



DEALS FOR DAYS EVENT

ONLY

6⁵⁰



APP EXCLUSIVE OFFER*

Optimum
EARN
1,000 pts

=\$1
Back in points



PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
jus d'orange
21531644 EA

SAVE 22%

\$7

APP EXCLUSIVE OFFER*

Optimum
EARN
2,000 pts

=\$2
Back in points



PC® DINNER ENTRÉES
selected varieties, frozen
907 g-1.13 kg
plats cuisinés
20326534 EA

SAVE 20%

\$2



CHRISTIE CRACKERS
selected varieties
180-200 g
craquelins
21030647 EA/21547034 EA

NEW LOWER PRICES

3⁵⁰

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

21434119_EA/21652207_EA



\$2

**SNACK PACK
PUDDING**

selected varieties
4x99 g
pouding

20310707001_EA



\$5

**SCHNEIDERS
BOLOGNA**

selected varieties
500 g
bologna

20039186_EA



6⁵⁰

**MCCAIN
PIZZA
POCKETS**

selected varieties,
frozen
540/600 g
pochettes de pizza

21047833_EA



5⁵⁰

**SCHNEIDERS EGG
BITES or BREAKFAST
SANDWICHES**

selected varieties, frozen
204/288 g
bouchées d'œuf ou sandwiches déjeuner

21623288_EA/21623323_EA



ONLY

.88 LB

DAIKON
product of China or Mexico
1.94/kg
daikon
20426078001_KG



SAVE UP TO 44%

.99

**HALDIRAM'S
INDIAN SNACKS**
selected varieties
90-150 g
collations indiennes
20314667008_EA



SAVE 33%

1.99

**HANS DAIRY
DAHI**
selected varieties
750 mL
yogourt dahi
20092811_EA



SAVE 25%

2.99

**CRISPY
NAMAK
PARA**
360 g
namak para
21443491_EA



FRESH AT LOW PRICES

3⁹⁹

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade,
BLACKBERRIES
product of Mexico or U.S.A., or
BLUEBERRIES
product of Peru, Chile, Mexico
or Morocco, no. 1 grade
mûres ou fraises ou bleuets
20049778001_EA/20051015001_EA/20080137001_EA

6 OZ
CLAMSHELL

PINT

1⁶⁹
LB

**ACORN, BUTTERNUT,
BUTTERCUP or
SPAGHETTI SQUASH**
product of Canada, Mexico, or U.S.A.
courge poivrée ou musquée ou
buttercup ou spaghetti
3.73/kg
20071263001_KG/20317208001_KG

3⁹⁹
LB

RED or GREEN SEEDLESS GRAPES
product of Peru or South Africa, no. 1 grade or
CHERRIES
product of Chile, no. 1 grade
raisins rouges ou verts sans pépins ou cerises
8.80/kg
20425775001_KG/20159199001_KG/20159690001_KG

1⁶⁹
LB

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

10 LB BAG

APP EXCLUSIVE OFFER
2,000⁰⁰ = \$2
Back in points



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

4⁹⁹

2 LB BAG

MINI SEEDLESS WATERMELON product of Guatemala,
Honduras, Costa Rica, Mexico, or Brazil or
FARMER'S MARKET™ LEMONS product of U.S.A.
citrons ou mini-melon d'eau sans pépins
20795315001_EA/20145379001_EA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Spain
mandarines
20054025001_EA

8⁹⁹

CASE

PC® KAKI PERSIMMONS
product of Spain
kaki ploquemes
21211628001_C01

3⁹⁹

PKG OF 4

GREEN or RED PEPPERS
product of Mexico
pimientos
20115333001_EA/20013208001_EA

3⁹⁹

PKG OF 2

**CAULIFLOWER
ROMAINE HEARTS** product of U.S.A. or Mexico, no. 1 grade or
product of U.S.A.
chou-fleur ou cœurs de romaine
20125377001_EA/20082756001_EA

1⁷⁹

**Foodland
ONTARIO**

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
cucis
cucumbers anglais
20070132001_EA

3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20180992001_EA

1⁹⁹

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

2⁹⁹

BROCCOLINI or RAPINI
product of U.S.A., bunch
broccolini ou rapini
20154907_EA/20048070001_EA

5⁹⁹

567 G

681 G

PC® AXIANY or VARIETY TOMATOES
product of Canada or Mexico
tomates
21634164001_EA/2049866001_EA

4⁹⁹

10 LB BAG

**GROWN IN
CANADA**

**FARMER'S MARKET™
RED ONIONS**
product of Canada, Canada no. 1 grade
oignons rouges
20171963001_EA

3⁹⁹

680 G

**GROWN IN
CANADA**

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

4⁹⁹

4 LB BAG

**Foodland
ONTARIO**

**FARMER'S MARKET™
AMBROSIA or ROYAL GALA APPLES**
product of Ontario, Canada fancy grade
pommes
21307212001_EA/2016799001_EA

1⁹⁹

POMEGRANATES
product of Egypt or Israel
grenades
20134787001_EA

2⁴⁹

227 G

BUNCH SPINACH or KALE product of U.S.A. or Mexico
or **PC® SLICED or WHOLE, WHITE or
CREMINI MUSHROOMS** product of Canada
épinards ou chou frisé en boîte ou champignons
20775805_EA/20782329_EA/20142840001_EA

**PRICE
DROP**

1⁵⁰
LB

RED CABBAGE
product of Canada
chou
3.31/kg
20773654001_KG

\$2
LB

**RED DELICIOUS
APPLES**
product of Ontario
pommes
4.41/kg
20073899001_KG

\$3

PKG OF 2

GEN-V BOSTON LETTUCE
product of Canada
salade Boston
20486537_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

\$8

PC® CHICKEN THIGHS
bone-in, up to 870 g
hauts de cuisse de poulet
21606983 EA



\$7 LB

LEAN GROUND BEEF AND PORK
boeuf et porc hachés maigres
15.43/kg
20861188 KG



779

MARCANGELO CHICKEN BREAST PORTIONS
selected varieties, 300 g
portions de poitrine de poulet
21706318 EA



649

ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGE or PC® SAUSAGES
selected varieties, 375/500 g
saucisses de poulet
21378310 EA/21584342 EA



449

SCHNEIDERS REDHOTS or MAPLE LEAF TOP DOGS
selected varieties, 375 g
saucisses fumées
20402429 EA



350

SMOKED STEELHEAD SALMON 50 g, SEAQUEST® FLAVOURED POLLOCK selected varieties, 227 g, GO RAW SHRIMP 51/70 per lb, COOKED SHRIMP 61/90 per lb or YELLOWFIN TUNA STEAKS 92 g
saumon fumé ou gobeberge aromatisée ou crevettes ou darnes de thon albacore
20792840 EA



\$7

SEAQUEST® RAW or COOKED SHRIMP, SMALL SCALLOPS 400 g, or SHRIMP RING 227 g
frozen
crevettes ou pétoncles
21634352 EA



250

THE LAUGHING COW CHEESE
selected varieties, 120-140 g
fromage
20319107 EA/21201454 EA



\$3
Members-Only Price
Non-members
350

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592461 EA/21599921 EA



499

WONG WING or ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen, 400 g
plats cuisinés
20507138 EA / 21047378 EA



\$5

SAPUTO CHEESE
selected varieties
125-200 g
fromage
20573975 EA/21051214 EA



550

MAIN ST BISTRO MAC AND CHEESE or MASHED POTATOES
selected varieties
537-680 g
macaroni au fromage ou purée de pommes de terre
20027947 EA/20338009 EA



\$6

PC® DELI MEAT 175 g or MARCANGELO SLICED MEAT 85-200 g
selected varieties
charcuteries tranchées
20482855 EA/21706089 EA



250

WONDER BREAD 675 g or BUNS 8's
selected varieties
pain ou petits pains
20276296 EA/20297455 EA



350

NO NAME® ORIGINAL GARLIC TOAST
638 g
toast à l'ail
21361140 EA



\$4

PC® TOPPED HUMMUS 280 g or SABRA GUACAMOLE 198 g
selected varieties, 200 g
hummus ou guacamole
20811328 EA/21364063 EA



\$5

LA BAGUETTERIE MICHE
selected varieties, 600/800 g
miche
20462393 EA



DEALS FOR DAYS EVENT

ONLY

\$3

**ASTRO, IÖGO 650/750 g,
LIBERTÉ GREEK 4's YOGURT
or PILLSBURY
REFRIGERATED DOUGH 318-468 g**
selected varieties
yogourt ou pâte réfrigérée
20165226001_EA/20318034001_EA



SAVE 33%

3.99

**KRAFT
CHEEZ WHIZ**
selected varieties, 450 g
produit de fromage fondu
20659606001_EA

SAVE 20%

5.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20659926_EA



ONLY

\$4

**RISTORANTE or
CASA DI MAMA PIZZA**
selected varieties, frozen, 320-410 g
pizza
20296100001_EA/20296424001_EA

\$6



PC® FREE RUN EGGS
12's
œufs
20813638001_EA

\$4



PC® DINNER ENTRÉES
selected varieties frozen, 212-365 g
plats cuisinés
20309849_EA

3.50



CAVENDISH PREMIUM FRIES
selected varieties, frozen, 400-750 g
frites de qualité supérieure
21680114_EA

\$2



HOLIDAY LUNCHEON MEAT 340 g or
MAPLE LEAF FLAKES 150 g
selected varieties
pois de viande ou flocons
202972401_EA/20618778_EA

5.50



HÄAGEN-DAZS ICE CREAM 450 mL or
NOVELTIES 3/4's
selected varieties, frozen
crème glacée ou fraiseilles glacées
2030298001_EA/21513306_EA

2.79



CHRISTIE COOKIES
selected varieties, 251-303 g
biscuits
21358407_EA/21361508_EA

\$4



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

2.49



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

\$4



OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties, 1.89 L
cocktail de canneberges
20300006008_EA

\$4



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 6x710 mL
boissons gazeuses
20310544002_C06/20310741002_C06

\$3



MOTT'S CLAMATO
selected varieties, 480-650 g
cocktail de clamato
20318955002_EA

2.79



CATELLI GLUTEN-FREE PASTA
selected varieties, 300/340 g
pâtes sans gluten
20374233_EA/20704241_EA

\$3



OLD EL PASO COMPONENTS
selected varieties, 1.89 L
éléments pour tacos
2030092001_EA/20838196_EA

\$22



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

5.50



KELLOGG'S FAMILY SIZE CEREAL
selected varieties, 480-650 g
céréales
21489784_EA/21631640_EA

2.29



QUAKER DIPP'S or CHEWY GRANOLA BARS
selected varieties, 120-142 g
barres
20847582_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



JANUARY

**HIT
OF THE
MONTH**

\$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



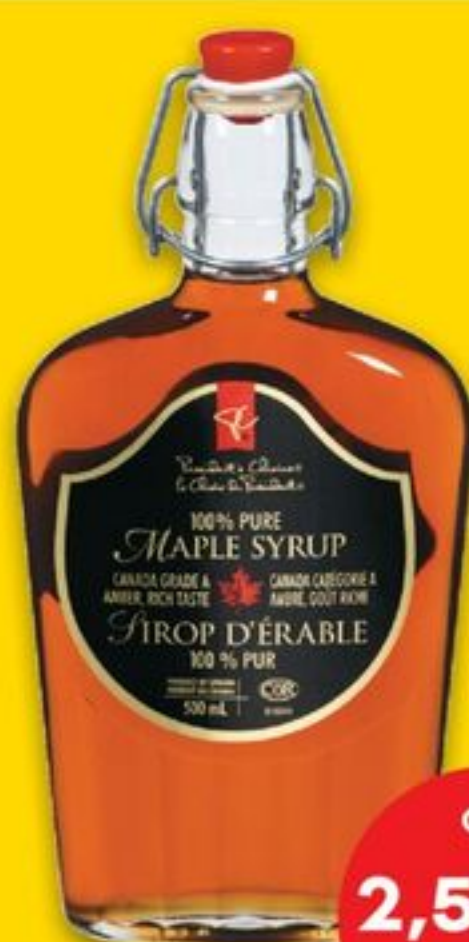
**PC®
CHOCOLATE
COVERED NUTS**
340-400 g
noix enrobées de chocolat

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

EASY MEALS AT LOW PRICES

\$3

ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21521168, EA



3.50

APP EXCLUSIVE OFFER*

Optimum

EARN

1,000

Back in points

= \$1

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



\$6

PACE PIZZA 510-542 g or LA CASA ROSA FRESH ENTRÉES 350 g
selected varieties
pizza ou plats cuisinés frais
20584212, EA/21092033, EA



BRANDS YOU LOVE AT LOW PRICES

ONLY

6⁷⁹

YOPLAIT SOURCE YOGURT
selected varieties
16x100 g
yogourt
2031731001_EA



SAVE 50%

\$2

HELUVA GOOD! DIP
selected varieties
250 g
trampoline
2017999002_EA



SAVE 28%

4⁹⁹

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



SAVE 25%

\$6

PILLSBURY PIZZA POPS 760 g or BITES 693 g
selected varieties, frozen
pizzas collations ou bouchées
21435910_EA

\$7

EARN 500⁺ STARS
50% OFF

STARBUCKS COFFEE ENHANCER
selected varieties
250 mL
rehausseur pour café
21358472_EA



\$7

STOK COLD BREW COFFEE
selected varieties
1.42 L
café infusé à froid
21303737_EA/21303739_EA



8⁸⁸

MAZOLA CORN OIL
2.54 L
huile de maïs
20015360_EA



3⁸⁸

SUNCHIPS 205 g or **MUNCHIE'S SNACK MIX** 250 g
selected varieties
croustilles ou grignolines
21373037_EA/21373043_EA



3⁵⁰



KOOL-AID JAMMERS
selected varieties
10x180 mL
jus
20079974006_EA

\$9



POPPI SODA
selected varieties
4x355 mL
soda
21460285_EA/21460293_EA

1⁵⁰



NO NAME® BEANS
selected varieties
540 mL
legumineuses
2032921001_EA

4⁸⁸



HUY FONG SAMBAL OLEK 476 mL
CHILI GARLIC SAUCE 481 mL or
HUY FONG SRIRACHA SAUCE 714 mL
sambal olek ou sauce chili à l'ail ou sauce sriracha
20074954_EA/21030178_EA

2⁵⁰



PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
167/227 g
croquette
20300320_EA/20300944003_EA

2²⁵



CAMPBELL'S CHUNKY SOUP
selected varieties
415 mL
soupe
21460447_EA

1⁵⁰



CLARK BEANS 398 mL or **MR. NOODLES BOWL** 110 g
selected varieties
fèves ou bol de soupe
21304077_EA

1⁷⁹



KRAFT DINNER
156/175 g or **SALAD PASTA** 200 g
selected varieties
pâtes
21549589_EA/21549590_EA

4⁵⁰

HELLMANN'S REAL MAYONNAISE
selected varieties
340/443 mL
mayonnaise
2000833901_EA



12⁹⁹

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
201540180001_EA



\$2

NO NAME® WHITE VINEGAR
Club Size
4 L
 vinaigre blanc
20102754_EA



2⁵⁰



BEN'S ORIGINAL BISTE EXPRESS RICE
selected varieties
240/250 g
riz
21460332_EA/21460476_EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

4⁹⁹

IMPERIAL MARGARINE 450 g
or **TROPICANA ORANGE JUICE** 1.36 L
selected varieties
margarine ou jus d'orange
20054663, EA/21622130, EA



SAVE 38%

\$7

KRAFT SINGLES
selected varieties
825 g
fromage
21180312, EA



ONLY

\$4

PILLSBURY TOASTER STRUDEL
selected varieties, frozen
326 g
pâtisserie
20172604001, EA



ONLY

\$4

CRAVE DINNER ENTRÉES 200-340 g or
KRAFT DELUXE MAC & CHEESE 340 g
selected varieties frozen
plats cuisinés ou macaroni ou fromage
21085515, EA/21552329, EA

1²⁵



TINA'S BURRITO
selected varieties, frozen
113 g
burrito
21629787, EA

2⁵⁰



YOPLAIT SOURCE 450 g, **TUBES** 6's
MINIGO 6's or **PROTEIN 4's YOGURT**
selected varieties
yogurt
21547393, EA/21619388, EA

2⁵⁰

PRINGLES POTATO CRISPS
selected varieties
148/156 g
croustilles
21003023, EA/21003023, EA



3⁵⁰



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

\$6

EARN 1,000 = \$1 back in points

QUAKER BAKING MIXES or
OAT FLOUR
selected varieties
700/900 g
mélanges à pâtisserie ou farine d'avoine
20301064001, EA



5⁵⁰

EARN 500 = 50¢ back in points

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine
20029497001, EA/20029497005, EA



\$3



MOTT'S FRUITSATIONS
selected varieties
6x112 g
collations aux fruits
20328230, EA/21571768, EA

7⁹⁹



TETLEY TEA
selected varieties
80/144's
thé
20711164, EA/21613866, EA

8⁹⁹



TWININGS TEA
selected varieties
50's
thé
20006148001, EA/21111028, EA

7⁹⁹



TIM HORTONS INSTANT COFFEE
selected varieties
100 g
café instantané
21167284, EA/21660418, EA

4⁵⁰



MARS CHOCOLATE BAG MULTIPACK 4's
selected varieties
chocolat
20313923, EA/21571768, EA

\$3



QUAKER INSTANT OATMEAL
selected varieties
232-344 g
grains instantanés
21190360, EA/21190365, EA

3²⁹



KELLOGG'S SPECIAL K or KASHI CRUNCHY, CHEWY or SOFT BAKED BARS
selected varieties
165-200 g
barres
20489823001, EA

3⁴⁹



KETTLE BRAND POTATO CHIPS
selected varieties
156/198 g
croustilles
21520472, EA

BRANDS YOU LOVE AT LOW PRICES

\$5



DOVE BAR SOAP 3x106 g, **BODY WASH** 325 mL, **DEODORANT** or **ANTIPERSPIRANT** 45-76 g selected varieties pain de savon ou nettoyant pour le corps ou déodorant ou antiodorifique 20188212003 EA/21220717 EA

\$5



SENSODYNE or **PRONAMEL TOOTH PASTE** 75/100 mL or **POLIGRIP** 40 g selected varieties dentifrice ou adhésif pour prothèses dentaires 20301179001 EA/20756075 EA

\$4



MR. CLEAN ALL PURPOSE CLEANER 1.21 L, **FEBREZE AIR FRESHENER** 7.5 mL, **CAR MAGIC ERASER** 2's selected varieties nettoyant ou désodorisant ou effaceur magique 21005017 EA/21700198 EA



\$14

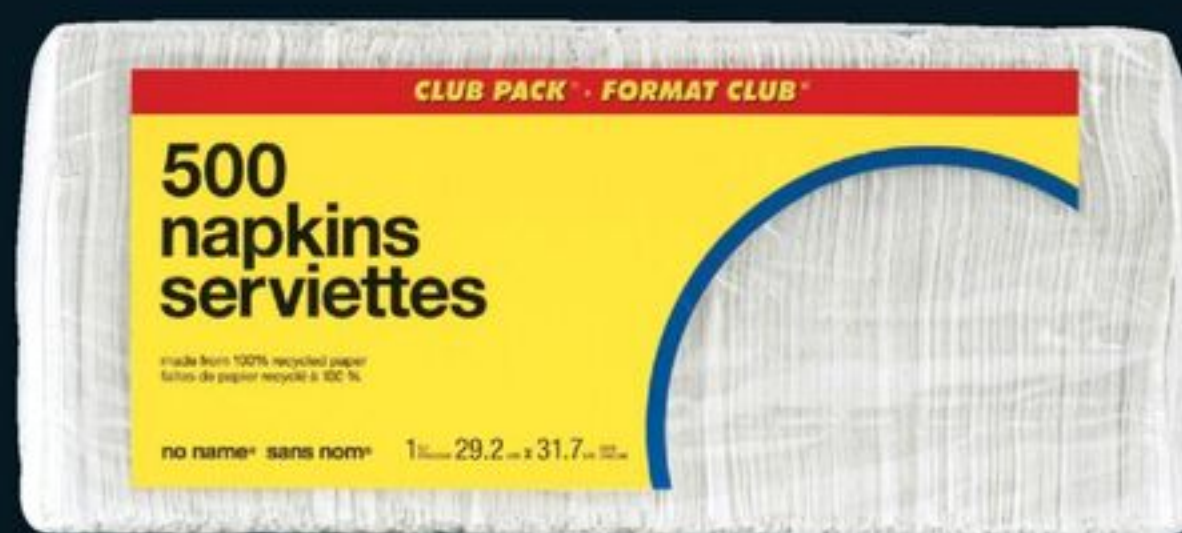
FINISH DISHWASHING TABS 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL selected varieties capsules de détergent pour lave-vaisselle ou agent de rinçage 21218146 EA/21565525 EA

\$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, **PODS** or **FLINGS** 45/76's selected varieties détergent à lessive 21593670 EA/21593706 EA

\$6



NO NAME® NAPKINS 500's serviettes 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 produits nettoyants 20310677001 EA/21238361 EA





恭賀新禧

1.98
LB



YU CHOY, GAI LON, BABY NAPA CABBAGE, SHANGHAI BOK CHOY, or BABY BOK CHOY
product of Mexico, or U.S.A.
chou cantonnais ou brocoli chinois ou petit chou nappa
ou pak-choi Shanghai ou petit pak-choi
4.37/kg
20082279001_KG/20171853001_KG

4.88
LB



GUAVA
product of Taiwan
goyave
10.76/kg
20162500001_KG



.98
LB

JUMBO CARROTS
product of China
carottes géantes
2.16/kg
20851084001_KG



1.98

SNOW or SNAP PEAS
product of China
pois mange-tout ou snap
21023581001_EA/21023553001_EA

1.98



RED or WHITE POMELO
product of China
pomélo rouge ou blanc
20081390001_EA/20042410001_EA

3.88



PC® ORGANICS BABY KING OYSTER, ENOKI or SHIITAKE MUSHROOMS
product of Canada
100-170 g
champignons
21548173_EA/21005376_EA

3.88



SUMM! SPRING ROLLS or DUMPLINGS
selected varieties
250-350 g
rouleaux de printemps ou dumplings
21114397_EA/21378594_EA

3.88



PMC BASA FILLETS
frozen
400 g
filet de pangasius
21432307_EA

5.48
LB



PORK BELLY PORTIONS
fresh
portions de poitrine de porc
12.08/kg
21614914_KG

12.98
LB



STIR FRY STRIPS
lanières à sauter
28.62/kg
21189996_KG

.98



GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties
100 g
brioches de spécialité
21297542_EA

3.88



KIMBERLEY'S FROSTED COOKIES
383 g
biscuits glacés
21433261_EA

8.88



PC® SPRING ROLLS
selected varieties
574 g
rouleaux de printemps
20698096_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO



恭賀新禧

168

AROY-D COCONUT MILK
selected varieties
400 mL
lait de coco
20063864 EA



448

PALDO VOLCANO NOODLES
selected varieties
520/560 g
nouilles
21676222 EA/21676223 EA

.88

CAMPBELL'S SWANSON CHICKEN BROTH
412 mL
bouillon de poulet
20042814 EA



388

HANAMARUKI SOYBEAN PASTE or O'FOOD GOCHUJANG PASTE
selected varieties
500 g
pâte de soja ou pâte gochujang
20171886001 EA/21452984 EA

298

UFC COCONUT WATER
1 L
eau de noix de coco
20570506 EA



388

HEIWA SHORT GRAIN SWEET RICE
1.81 kg or **TILDA JASMINE RICE** 907 g
selected varieties
R# 21167503 EA/21576423 EA



488

MELONA FROZEN DESSERT BARS
selected varieties
560 mL
barres de dessert glacées
21442903 EA



188

PC® UDON NOODLES 800 g or **ROOSTER™ LONGKOU VERMICELLI** 8x50 g
nouilles udon ou vermicelles
20334811 EA/21293298 EA



288

LAO GAN MA CHILI CRISP 210 g or **LEE KUM KEE PREMIUM SOY SAUCE** 500 mL, selected varieties
chili épice croustillant ou sauce soja
20036120 EA/20874064 EA



288

LEE KUM KEE HOISIN SAUCE 443 mL or **PANDA OYSTER SAUCE** 310 g
sauce hoisin ou sauce aux huîtres
20045048 EA/20139609 EA



388

LEE KUM KEE COOKING SAUCE or PASTE
328/348 g, 282/297 mL
sauce à cuisson ou pâte
203119201 EA/20703004 EA



488

KEWPIE MAYONNAISE 465 mL or **O'FOOD GOCHUJANG** 215 g
mayonnaise ou sauce
214633162 EA/21644204 EA



488

FOREWAY SESAME OIL 370 mL or **MIZKAN MIRIN** 355 mL
selected varieties
huile de sésame ou mirin
20287680 EA/21503878 EA



128

NONGSHIM SNACKS
selected varieties
45-75 g
collations
20136370 EA/21535580 EA



148

PALDO ROASTED SEAWEED 15 g or **WAHAHA YOGURT FLAVOURED DRINK** 100 mL
algues rôties ou boisson aromatisée au yogourt
20431251 EA/21091972 EA



388

GLICO POCKY BAGS
selected varieties
144/156 g
bûchettes biscuitées
21046079 EA/21046087 EA



188

LUNAR NEW YEAR RED ENVELOPES
selected varieties
8x
enveloppes rouges du Nouvel An lunaire
SELECTION VARIES BY STORE



218

LUNAR NEW YEAR HONEYCOMB LANTERN
each
lanterne en nid d'abeille du Nouvel An lunaire
21472195 EA
SELECTION VARIES BY STORE



348

LUNAR NEW YEAR HORSE PLATES
8x
assiettes avec cheval du Nouvel An lunaire
21473810 EA
SELECTION VARIES BY STORE



388

FLYING GOOSE SAMBAL OLEK 495 g or **Y&T KALBI or BULGOGI MARINADE** 765 mL
selected varieties
sambal olek ou kalbi ou marinade bulgogi
20844590 EA/21531421 EA



88

KOSA RICE FLOUR or KOSA GLUTINOUS RICE FLOUR
400 g
farine de riz ou farine de riz gluant
21412730 EA/21412794 EA



198

KOSA CRISPY SEAWEED
selected varieties
36 g
algues
21377035 EA



148

KOSA RICE VERMICELLI
selected varieties
400 g
vermicelles de riz
21446288 EA/21446289 EA



88

HOT KID GUMMY CANDY
selected varieties
70 g
friandises
21450187 EA

388

ROASTED SESAME SEEDS
selected varieties
227 g
graines de sésame rôties
20739488 EA



88

MEGA SARDINES
selected varieties
155 g
sardines
20774942 EA



148

LOTTE ALOE DRINK
500 mL
boisson à l'aloès
21672606 EA



188

TASTIE SPRING ROLL
selected varieties
204 g
rouleaux de printemps
20995597 EA

288

ROOSTER® CORN STARCH
454 g
féculé de maïs
21047841 EA



128

ROOSTER® SUSHI GINGER
210 g
gingembre pour sushi
21100328 EA

198

ROOSTER® TOFU
selected varieties
454 g
tofu
21474765 EA



488

ROOSTER® KIMCHI
selected varieties
400 g
kimchi
21040695 EA

HAPPY LOHRI

ਲੋਹੜੀ ਦੀਆਂ ਵਧਾਈਆਂ!



\$10



.99

2 KG PKG

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

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



1.99
LB

LONG EGGPLANT
product of Mexico, Canada, Honduras or Dominican Republic
aubergine longue
4.39/kg
20159013001 KG



795 G

907 G



340 G

4.99

HONEY PITTED DATES
product of Iran, **DEGLET NOUR**
PITTED DATES or **ORGANIC**
PITTED DATES product of U.S.A.
dates
21562279001 EA / 20772841 EA

2.50



SURAJ® NAAN
selected varieties
5's
naan
21031353 EA

4.49



SURAJ® DRY BEANS or LENTILS 1.8 kg
or **DABUR MUSTARD OIL** 500 mL
selected varieties
haricots secs ou lentilles ou huile de moutarde
20238737 EA/21000333 EA

3.99



QUALITY MANGO PULP
selected varieties
850 g
pulpe de mangue
2007060001 EA

\$2



FRUIT MANGO JUICE
or **SHERBON FRUIT DRINKS**
selected varieties
1 L
jus de mangue ou boissons aux fruits
20041155 EA/21602999 EA

\$8



TEA INDIA 681 g
or **TATA TEA AGNI** 1 kg
tea
20177173 EA/21573115 EA

9.99



QUALITY BROWN SUGAR
4.5 kg
cassonade
20718432 EA

1.50



KURKURE SNACKS
selected varieties
115 g
collations
21341077 EA

3.49



KFI COOKING SAUCE 375/395 mL or
MAGGI SAUCE 340 mL
selected varieties
sauce à cuisson ou sauce
2041149001 EA/20687726 EA

10.99



PARLIAMENT GOLD, QILLA or LAL QILLA
SELLA BASMATI RICE 4.54 kg
riz
21029920 EA/21637637 EA

1.99



SHANA PARATHA
selected varieties, frozen
400 g
paratha
2009013001 EA/20990913002 EA

5.99



BRAR'S GULAB JAMUN
selected varieties, frozen
850 g
gulab jamun
20247337 EA

8.99



NANAK RASMALAI
selected varieties
850 g
rasmalai
21384818 EA

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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



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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

APP EXCLUSIVE OFFER*

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

NO NAME® NACHO CHEESE TORTILLA CHIPS
selected varieties, 200 g
croustilles de tortilla
21654374_EA



149

NO NAME® POTATO CHIPS
selected varieties, 200 g
croustilles
21302821_EA



450

NO NAME® CHOCOLATE CHIP COOKIES
907 g
biscuits aux brisures de chocolat
20318678001_EA



229

NO NAME® GRANOLA BARS
selected varieties, 120-175 g
barres granola
20915354_EA/21540823_EA



\$3



NO NAME® JUICE BOXES
selected varieties, 8/10x200 mL
jus en boîte
20503035003_EA

175

NO NAME® EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040510_EA/21040543_EA



\$6

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Canada
pommes
20868985001_EA



\$3



NO NAME® 400 g FROZEN FRUIT
assorted varieties
fruits surgelés
21545106_EA

\$5

NO NAME® STIRRED YOGURT
selected varieties, 12x100 g
yogourt
20685574001_EA



150

NO NAME® BROTH
selected varieties
900 mL
bouillon
21189610_EA



\$3



NO NAME® COTTAGE CHEESE
selected varieties, 500 g
fromage cottage
20183991002_EA

\$6

NO NAME® CHICKEN STRIPS or NUGGETS
frozen, 908 g
lanières ou pépites de poulet
21178745_EA



\$14

NO NAME 4 oz BEEF BURGERS
frozen, 1.36 kg
burgers de bœuf
20114154_EA



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

no name®

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*Standard message and data rates may apply.

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PRICES**

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drops for longer.

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+ 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**

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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.

ONLINE MKT