



BUDGETS LOVE YELLOW

(So switch)



APP EXCLUSIVE OFFERS*

\$5



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

1,500 pts

\$8

= 150
Back in points



6 LB BAG

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

1,000 pts

5²⁹

=\$ 1
Back in points



NO NAME® SHREDDED CHEESE
selected varieties
320 g
21082491_EA

1,500 pts

\$15

= 150
Back in points



NO NAME® GROUND COFFEE
selected varieties
925 g
21380616_EA

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

ONL NFW FLAP 1

NOFRILLS®

DEALS FOR DAYS EVENT

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

SAVE 33%



\$2

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



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

SAVE 30%

6⁹⁹

ONLY

2⁹⁹



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

ONLY

2⁴⁷

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

ONLY

1⁵⁰



**HEREFORD
LUNCHEON
MEAT**
320 g
21722838_EA

ONLY

\$3



**BLACK DIAMOND SLICES PROCESSED CHEESE
PRODUCT** 410 g or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
21323264_EA/21673558_EA

ONLY

4⁸⁷



**GENERAL MILLS
FAMILY SIZE CEREAL**
selected varieties
455-770 g
21103492_EA/21103495_EA

SAVE UP TO 46%

.27



**MR. NOODLES
INSTANT NOODLES** 85 g or
MAGGI NOODLES 70 g
selected varieties
20322650001_EA/20802064_EA

ONLY

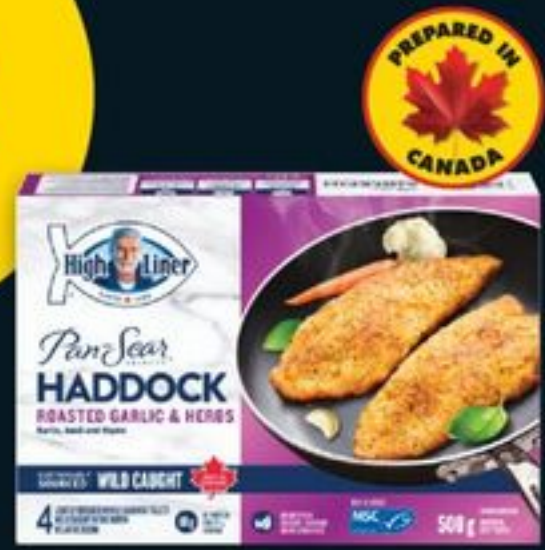
\$6



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

SAVE 50%

\$8



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

ONLY

\$4



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

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

ONLY

6⁵⁰



**OIKOS, SIGGI'S, ACTIVIA EXPERT
YOGURT** 650/750 g or
IOGO 16x100 g
selected varieties
20609583001_EA/21006685_EA

SAVE 27%

28⁸⁸



ROOSTER® SCENTED JASMINE RICE
20157222_EA

SAVE UP TO 38%

7⁹⁹



**TIDE SIMPLY
LIQUID LAUNDRY
DETERGENT** 2.72 L
**FLEECE FABRIC
SOFTENER** 3.5 L or
DRYER SHEETS 200's
selected varieties
21311739_EA/21671020_EA

SAVE UP TO 35%

12⁹⁹



**AASHIRVAAD
WHOLE WHEAT
FLOUR** 9.07 kg or
**NANAK DESI
GHEE** 800 g
20082263_EA/21359488_EA

AVAILABLE AT: MIKE'S - ABBOTSFORD, ROB'S - AIRDRIE, TERASHITA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, HARMAN'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'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, PATRYK'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, PRAKASH'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

nofrills.ca

01 NFW ET

JANUARY

**HIT
OF THE
MONTH**

STARTS THURSDAY JANUARY 1ST



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

5⁹⁹

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

3 LB BAG

PKG OF 5 OR 6

4⁹⁹

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

PINT

3⁹⁹

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

6 OZ CLAMSHELL

PKG OF 3

4⁹⁹

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

454 G

GROWN IN THE
WESTERN
PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba



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

4⁹⁹

EA/LB

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

4⁹⁹

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

PKG OF 3

5⁹⁹

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

10 LB BAG



2⁹⁹

LB

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

3⁹⁹

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

PKG OF 4

1⁷⁹

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

5⁹⁹

600 G

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

\$5

946 ML

BOLTHOUSE JUICE or SMOOTHIES
selected varieties
20319871_EA/21290793_EA

1⁹⁹

RED MANGO
product of Peru
each
20099435001_EA

6⁹⁹

5 LB BAG

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

6⁹⁹

3 LB BAG

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

5⁹⁹

PKG OF 11

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

907 G

681 G

3⁹⁹

454 G

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

GROWN IN THE
WESTERN
PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

\$10

MIXED BOUQUET
in seasonal colours
21993531_EA/21993179_EA

PRICE DROP

\$2⁰⁰

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

4⁵⁰

LEEEKS
product of Canada
20090117001_EA



1⁵⁰

RED CABBAGE
product of Canada
3.31/kg
20773654001_KG



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

FRESH AT LOW PRICES

\$24

MAPLE LEAF PRIME CHICKEN BREAST

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



779
LB

EXTRA LEAN GROUND BEEF

17.17/kg
20981822_KG



399
LB

PORK COMBO CHOP

fresh, bone-in
8.80/kg
20976983_KG



CLUB SIZE

649

PC® or ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES

selected varieties
375/500 g
21378310 EA/21584342 EA



\$6

SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES

selected varieties
375/450 g
20105411 EA



\$8

NO NAME® MEATBALLS

selected varieties, 680 g
21537713 EA



350

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

20792840 EA



\$7

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

frozen
21043887 EA



\$7

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

selected varieties
20572931 EA/21475455 EA



450

PILLER'S SLICED DELI MEAT

selected varieties
150/200 g
21206382 EA/21206939 EA



550

DAIYA VEGAN CHEESE

selected varieties
170/200 g
21207740 EA

1,000 EARN
back in points



750

PACE PIZZA

selected varieties
502/542 g
21515170 EA



\$2

NO NAME® BAGELS or ENGLISH MUFFINS

selected varieties
6's
21217967 EA/21213119 EA



\$3

COUNTRY HARVEST BREAD BAGELS 6's

selected varieties
21178271 EA/21178642 EA



550

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

selected varieties
20975943 EA/21283356 EA



DEALS FOR DAYS EVENT



ONLY

3⁵⁰

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



ONLY

8⁷⁹

NO NAME®
CHEESE
selected varieties
700 g
20975773_EA

ONLY

\$6

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



ONLY

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
20297818002_EA

5⁵⁰

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



\$4

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



\$3

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



\$4

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



\$2

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



\$3

OLD DUTCH POTATO 225 g or **TORTILLA** 275/290 g
CHIPS or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
21367346_EA/21443100_EA



2⁵⁰

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



\$2

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



1⁸⁹

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



1⁷⁹

CHEF BOYARDEE
PASTA
selected varieties
418/425 g
20315000002_EA



\$2

ITALPASTA
selected varieties
750 g
20296341002_EA/20296341004_EA



\$7

HEINZ
KETCHUP
1.5 L
20110556_EA



7⁹⁹

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



\$3

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



3⁵⁰

PC® or **BLUE MENU** PANCAKE or
WAFFLE MIX 905 g or **SYRUP** 750 mL
selected varieties
20173129_EA/20374908_EA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See instore for details. **Must be a registered PC Optimum™ member to get this offer.

**NEW
LOWER
PRICES**

7⁵⁰



**BRAR'S DAIRY
DAHI 3.25%**
1.8kg
21576316, EA

\$10



**ZABIHA HALAL
CHICKEN
STRIPS,
NUGGETS or
BURGERS** or
selected varieties, frozen
800/908 g
21192505, EA

\$5



**SCHNEIDERS
BOLOGNA**
500 g
20039186, EA

\$8

HALAL



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

BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰



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



SAVE UP TO 33%

\$6

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

ALWAYS

\$3



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

ONLY

3⁵⁰



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

\$7



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21438713, EA

3²⁵



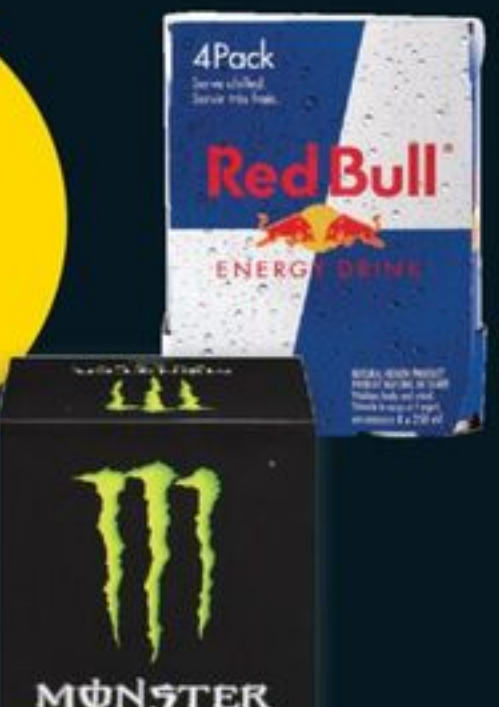
SIMPLY DRINKS
selected varieties, refrigerated
1.5 L
21170792, EA

\$4



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

\$9



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

\$3



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

1⁵⁰



CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
2097346003, 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
20743461, EA/21080791, EA

1⁵⁰



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

1⁹⁹



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

1⁸⁹



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

\$3



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

2²⁹



NO NAME® OLIVES
selected varieties
375 mL
20323649, EA

\$8



NO NAME® CANOLA OIL
3 L
20028456, EA

\$2



PRIMO or UNICO PASTA SAUCE
selected varieties
680 mL
20326537003, EA/20720715, EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

8⁹⁹

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



SAVE 23%

3⁵⁰

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



SAVE 28%

4⁹⁹

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



CLUB SIZE • FORMAT CLUB

no name® sans nom®

meat lasagna

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

lasagne à la viande

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

SAVE 21%

\$11



NO NAME® MEAT LASAGNA
2.27 kg
20099795_EA

\$8

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



4⁸⁷

**GENERAL MILLS
FAMILY SIZE CEREAL**
selected varieties
455-778 g
21103495_EA/21103492_EA



\$4

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



4⁵⁰

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



\$14

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



\$1

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



16⁹⁹

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



13⁹⁹

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



\$17

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



5⁴⁹

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



2⁴⁷

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



6⁵⁰

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



\$1

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



BRANDS YOU LOVE AT LOW PRICES

24⁹⁹



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



\$4



**SISTEMA
SANDWICH BOX**
450 mL
21574561_EA

\$4



SISTEMA DRESSING TO GO
4's
20976372_EA



3⁹⁹

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

\$15



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

\$4



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

\$9



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

7⁵⁰



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

7⁹⁹



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

\$10



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

\$8



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

\$9



OLÉ MOCKTAILS
selected varieties
4x355 mL
21579219_EA

NEW DIGITAL COUPONS



MORE OFFERS. MORE POINTS.

**CLICK FOR
THESE COUPONS
AND MORE**



**PC®
ORANGE JUICE**
1.54 L

Get
250 ^{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



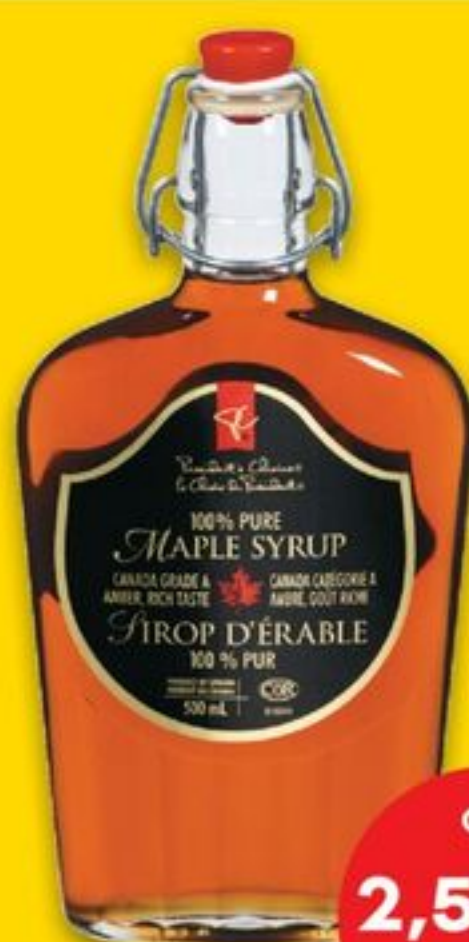
**PC®
CHOCOLATE
COVERED NUTS**
340-400 g

Get
1,500 ^{PTS}
with digital
coupon



**PC®
BUTTER
QUARTERS**
454 g

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coupon



**PC®
MAPLE SYRUP**
500 mL

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2,500 ^{PTS}
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**PC®
SMOKIES**
1 kg

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**PC®
SPLENDIDO® OLIVE OIL**
1 L

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AND MORE



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

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**NO NAME®
CHIPS**
200 g

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with digital
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**NO NAME®
VINEGAR**
4 L

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with digital
coupon



**NO NAME®
DICED TOMATOES**
796 mL

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with digital
coupon



**NO NAME®
CHEESE BARS**
400 g

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with digital
coupon



**NO NAME®
PEANUT BUTTER**
1 kg

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500 ^{PTS}
with digital
coupon



**NO NAME®
MAYONNAISE**
890 mL

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500 ^{PTS}
with digital
coupon



**NO NAME®
sour cream**
500 mL

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500 ^{PTS}
with digital
coupon



**NO NAME®
FLOUR**
2.5 kg

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500 ^{PTS}
with digital
coupon



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

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1,000 ^{PTS}
with digital
coupon



**T&T® FROZEN
POTSTICKERS**
567 g

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1,500 ^{PTS}
with digital
coupon



**NO NAME®
STRAWBERRY JAM**

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1,500 ^{PTS}
with digital
coupon

NEW
LOWER
PRICES



\$7

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

3⁵⁰



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

\$5

HALAL



\$8

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



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

\$5



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

3⁵⁰



**MINUTE MAID ZERO SUGAR or
FUZE BEVERAGES**
selected varieties, refrigerated
1.54/1.75 L
214340119, EA/21652307, EA

\$5



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

\$7



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

\$2



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

\$4



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

\$2



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

6⁵⁰



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

\$5



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

4⁷⁵



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

\$4



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

7⁵⁰



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

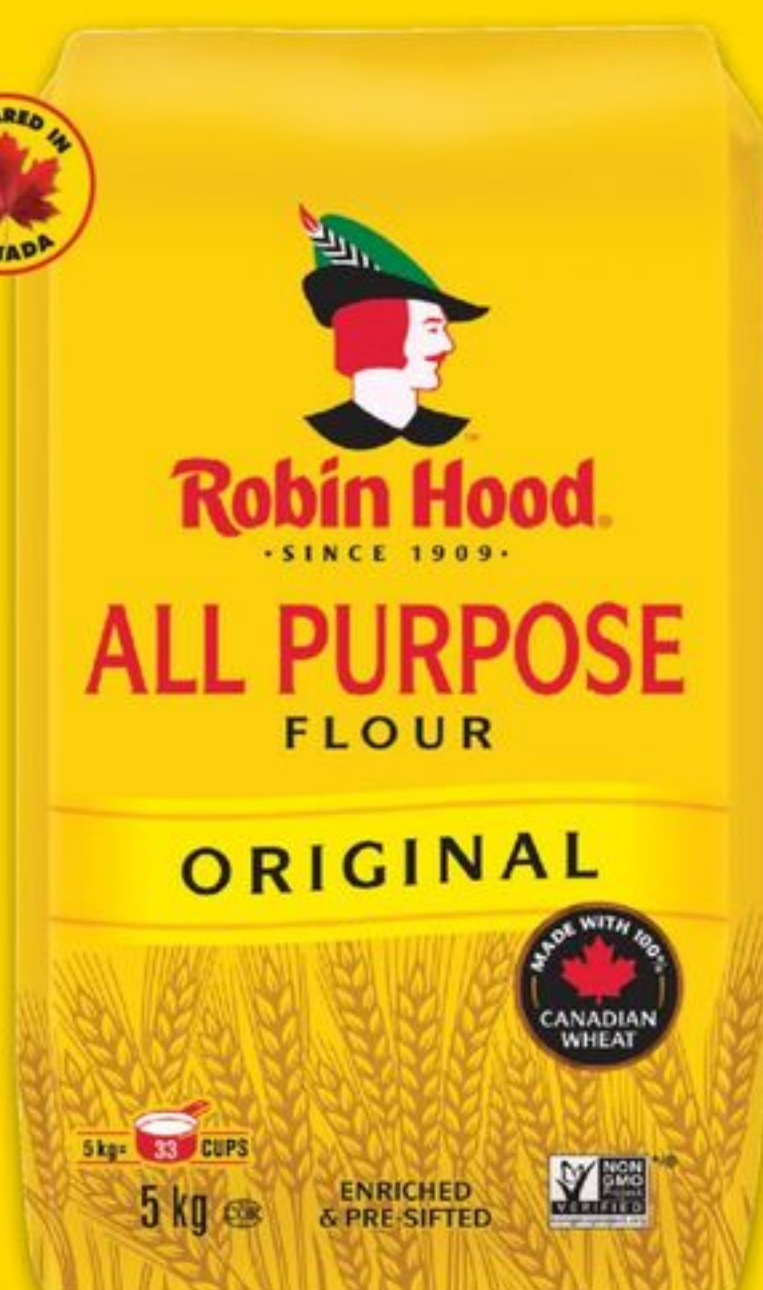
\$8



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

**NEW
LOWER
PRICES**

\$10



ROBIN HOOD FLOUR
selected varieties
5 kg
20149342001 EA

4.75



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

3.50



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



5.50

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

\$5



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

6.50



FRUTEE ICE CREAM
selected varieties, frozen
270 mL
21701523 EA

7.50



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

\$5



M&M'S or MARS CHOCOLATE POUCHES
selected varieties
155-170 g
21071767 EA/21571768 EA

\$3



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

7.50



SAMYANG NOODLES
selected varieties
650 g
21405283 EA

1.50



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

\$5



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

\$6



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

3.75



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

\$7



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

\$12



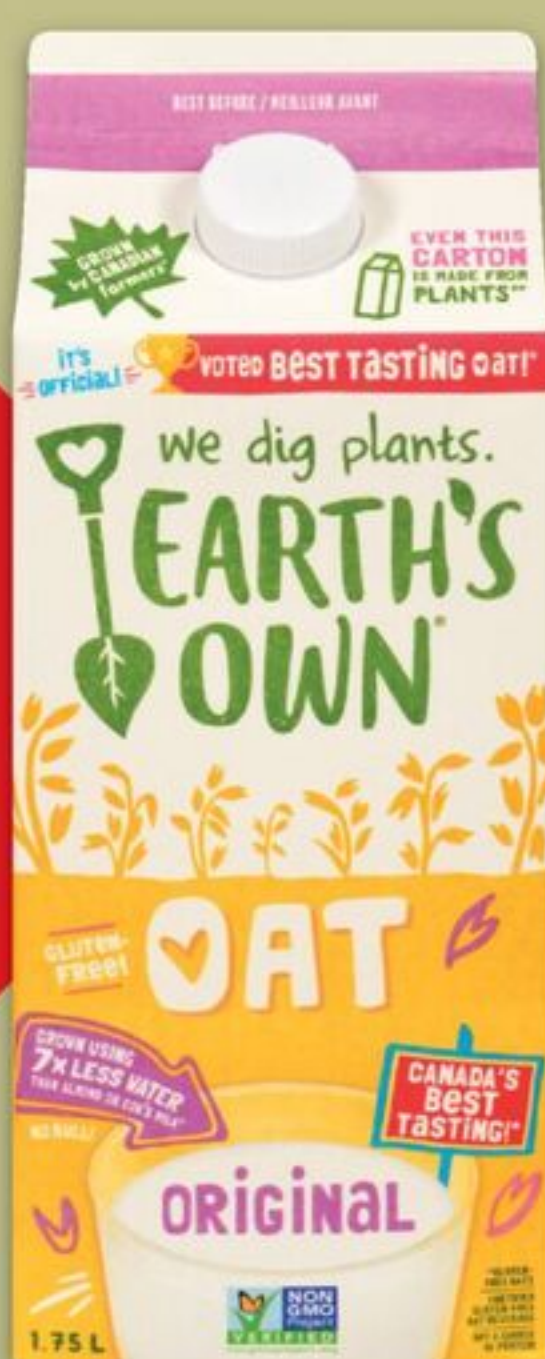
IAMS DRY CAT FOOD
selected varieties
1.36/1.59 kg
21027553 EA

NATURAL FOODS AT LOW PRICES

\$4

EARTH'S OWN OAT BEVERAGES

selected varieties, refrigerated
1.75 L
21037796_EA



4⁵⁰

AMY'S BURRITO

selected varieties, frozen
142-170 g
20371439001_EA



\$6

PC® ORGANICS KEFIR

selected varieties
1 L
20944278_EA



\$5

SILK CREAMER

selected varieties, refrigerated
890 mL
21245360_EA/21245361_EA

7⁹⁹

CARBONAUT BREAD

selected varieties
544/550 g
21446964_EA



22⁹⁹

VEGA PROTEIN + SUPERGREENS

selected varieties
510-526 g
20830386002_EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS

6x100 mL, SQUEEZABLE FRUIT SNACKS 360 g

or JUMBO RAISIN SNACK PACK 196 g

selected varieties
20320493001_EA/21170526_EA



5⁵⁰

BELSOY PUDDING

selected varieties
4x125 g
20151398003_EA



2⁵⁰

CLIF ENERGY or BUILDERS BAR

selected varieties
68 g
20300133001_EA/20300133002_EA



5⁹⁹

JORDANS MORNING CRISP GRANOLA

selected varieties
375/400 g
21522230_EA



7⁴⁹

BOB'S RED MILL GLUTEN-FREE ROLLED or PROTEIN OATS

selected varieties
907 g
21127426_EA/21639699_EA



8²⁹

BRAGG ORGANIC APPLE CIDER VINEGAR

946 mL
20983004_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NV NFW

HAPPY LOHRI

ਲੋਹੜੀ ਦੀਆਂ ਵਧਾਈਆਂ!



1⁹⁹
LB

GINGER ROOT
product of China or
LONG EGGPLANT
product of Mexico, Honduras or
Dominican Republic
4.39/kg
20179038001_KG/20159013001_KG



2⁹⁹

COCONUTS
product of India
each
20005774001_EA

1⁴⁹

CHAYOTE SQUASH
product of Mexico, or U.S.A.
each
20167837001_EA



8⁹⁹

PRANA PARATHA
frozen
2.4 kg
21172364_EA

\$3

CRISPY ROTI
selected varieties
15's
21175607_EA



\$5

**SURAJ®
PUNJABI
BISCUITS**
1.1 kg
21055448_EA



10⁹⁹

**WAGH BAKRI
PREMIUM TEA**
907 g
20375331_EA



\$2

RUBICON JUICES
selected varieties
1 L
2007934001_EA



5⁹⁹

**HALDIRAM'S
APPETIZERS**
selected varieties, frozen
420-500 g
20710712_EA



5⁹⁹

**BRAR'S
SAMOSA**
selected varieties, frozen
624 g
21000023_EA



1⁹⁹

MDH SPICES
selected varieties
100 g
20636522006_EA



5⁹⁹

**SHER BESAN
CHANA FLOUR**
1.81 kg
20849722_EA



7⁹⁹

**MOTHER'S MAGIC
4.54 kg or
QUALITY PRIYA
BASMATI RICE**
3.63 kg
20823491_EA/21090422_EA



2⁹⁹

PRAN SAMOSAS or SPRING ROLLS
selected varieties, frozen
400 g
21054779_EA/21054846_EA



5⁹⁹

DESI-LICIOUS ICE CREAM
selected varieties, frozen
1 L
20110743_EA



8⁹⁹

**BRAR'S
RASMALAI**
selected varieties
850 g
20384900002_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

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Get one stamp for
every \$20* spent.

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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.

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LOWER
PRICES**

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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**

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.

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