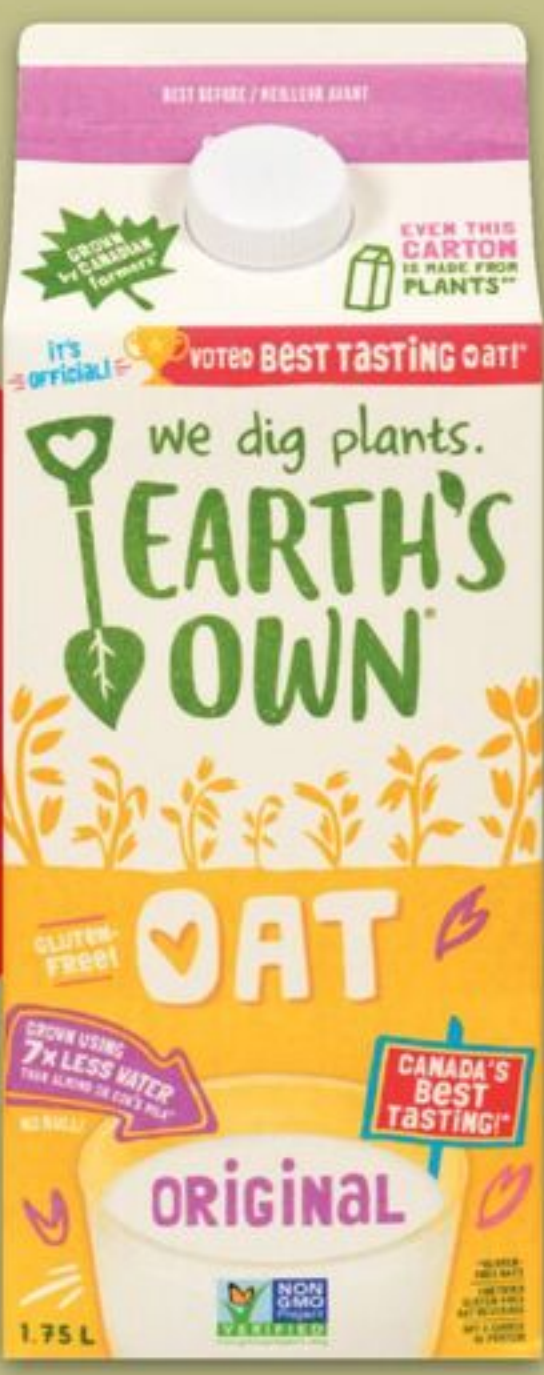
OLÉ MOCKTAILS
selected varieties
4x355 mL
cocktails sans alcool
21579219_EA



NATURAL FOODS AT LOW PRICES

\$4

EARTH'S OWN OAT BEVERAGES
selected varieties, refrigerated
1.75 L
boissons auxavoine
20327647 EA



4⁵⁰

AMY'S BURRITO
selected varieties, frozen
142-170 g
burrito
20371439001 EA



\$6

PC® ORGANICS KEFIR
selected varieties
1 L
kéfir
20944278 EA



\$5

SILK CREAMER
selected varieties
890 mL
colorant à café
21245360 EA/21245361 EA



7⁹⁹

CARBONAUT LOW CARB BREAD
selected varieties
544 g
pain faible en glucides
21446964 EA



22⁹⁹

VEGA PROTEIN + SUPERGREENS
selected varieties, 510-526 g
protéines et superaliments verts
20830386002 EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS
6x100 mL, **SQUEEZABLE FRUIT SNACKS** 360 g
or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs biologiques
20320493001 EA/21170526 EA



\$5

BELSOY PUDDING
selected varieties, 4x125 g
pouding
20151396003 EA



2⁵⁰

CLIF ENERGY or BUILDERS BAR
selected varieties, 68 g
barre
20303133001 EA/20303133002 EA



5⁹⁹

JORDANS MORNING CRISP GRANOLA
selected varieties, 375/400 g
granola
21522230 EA



7⁴⁹

BOB'S RED MILL GLUTEN-FREE ROLLED or PROTEIN OATS
selected varieties, 907 g
flocons d'avoine ouavoine protéinée
21127426 EA/21639699 EA



\$8

BRAGG ORGANIC APPLE CIDER VINEGAR
946 mL
vinaigre de cidre
20983004 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFO

**NEW
LOWER
PRICES**



\$7

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

3⁵⁰



\$5

**NATURAL BAKERY
RYE BREAD**
500 g
pain de seigle
21688966, EA

**SCHNEIDERS
BOLOGNA**
selected varieties, 500 g
bologna
20039786, EA

HALAL



\$8

EXTRA LEAN GROUND BEEF
grass fed, fresh, 450 g
bœuf haché extra maigre
21675592, EA



4⁵⁰

**NATUREGG
NATURE'S BEST
LARGE EGGS**
12's
œufs blancs
20814983001, EA

3⁵⁰



**EARTH'S OWN ALMOND or
SOY BEVERAGES**
selected varieties
1.75/1.89 L
boissons aux noix ou au soja
20327647, EA/21586394, EA

\$5



**CHAPMAN'S FROZEN YOGURT or
SOBET**
selected varieties, frozen, 2 L
yogourt glacé ou sorbet
20314634001, EA/20529120001, EA

\$7



**PC ORGANICS
FROZEN FRUIT**
selected varieties, frozen
600 g
fruits surgelés
20431483003, EA/20993672, EA

\$2



BEN'S ORIGINAL RICE CUPS
selected varieties, 62/68 g
riz
21680527, EA/21680713, EA

\$4



HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen, 269-306 g
plats cuisinés
21406269, EA

\$2



**SNACK PACK
PUDDING**
selected varieties
4/99 g
pouding
20310707001, EA

3²⁵



iöGO NANO
selected varieties, 6's
yogourt
2006637001, EA

\$5



ACTIVIA YOGURT
selected varieties, 8's
yogourt
21106438, EA

4⁷⁵



SMUCKER'S UNCRUSTABLES
selected varieties, frozen, 58 g
sandwichs
21543057, C04

\$4



**TWINNINGS
TEA**
selected varieties
20's
flat
20300740001, EA

7⁵⁰



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

7⁵⁰



MCCAIN POCKETS
selected varieties, frozen, 540/600 g
pochettes
21047823, EA

\$8

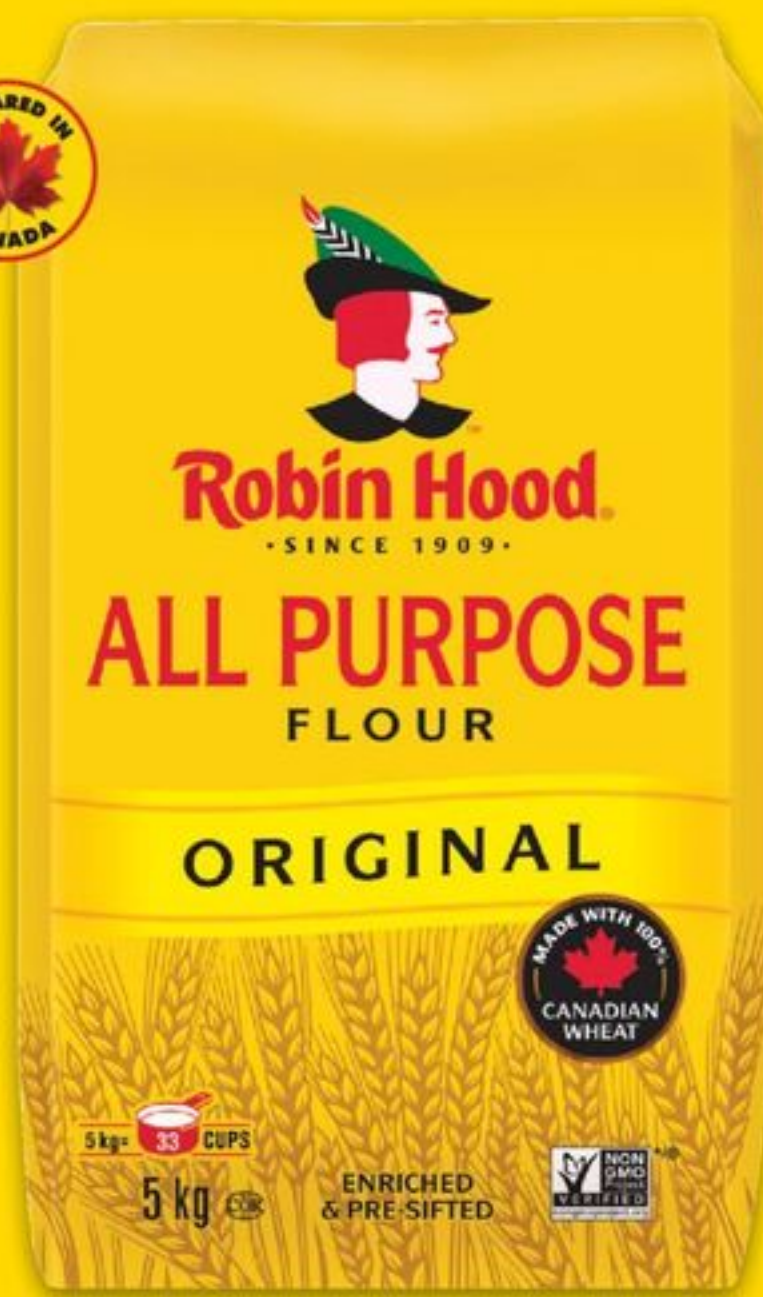


CLIF BARS
selected varieties, 5's
barres
21664766, EA/21664843, EA

**NEW
LOWER
PRICES**

4⁵⁰

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



\$10

**ROBIN HOOD or
FIVE ROSES FLOUR**
selected varieties
5 kg
farine
20149342001 EA

3⁵⁰

**MINUTE MAID
ZERO SUGAR or
FUZE BEVERAGES**
selected varieties, refrigerated
1.54/1.75 L
boissons ou thé glacé
21434100 EA/21652207 EA



5⁵⁰

**SCHNEIDERS BREAKFAST
SANDWICH or EGG BITES**
selected varieties frozen
204-288 g
sandwich déjeuner ou bouchées aux œufs
21623288 EA/21623323 EA

\$5

**CHAPMAN'S
SUPER NOVELTIES**
selected varieties frozen
8-18's
friandises glacées
20111532 EA/20117581001 EA



6⁵⁰

FRUTEE ICE CREAM
selected varieties, frozen
270 mL
crème glacée
21701523 EA



7⁵⁰

MUSAFIR BUTTER CHICKEN BITES 357 g or
PANEER BURGERS 480 g
bouchées de poulet au beurre ou burgers paneer
21705194 EA/21705196 EA



\$5

**M&M'S or MARS
CHOCOLATE
POUCHES**
selected varieties
155-170 g
chocolat
21571767 EA/21571768 EA



\$3

TWIZZLERS CANDY PACK 311-454 g or
JOLLY RANCHER ROPE 283 g
selected varieties
friandises
20022328004 EA



7⁵⁰

**SAMYANG
NOODLES**
selected varieties
650 g
nouilles
21450283 EA



1⁵⁰

**LIPTON or KNORR
SOUP MIX**
selected varieties
40-145 g
mélange à soupe
20297314001 EA/20308188001 EA



\$5

**PAM COOKING
OIL SPRAY**
selected varieties
141/170 g
huile de cuisson en
vaporisateur
20178204001 EA



\$6

**NESTLÉ CARNATION
HOT CHOCOLATE MIX**
selected varieties
400/450 g
mélange à chocolat chaud
21397690 EA



3⁷⁵

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



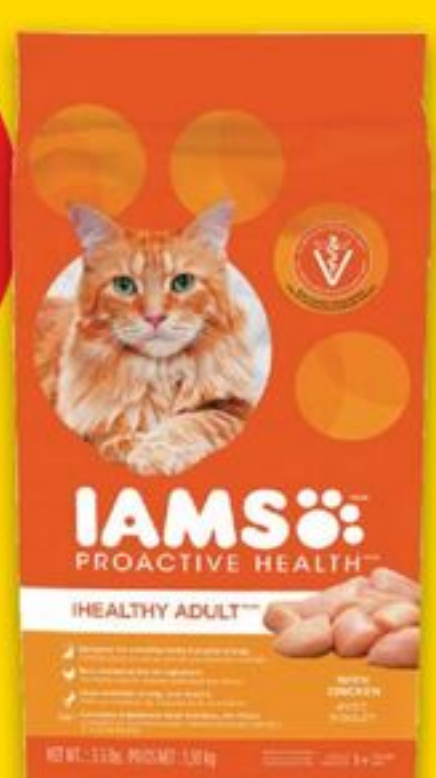
\$7

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



\$12

**IAMS DRY
CAT FOOD**
selected varieties
1.36/1.59 kg
nourriture sèche
pour chats
21397553 EA



HAPPY LOHRI

ਲੋਹੜੀ ਦੀਆਂ ਵਧਾਈਆਂ!



.99

CHAYOTE SQUASH
product of Mexico
each
chayote
20167837001 EA



10LB BAG

5.99
EA

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



1.29

COCONUTS
product of India or Dominican Republic
each
noix de coco
20005774001 EA



1.99
LB

GINGER ROOT product of China or
LONG EGGPLANT
Product of Mexico, Honduras or Dominican Republic
4.39/kg
racine de gingembre ou aubergine longue
20179038001_KG/20159013001_KG



8.99

PRANA PARATHA
frozen
2.4 kg
paratha
21172364 EA

2.99



CRISPY ROTI
selected varieties
15%
roti
21195607 EA

\$5



SURAJ™ PUNJABI BISCUITS
selected varieties
1.1 kg
biscuits
21035448 EA

10.99



WAGH BAKRI PREMIUM TEA
907 g
tea
20373231 EA

1.49



SHANA VEGETABLES
selected varieties, frozen
300 g
légumes
20133915 EA

\$2



RUBICON JUICE
selected varieties
1 L
jus
20029234001 EA

5.99



BRAR'S SAMOSA
selected varieties, frozen
624 g
samosas
21000033 EA

1.99



MDH SPICES
selected varieties
100 g
épices
20834532006 EA

5.99



SHER BESAN CHANA FLOUR
1.81 kg
farine
20849922 EA

7.99



MOTHER'S MAGIC NOOR BASMATI RICE
4.54 kg
riz basmati
20036100 EA/21590432 EA

2.99



PRAN SAMOSAS or SPRING ROLLS
selected varieties, frozen
400 g
samosas ou rouleaux de printemps
21034779 EA/21034846 EA

7.99



BRAR'S MILK CAKE
selected varieties
400 g
gâteaux au lait
20809047 EA

7.99



BRAR'S RASMALAI
selected varieties
850 g
rasmalai
2038490002 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

CARIBBEAN FLAVOURS AT LOW PRICES



1.69
LB

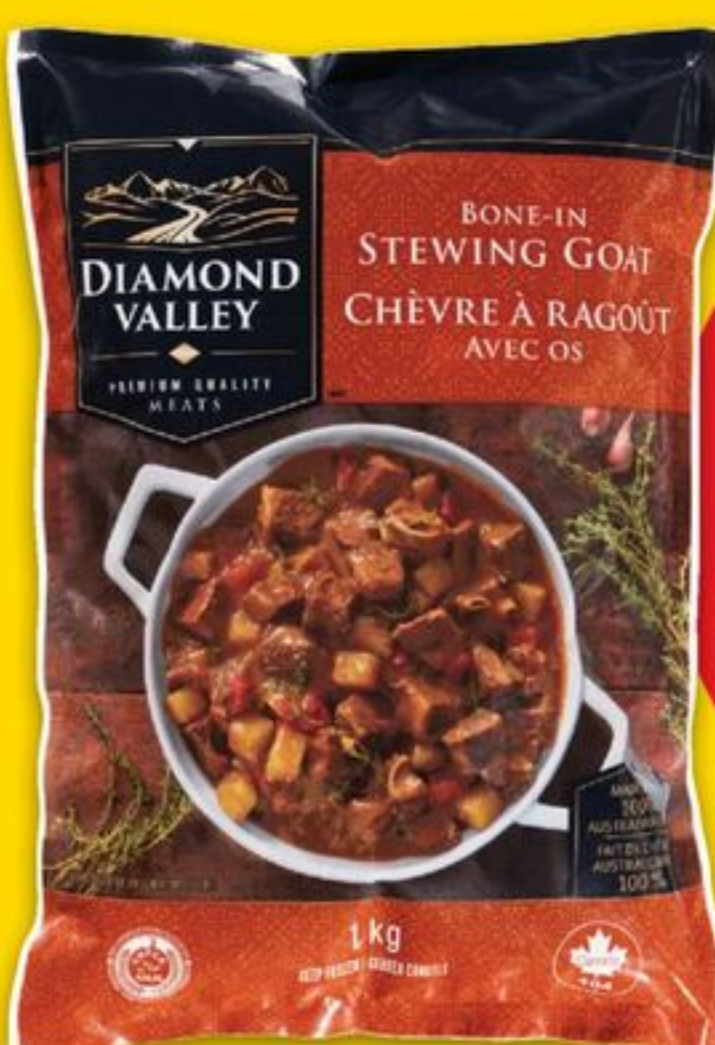
**CARIBBEAN
SWEET
POTATO**
product of Honduras
3.73/kg
patates douces
2016986001_KG

2.99
EA/LB

BREADFRUIT
6.59/kg, product of Jamaica, or
CARIBBEAN AVOCADOS
each, product of Dominican Republic
fruit à pain ou avocats
20866318001_KG/20119760001_EA

1.80

HONEY BUN
selected varieties
113-136 g
brioche au miel
21702316_EA/21702426_EA



23.99

**NEW ZEALAND
STEWING GOAT**
bone-in
1 kg
chèvre à ragoût
20143053_EA

.50



CHUBBY SODA
selected varieties
250 mL
20941724_EA

7.99



BASA STEAKS
1 kg
dames de pangasius
20910469_EA

3.99



**GRACE JERK
MARINADE** 350 mL or
**WALKERSWOOD
JERK SEASONING**
280 g
selected varieties
marinée ou assaisonnement
20122943_EA/20213881_EA

3.49



**PAN WHITE
CORN MEAL**
selected varieties
1 kg
farine de maïs
20945705_EA

3.50



NESTLÉ MILO 400 g
or **NUTRAMENT
VANILLA** 325 mL
selected varieties
mélange à boisson maltée ou
boisson nutritive
20103042_EA/21613313_EA

1.25



**GRACE
PLANTAIN
CHIPS** 85 g or
**GRACE ISLAND
SODA** 355 mL
selected varieties
Croustilles de plantain ou
soda moussée
20799432004_EA/20602025_EA

\$2



**EXCELTIOR
JAMAICAN
CRACKERS**
selected varieties
225/300 g
craquelins
20040825_EA/21407916_EA

1.99



**GRACE CARIBBEAN
COMBOS RICE**, 175 g
or **HOT PEPPER
SAUCE**, 170 mL
selected varieties
riz ou sauce aux piments
20053249002_EA/20106545_EA

1.50



**POWER MALT
EXTRA ENERGY**
330 mL or **GRACE
COCONUT MILK**
400 mL
selected varieties
boisson maltée ou lait de coco
20047774_EA/20796021_EA

9.99



**TINNEL'S
PATTIES**
selected varieties,
frozen
1.12 kg
pâtés
20562344001_EA

2.50



**GRACE SUNDRIED
SORREL** 126 g or
**SUPLIGEN VANILLA
BREAK TIN** 290 mL
selected varieties
supplément de repas ou oseille
21033421_EA/21616978_EA

COLLECT & SAVE! BIG IS BACK

Get one stamp for
every \$20* spent.

Collect 20 stamps and
get 60-80% off*
one piece of high-quality
Kuhn Rikon Swiss
design ovenware!

SAVE
60-80%*
OFF EACH



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

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

ONLINE OVEN FLAP

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.

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. We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONL NFO MKT