NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 22 TO WEDNESDAY, OCTOBER 28, 2026.

DEALS FOR DAYS EVENT

CHICKEN LEGS
back-attached
cuisses de poulet
4.39/kg
20654709_KG

SAVE 52%
1.99 LB

CLUB SIZE

ONLY
2.99 LB

PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.59/kg
21671162_KG
WHILE QUANTITIES LAST

ONLY
1.99

10 LB BAG

GROWN IN CANADA

RUSSET or YELLOW POTATOES
product of Canada, Canaa no. 1 grade
pommes de terre
20600997001_EA/20601017001_EA

SAVE 28%
4.99

Foodland ONTARIO

Naturally Imperfect
Naturellement imparfaits
apples · pommes

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
produce of Ontario
pommes
20868985001_EA

SAVE 37%
4.99

Lactantia
COUNTRY CHURNED
Butter
SALTED
454 g

PREPARED IN CANADA

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

SAVE UP TO 44%
.99 LB/EA

GROWN IN CANADA

ENGLISH CUCUMBERS each,
product of Canada, Canada no. 1 grade or
SWEET POTATOES 2.18/kg
produce of Ontario
concombres anglais ou patates douces
20070132001_EA/20127708001_KG

SeaQuest
16-55/lb
Pacific White Shrimp
Crevettes blanches du Pacifique

SEAQUEST® RAW or COOKED 36-55 per lb **SHRIMP** 300 g, **T&T® HEAD ON SHELL ON COOKED** 21-25/lb 300 g or **RAW** 30-40/lb 400 g **SHRIMP, BAY SCALLOP** 400 g or **SHRIMP RING** 227 g
crevettes ou pétoncles
21636326_EA/21689820_EA

SAVE UP TO 24%
$6

SAVE 33%
4.99

GROWN IN CANADA

10 LB BAG

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

App exclusive offer
Optimum

$10

CLUB SIZE

Get 2,000 pts
That's $2 value

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790_EA

SAVE UP TO 43%
$1

ALLEN'S FRUIT COCKTAIL 1 L or **POWERADE SPORT DRINKS** 710 mL
selected varieties
cocktails de fruit ou boissons désaltérantes
20307424001_EA/20853721_EA

SAVE UP TO 33%
7.99

LOU'S

LOU'S KITCHEN FRESH FULLY COOKED CHICKEN, BEEF, AND PORK ENTREES
selected varieties, 375/400 g
plats cuisinés
20078077_EA/21740569_EA

ONLY
6.47

PREPARED IN CANADA

OIKOS GREEK YOGURT
selected varieties, 650/750 g
yogourt grec
21006634_EA/21006660_EA

SAVE UP TO 44%
$7

PC® DINNER ENTRÉES 770 g-1.13 kg or **SWANSON SKILLET DINNERS** 1.19 kg
selected varieties, frozen
plats cuisinés
20326534_EA/21004538_EA

SAVE 41%
.88

Campbell's

CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP selected varieties, 284 mL
soupe
20176214004_EA/21690590_EA

SAVE 21%
4.97

Kraft

KRAFT PEANUT BUTTER
selected varieties, 750 g/1 kg
beurre d'arachide
20039581001_EA/20039581003_EA

SAVE 43%
2.25

MADE GOOD

MADEGOOD GRANOLA BARS, CRISPY SQUARES, COOKIES or GRANOLA BITES
selected varieties, 120-150 g
barres ou carrés ou biscuits ou bouchées
21107621_EA/21332121_EA

SAVE 25%
$1

Neilson
MILK
Chocolate

PREPARED IN CANADA

NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
20766719_EA

SAVE UP TO 27%
$2

RITZ
Crispers
Breton

CHRISTIE CRACKERS or **CRISPERS** or **BITS & BITES SNACK MIX** 145-200 g or **DARE CRACKERS** 100-125 g, selected varieties
craquelins
21358333_EA/21547034_EA/21520660_EA

SAVE 20%
11.99

NO.817
ELEPHANT BRAND
TRADE MARK
PRODUCT OF INDIA
PRODUIT DE L'INDE

817 ELEPHANT BRAND BASMATI RICE
4 kg
riz basmati
20787324_EA

SAVE UP TO 41%
12.99

SHER
AASHIRVAAD

AASHIRVAAD FLOUR
selected varieties, 4.55/9.07 kg or **BRAR SHER DESI STYLE DURUM FLOUR** 9.07 kg
farine
21359688_EA/20657367_EA

App exclusive offer
Optimum

$4

Get 1,500 pts
That's $1.50 value

PC® INSTANT COFFEE
selected varieties
80/100 g
café instantané
21499826_EA/21500188_EA

Optimum

$12.99

100

Get 1,500 pts
That's $1.50 value

NESTLÉ ASSORTED CHOCOLATE
100's
lait au chocolat
21595523_EA

EXTRA DEALS!

3.33

PREPARED IN CANADA

NO NAME® LARGE SIZE EGGS
grade A
12's
œufs
20812144001_EA

$2

PREPARED IN CANADA

NO NAME® CREAM CHEESE
selected varieties, 227/250 g
fromage à la crème
20308105001_EA

$1

PREPARED IN CANADA

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

$7

CLUB SIZE

PREPARED IN CANADA

NO NAME® FLOUR
Club Size, selected varieties
10 kg
farine
20222248_EA

NFO ET 1_rad19/10/2026_ON

AVAILABLE AT: JEROME & AUSHA'S - AJAX, STEVE & AMANDA'S - AJAX, ROB & TINA'S - AMHERSTBURG, JOE & VAL'S - AURORA, JOE'S - BELLEVILLE, ADIL'S - BRAMPTON, DAVE'S - BRAMPTON, HECTOR & ALICIA'S - BRAMPTON, MICHAEL & ABBI'S - BRAMPTON, MIKE'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGANI'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SALMA'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, RYAN'S - EAST YORK, JASON'S - ELMIRA, COSIMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF ROSE & HERB'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENNY'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, MIKE & GRACE'S - KOMOKA, BRENT & JENNIE'S - LONDON, DARRYLL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, AMNINDER'S - MARKHAM, PETER & SUJI'S - MARKHAM, ROB'S - MARKHAM, YI & YU LING'S - MARKHAM, JOHN'S - MILTON, DANIEL'S - MISSISSAUGA, HASIB'S - MISSISSAUGA, MARC'S - MISSISSAUGA, MIKE'S - MISSISSAUGA, RAMAN'S - MISSISSAUGA, SARANGANI'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YAMA'S - MISSISSAUGA, CHRIS & SAMIA'S - NEPEAN, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, ANAND & SHYVONNE'S - NORTH YORK, CARLOS - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTE'S - NORTH YORK, LISTRO'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, DYLAN'S - OSHAWA, NADIN'S - OSHAWA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, DACOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, FRASER & MELISSA'S - RICHMOND HILL, JIM'S - RICHMOND HILL, KYLE'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, YI & YU UNG'S - SCARBOROUGH, BLAKE'S - ST CATHARINES, 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, NICK'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, LIZ'S - WHITBY, QAAT - WHITBY, SOUTH WINDSOR - WINDSOR, TAKA'S - WINDSOR, TONY & KATHY'S - WINDSOR, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

nofrills.ca

FRESH AT LOW PRICES

3.99

6 OZ CLAMSHELL



BLACKBERRIES or **RASPBERRIES** product of Mexico or U.S.A., **CANTALOUPE** product of U.S.A., no. 1 grade or **HONEYDEW** product of U.S.A. or Mexico
mûres, framboises, cantaloup ou melon miel
20051015001_EA/20128938001_EA



3.99 EA/LB

PINEAPPLE each, product of Costa Rica or **GREEN** or **RED SEEDLESS GRAPES** 8.80/kg, product of U.S.A., no. 1 grade
ananas ou raisins verts ou rouges sans pépins
20160992001_EA/20425775001_KG

2.99

PKG OF 6

GROWN IN CANADA



3 LB BAG

FARMER'S MARKET™ MINI CUCUMBERS or **YELLOW ONIONS** product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombres
20171965001_EA

2.99



6 OZ CLAMSHELL

BLUEBERRIES product of Peru, no. 1 grade
bleuets
20152465001_EA

3.99

GROWN IN CANADA



10 LB BAG

FARMER'S MARKET™ CARROTS or **BEETS** product of Canada, Canada no. 1 grade
betteraves ou carottes
21121329001_EA/20600930001_EA

FRESH GUARANTEE

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

3.99

GROWN IN CANADA



PKG OF 4

CAULIFLOWER product of Canada, Canada no. 1 grade or **FARMER'S MARKET™ SWEET PEPPERS** product of Canada
chou-fleur ou poivrons
20117550001_EA/20135377001_EA

2.49

GROWN IN CANADA



BROCCOLI CROWNS product of Canada
couronnes de brocoli
21121560001_EA

1.29 LB

GROWN IN CANADA



ACORN, BUTTERCUP, BUTTERNUT or **SPAGHETTI SQUASH** product of Canada
courge
2.84/kg
20071263001_KG/20307900001_KG

2.49



227 G

BUNCH SPINACH product of Canada or Mexico or **PC® WHOLE** or **SLICED, WHITE** or **CREMINI MUSHROOMS** product of Canada
épinards en botte ou champignons
20773803_EA/20776239_EA

1.99



KALE product of Canada or Mexico
chou frisé
20138805001_EA

5.99

567 G



600 G

PC® LITTLE BEAUTS VARIETY TOMATOES product of Canada or Mexico or **KIWI** product of Chile
tomates ou kiwi
21720711001_EA/21099138001_EA

3.99

GROWN IN CANADA



680 G

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

2.49 LB

Foodland ONTARIO



BARTLETT or **BOSC PEARS** product of Ontario, Canada fancy grade
poires
5.49/kg
20172240001_KG/20287815001_KG

4.99



292-383 G

EAT SMART SWEET KALE or **TAYLOR FARMS CHOP SALAD KITS** selected varieties, product of U.S.A.
salades
20674118_EA/21335159_EA

3.99

2 LB BAG



PKG OF 5

FARMER'S MARKET™ LEMONS product of South Africa or **AVOCADOS** product of Mexico
citrons ou avocats
21644936001_EA/20795315001_EA

4.99



CANARY MELON product of Brazil
melon canari
21022511001_EA

4.99



3 LB BAG

FARMER'S MARKET™ ORANGES product of Morocco, Spain or Egypt
oranges
20162945001_EA

6.99



4 LB BAG

FARMER'S MARKET™ MANADARINS product of South Africa
mandarines
20034025001_EA

1.49



RED MANGOES product of Brazil
mangues rouges
20039653001_EA

1.79 LB



HAMI MELON product of Mexico or U.S.A.
melon Hami
3.95/kg
21031297001_KG

PRICE DROP

1.99



Foodland ONTARIO

CELERY product of Ontario, Canada no. 1 grade
céleri
20163119001_EA

.99 LB



Foodland ONTARIO

GREEN CABBAGE product of Ontario, Canada no. 1 grade
chou vert
2.18/kg
20793034001_KG

NFD 2_redi9/10/2026_ON

*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.

NOFRILLS®

FRESH AT LOW PRICES

$9



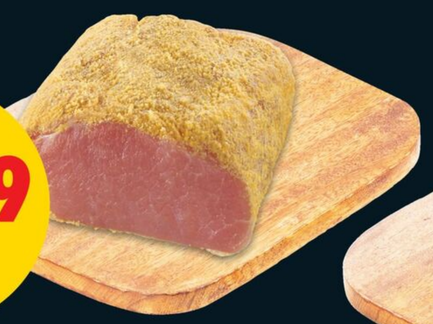
PC® BLUE MENU® BONELESS SKINLESS CHICKEN BREAST FILLETS
Air Chilled
up to 350 g
filets de poitrine de poulet sans peau désossée
21607017_EA

BONELESS BEEF STEW
cubes de bœuf désossé
26.43/kg
20357645_KG

11.99 LB



2.99 LB



LOU'S KITCHEN PEAMEAL BACON
bacon enrobé de farine de pois
6.59/kg
20145616_KG

2.49 LB



WHOLE PORK PICNIC
fresh
porc
5.49/kg
21161819_KG

WHILE QUANTITIES LAST

RAIN CHECK + pts

We'll honour a current deal if we're sold out, and give you 10% back in PC Optimum™ Points.†

$6



MAPLE LEAF or SCHNEIDERS BACON, GRILL 'EMS SMOKED SAUSAGES or JUICY JUMBOS WIENERS
selected varieties
375/450 g
bacon ou saucisses fumées
20772671_EA

$18



AUSTRALIAN LEAN GROUND LAMB
2x350 g
agneau haché maigre
21682482_EA

$6



WATSON RIDGE CHICKEN STRIPS or GABBY'S DOLLHOUSE NUGGETS or TA'AAM HALAL NUGGETS
frozen
700/800 g
lanières ou pépites de poulet ou pépites halal
21305249_EA/21740852_EA

1.40



SWIFT POT PIES
selected varieties, frozen
190 g
pâtés
21119266_EA/21119305_EA

7.50



SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
filets de poisson
20036614_EA/20153570_EA

$9



SEAQUEST® WHOLE TILAPIA 1.36 kg or **WHOLE POMPANO** 800 g
frozen
poisson
21591947_EA/21592084_EA

$4



FONTAINE SANTÉ HUMMUS
selected varieties
260/283 g
hummus
20501132_EA/21687301_EA

3.75



ZIGGY'S® SLICED DELI MEAT 175 g or **ROMA SLICED PEPPERONI** 175/250 g
selected varieties
charcuteries tranchées ou pepperoni tranché
21592461_EA/21596554_EA/21636650_EA

$6



TRE STELLE TWIN PACK MINI BOCCONCINI 240 g or **FETA** 280 g, **CASTELLO HAVARTI** 170-200 g or **BLUE CHEESE** 125 g
selected varieties
fromage
20573932_EA/21100063_EA

$3



HOSTESS SNACKCAKES
selected varieties
202/206 g
petits gâteaux
21283752_EA

2.50



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

$6



FARMER'S MARKET™ COOKIES 12's or **MUFFINS** 6's
selected varieties
biscuits ou muffins
20566295_EA/21283356_EA

$3



RESER'S SALADS 425/454 g or **ZIGGY'S® PASTA** 350/360 g
selected varieties
salades ou pâtes
20962398_EA/21521168_EA

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† Raincheck + PC® OptimumTM 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® OptimumTM points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC® OptimumTM 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® OptimumTM program members will not be eligible to receive PC® OptimumTM 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.

DEALS FOR DAYS EVENT

SAVE UP TO 20%

$6

PC® CHEESE BARS or **SHREDDED CHEESE** 250-400 g or **SAPUTO MOZZARELLISSIMA CHEESE** 500 g
selected varieties
barres de fromage ou fromage râpé
20759241002_EA



PREPARED IN CANADA

ONLY 3.50

ACTIVIA YOGURT
selected varieties
650 g
yogourt
20325132003_EA
20608416002_EA



SAVE 40%

4.50 LB



PORK BACK RIBS
fresh, single pack
côtes de dos de porc
9.92/kg
20705983_KG

WHILE QUANTITIES LAST

SAVE UP TO 45%

2.99



IMPERIAL MARGARINE 400 g
or **BECEL PLANT BASED BRICKS** 454 g
selected varieties
margarine ou beurre à l'ail à base de plantes
21747189_EA

SAVE UP TO 44%

1.50



UNICO BEANS 540 mL
or **TOMATOES** 796 mL
selected varieties
légumineuses ou tomates
20313447001_EA/20314629001_EA

ONLY $4

GROUND CHICKEN
454 g
poulet haché
21551582_EA

WHILE QUANTITIES LAST



5.50



TRU FRU CHOCOLATE COVERED FRUIT or **FRUIT MOTS SOUR FROZEN FRUIT**
selected varieties, frozen
170 g
fruits enrobés de chocolat ou fruits surgelés
21516003_EA/21653869_EA

4.88



LACTANTIA PURFILTRE MILK
selected varieties
2 L
lait
21424991_EA

3.50



PC® VEGETABLES
selected varieties, frozen
350-750 g
légumes
20318915_EA

$2



BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001_EA

1.99



BARILLA PASTA 340/410 g or **CATELLI PASTA SAUCE** 600 mL
selected varieties
pâtes ou sauce pour pâtes
21404912_EA/21618340_EA

2.29



CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
soupe
21480447_EA

$3



CHRISTIE or **PEEK FREANS COOKIES**
selected varieties
240-350 g
biscuits
20680381_EA/21358407_EA

3.25



LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA/21664493_EA

6.50



BUBLY 12x355 mL or **MONTELLIER** 10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante
21096722_C10/21097177_C12

13.99



COCA-COLA or **PEPSI SOFT DRINKS**
selected varieties
24x355 mL
boissons gazeuses
20306687002_C24
20308197001_C24

$1



CLARK BEANS
selected varieties
398 mL
légumineuses
21308477_EA/21756532_EA

$1



UNICO TOMATO PASTE
selected varieties
156 mL
pâte de tomate
20000527_EA

13.99



COLAVITA EXTRA VIRGIN OLIVE OIL
1 L
huile d'olive extra vierge
20617955_EA

$3



TETLEY TEA
selected varieties
20/24's
thé
20711158_EA/21663642_EA

5.50



BONNE MAMAN JAM
selected varieties
250 mL
confiture
20307313001_EA/20307313006_EA

$3



KELLOGG'S NUTRI-GRAIN BARS 295 g, **POP TARTS** 384 g, **RICE KRISPIES BARS** 154-198 g or **SPECIAL K** 125 g
selected varieties
barres ou tartelettes ou carrés
20126567001_EA/21290111_EA

$4.79 Get 500 pts That's 50¢ value



OLD EL PASO SALSA
selected varieties
650 mL
salsa
20305182001_EA

Get 3,000 pts For every $10* spent That's $3 value



OLD EL PASO PRODUCTS
all sizes and varieties*
ensembles de repas
20795534_EA/21049495_EA

App exclusive offer

Get 20,000 pts when you spend $100* or more in one or more purchases

PLUS get entered for a chance to win NHL game tickets

Optimum

OCTOBER 8TH UNTIL NOVEMBER 6TH



ON PARTICIPATING PROCTER & GAMBLE PRODUCTS
selected varieties and sizes
produits participants
21551623_EA/21505016_EA

$2 Get 1,000 pts That's $1 value



MONTANA'S SOUP
selected varieties
540 mL
soupe
21690570_EA

$4.50 Get 1,500 pts That's $1.50 value



PURE LEAF ICED TEA 1.75 L or **TROPICANA BEVERAGES** 1.36 L
selected varieties, refrigerated
thé glacé ou boissons
20755752002_EA/21622130_EA

$2 Get 500 pts That's 50¢ value



FRUITOPIA, PEACE TEA or **MINUTE MAID DRINKS**
selected varieties, refrigerated, 1.75 L
boissons
20347440001_EA/21734976_EA

NFO 4_rad19/10/2026_ON

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 22 TO WEDNESDAY, OCTOBER 28, 2026.

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.

Optimum

Get 10,000 pts For every $50* spent

That's $10 value

App exclusive offer

When you spend $50 on Home, Entertainment, Baby, Health & Beauty and Joe Fresh products *

October 22 - October 28, at participating No Frills stores only. * See in-store for details.

$5



PRESIDENT'S CHOICE 3X SCENTED or UNSCENTED WIPES
2134016_EA

2.50



GERBER BABE SNACKS or ENTRÉES
selected varieties
42-192 g
3030868807_EA

$12



BOOST READY TO DRINK SHAKES
selected varieties and sizes
3030042900_EA

$10



U BY KOTEX PADS, LINERS, or TAMPONS
selected varieties
20-120 ea
21291897_EA / 21726867_EA

$5



LIFE BRAND LIQUID HAND SOAP
selected varieties
2 L
21537613004_EA/21537613003_EA

$9



DOVE BAR SOAP 6x106 g or **BODY WASH** 400-710 mL
selected varieties
21237319_EA / 21636577_EA

7.94



SISTEMA KLIP IT + FOOD STORAGE SET
12 piece
000090

5.50



LISTERINE MOUTHWASH
selected varieties, 1 L
21091138_EA / 21091223_EA

5.94



EVERYDAY ESSENTIALS™ KNIFE SET
3 piece
21734433_EA

3.94



EVERYDAY ESSENTIALS™ PITCHER WITH 4 CUPS
4.5 L
21722360_EA

$5



DURACELL AAA4 & AA8 BATTERIES
selected varieties
21696078_EA/21696327_EA

Customer is responsible for the payment of any applicable deposit (bf product/ packaging recycling fee that may apply.

$9



PC® PROTEIN SHAKER WITH SHAKER BALL
900 mL
21562949_EA

$6



MARVEL ACTION FIGURES
selected varieties
9.5"
21768542_EA

$8



EVERYDAY ESSENTIALS™ JACQUARD FAUX FUR THROW
selected varieties
21760903_EA/21760906_EA

*For every $50 spent on the item(s) indicated before applicable taxes and after all coupons and discounts are deducted, in a single transaction at any participating store location, you will earn the points indicated. Product availability may vary by store. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. See terms & conditions for redemption restrictions

ONL NFO RHS

NEW LOWER RICES

$3

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
perogies
20527369_EA



2.25

CAVENDISH FARMS CLASSIC FRIES
selected varieties, frozen
800 g
frites
21559837_EA



$4

RED BARON CLASSIC CRUST PIZZA
selected varieties, frozen
584-665 g
pizza
21736881_EA



$5

NESTLÉ CONFECTIONERY FROZEN DESSERT 1.5 L or **NOVELTIES** 4-10's
selected varieties
dessert glacé ou friandises glacées
20324757003_EA/21585194_EA



$6

LAVAZZA GROUND COFFEE
selected varieties
250 g
café moulu
21553695_EA/21553714_EA



OCTOBER

HIT OF THE MONTH



$1.75

Made in Canada

Dare Bear Paws
Selected varieties, 168 - 210 g
Limit: 6, over limit retail $3.00
21713321_EA



$3

Made in Canada

Cedar Valley Pita Chips
Selected varieties, 180 g
Limit: 6, over limit retail $4
21566354_EA



$1

KD Macaroni and Cheese
Selected varieties, 156 - 175 g
Limit: 6, over limit retail $2.00
21549589_EA / 21549590_EA



$2

Smoked Steelhead Salmon 50 g
or **Yellowfin Tuna Steak,** 92 g, frozen
Limit: 6, over limit retail $3.00
21694839_EA / 21754823_EA

LOWEST PRICES
BEST DEALS

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

BRANDS YOU LOVE AT LOW PRICES

6.47



ACTIVIA 12x100 g or **OLYMPIC KREMA YOGURT** 650 g
selected varieties
yogourt
20303412001_EA/20588372002_EA

4.77



CRACKER BARREL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage
21290705_EA

$3



NO NAME® FROZEN FRUIT
selected varieties
300/400 g
fruits surgelés
21545097_EA/21545106_EA

3.75



NEILSON CREAM
selected varieties
473 mL/1 L
crème
20123609_EA/20774431_EA

HIGH LINER PAN SEAR SELECTS or **SIGNATURE CUTS FISH FILLETS**
selected varieties, frozen
425-540 g
filets de poisson
20296596002_EA

$11



7.25



NEILSON TRUTASTE 3.25% or **CHOCOLATE MILK**
selected varieties
4 L
lait au chocolat
20091686_EA/20098941_EA

7.49



STOK COLD BREW COFFEE 1.42 L or **STARBUCKS ICED COFFEE** 1.18/1.42 L
selected varieties
café infusé à froid ou café glacé
21203739_EA/21215530_EA

3.49



TAKIS ROLLED TORTILLA CHIPS
selected varieties
198-280 g
croustilles de tortilla roulées
21602195_EA/21715466_EA

5.50



KELLOGG'S CEREAL
family size, selected varieties
450-650 g
céréales
20054727_EA/21651640_EA

$12



CORONA CERO 0% NON-ALCOHOLIC BEER
6x330 mL
café infusé à froid ou café glacé
21650191_C06

1.25



PEACE TEA ICED TEA 695 mL or **SPARKLING ICE SPARKLING WATER** 503 mL
selected varieties
thé glacé ou eau pétillante
20885443_EA/21080320_EA

$5



RIO MARE TUNA
selected varieties
195/240 g
thon
20035383_EA/21639369_EA

$1



OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement
21049495_EA

2.79



CHRISTIE SNAK PAK COOKIES
selected varieties
144-200 g
biscuits
21584976_EA/21585019_EA

$4



DEL MONTE FRUIT
selected varieties
796 mL
fruit
20306160002_EA/21661815_EA

2.50



STAGG CHILI 425 g or **OCEAN'S WHITE TUNA** 170 g
selected varieties
chili ou thon
20091906_EA/21005158_EA

1.38



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189607_EA/21189610_EA

4.50



FRANK'S RED HOT or **THICK SAUCE**
selected varieties
354 mL
sauce piquante
20187632001_EA

3.79



PC® BLUE MENU® BEANS
selected varieties
900 g
légumineuses
20629153_EA/20629676_EA

$4



HELLMANN'S MAYONNAISE or **DRESSING**
selected varieties
340/445 mL
mayonnaise ou vinaigrette
20008233001_EA/21734394_EA

$1



COLGATE or **CREST TOOTHPASTE** 50-100 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20338731002_EA/20975382_EA

BRANDS YOU LOVE AT LOW PRICES

2.50



GAY LEA SOUR CREAM
selected varieties
425/500 mL
crème sure
20317536001_EA



5.79

NEILSON TRUTASTE LACTOSE FREE MILK
selected varieties
2 L
lait sans lactose
20188053001_EA

$5



PC® SCOOP SHOP ICE CREAM 946 mL or **LOADS OF™ BARS** 4's
selected varieties, frozen
crème glacée ou barres
21706459_EA/21707047_EA

7.50



MCCAIN FRIES
selected varieties, frozen
1.45-1.9 kg
frites
21049522_EA

KRAFT SINGLES PROCESSED CHEESE SLICES
selected varieties
410 g
tranches de fromage fondu
21188654_EA

$4



.79



FRANCO-AMERICAN GRAVY
selected varieties
284 mL
sauce brune
20063534_EA

$5



PLANTERS CASHEWS
selected varieties
200 g
noix de cajou
21021617_EA/21021618_EA

3.49



KETTLE BRAND POTATO CHIPS
selected varieties
156/198 g
croustilles
21520692_EA

3.99



PATAK'S COOKING SAUCE 400 mL, **PASTE** 284 mL or **BLUE DRAGON PASTE** 270 mL
selected varieties
sauce à cuisson ou pâte
20712986_EA

$3



PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
156-227 g/6x28 g
craquelins
20300320_EA/20306994003_EA

$5



LA GRILLE SEASONING or **CLUB HOUSE BLENDS**
selected varieties
111-248 g
assaisonnements
20308006002_EA/20321740001_EA

$8



NO NAME® SULTANA RAISINS or **CRANBERRIES**
selected varieties
750 g
fruits séchés
20647009_EA/20647525_EA

3.79



DAIYA MAC & CHEESE
selected varieties
156 g
macaroni au fromage
21586687_EA

$15



NO NAME® GROUND COFFEE
selected varieties
907 g
café moulu
21707399_EA

9.99



CAFE WILLIAM GROUND COFFEE
selected varieties
300 g
café moulu
21358880_EA

5.99



TAZO TEA CONCENTRATE 946 mL or **LIPTON TEA** 200 g
selected varieties
concentré de thé ou thé
21295930_EA/21593297_EA

$5



ANNIE'S CRACKERS, COOKIES or **GRANOLA BARS**
selected varieties
130/213 g
craquelins ou biscuits ou barres granola
20944440_EA/20949212_EA

5.50



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
317-778 g
céréales
21103492_EA/21103495_EA

7.50



NUTELLA SPREAD
selected varieties
725 g
tartinade
20436103_EA/21720910_EA

3.29



LECLERC GO PURE or **MUFFIN MAX BARS**
selected varieties
140-223 g
barres
20930314_EA/21507858_EA

2.79



NESTLÉ CHOCOLATE BAR
selected varieties
95-105 g
chocolats
20840380_EA/21080246_EA/21648279_EA

BRANDS YOU LOVE AT LOW PRICES



$3

NO NAME® ALL-PURPOSE CLEANER 1.3 L or **TOILET BOWL CLEANER** 710 mL
selected varieties
nettoyant
20024033_EA/21207732_EA

8.50

NO NAME® LAUNDRY DETERGENT 4.43 L, **FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
21540283_EA

$16

$22

TIDE PODS LAUNDRY DETERGENT 57's, **DOWNY** or **GAIN FABRIC SOFTENER** 4.16 L or **SCENT BOOSTERS** 680 g
selected varieties
détergent à lessive ou assouplissant textile ou rehausseur de parfum
21454815_EA/21549939_EA

TIDE LIQUID LAUNDRY DETERGENT 3.64/3.9 L, **PODS** or **FLINGS** 45-76's or **CASCADE AUTO DISHWASHER TABS** 51-80's
selected varieties
détergent à lessive ou capsules de détergent pour lave-vaisselle
21518479_EA/21593670_EA

4.50



DAWN EZ SQUEEZE DISHWASHING LIQUID 535/650 mL or **POWERWASH REFILL** 473 mL
selected varieties
savon à vaisselle ou recharge
21218859_EA/21430550_EA

$11



AIR WICK SCENTED OIL REFILL 2x20 mL **VIBRANT STARTER KIT** 23.9 mL or **REFILL** 2x23.9 mL or **ESSENTIAL MIST STARTER KIT** 20 mL
selected varieties
recharge d'huile parfumée ou trousse de départ ou recharge
20324301001_EA/21661100_EA

15.50



FINISH AUTO DISHWASHER TABS 30-45's or **JET-DRY RINSE AID** 946 mL
selected varieties
capsules de détergent pour lave-vaisselle ou agent de rinçage
21565525_EA/21737270_EA

$6



EVERYDAY ESSENTIALS™ FALL CANDLES
selected varieties
18 oz
bougies d'automne
21339939_EA/21560081_EA

2.50



LADY or MEN'S SPEEDSTICK DEODORANT or **ANTIPERSPIRANT**
selected varieties
45-85 g
déodorant ou antisudorifique
20348223001_EA/20847071_EA
LIMIT: 6, OVER LIMIT RETAIL: $4

$7



PC® MAX™ PAPER TOWELS
3=6 rolls
essuie-tout
21540603_EA

.90



PURINA FANCY FEAST 85 g or **FRISKIES** 156 g **WET CAT FOOD**
selected varieties
nourriture pour chats
20302296001_EA/20319657006_EA

$6



PURINA FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20142252001_EA

15.99



ODOUR BUSTER CAT LITTER
selected varieties
11 kg
litière pour chats
21743558_EA

4.50



IRISH SPRING BAR SOAP 6x104 g, **BODY WASH** 591 mL or **SOFTSOAP BODY WASH** 591 mL
selected varieties
pain de savon ou nettoyant pour le corps
21219375_EA/21436477_EA

2.50



HALLOWEEN REFLECTIVE TREAT BAG
selected varieties and sizes
sac d'Halloween réfléchissant
21732548_EA/21732621_EA

$8



BLACK CAULDRON TREAT BOWL 11.5"
chaudron noir pour gâteries
21668713_EA

Optimum™

$13

Get **1,000** pts That's **$1** value

PUREX 3.45/3.85 L, **SUNLIGHT** 3.85 L, **PERSIL** 1.86 L **LIQUID LAUNDRY DETERGENT**, **SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
21769748_EA/21770214_EA

Get **10,000** pts For every $80* spent That's **$10** value

HUGGIES PRODUCTS IN THE BABY DEPARTMENT
all varieties and sizes
produits du rayon pour bébé
21373652_EA/21456591_EA/21541191_EA

FROM OCTOBER 8 TO NOVEMBER 6, 2026

Get **20,000** pts when you spend $100* in one or more purchases That's **$20** value

PARTICIPATING PROCTER & GAMBLE PRODUCTS
produits
20046274_EA
*before taxes
**see PC Optimum app for details
***Exclusions apply

HOT FINDS

Savings like these are kind of a big deal.

$8

EVERYDAY ESSENTIALS™ JACQUARD FAUX FUR THROWS
selected varieties
jetés
21760905_EA/21760906_EA



Optimum™

App exclusive offers

More offers
More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

CLICK FOR THESE COUPONS AND MORE

Members get over $30 in value

Optimum™



Get 2,500 pts Until November - 4 - 2026

PC® SPLENDIDO® PARMESAN REGGIANO
250 g
fromage
21033434_EA

Optimum™



Get 1,000 pts Until November - 4 - 2026

PC® NAAN ROUNDS
selected varieties, 480 g
naan
20757871_EA

Optimum™



Get 1,250 pts Until November - 4 - 2026

NO NAME® CHICKEN WIENERS
1.5 kg
saucisses fumées de poulet
21414691_EA

Optimum™



Get 2,500 pts Until November - 4 - 2026

NO NAME® SHREDDED CHEESE
900 g
fromage râpé
20317943_EA

Optimum™



Get 3,000 pts Until November - 4 - 2026

NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT 2 kg
fruits surgelés
21480144_EA

Optimum™



Get 1,000 pts Until November - 4 - 2026

PC® GREEK YOGURT
1 kg
yogourt
21518400_EA

Optimum™



Get 1,000 pts Until November - 4 - 2026

NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EA

Optimum™



Get 2,000 pts Until November - 4 - 2026

NO NAME® HONEY
1 kg
miel
20033683_EA

Optimum™



Get 500 pts Until November - 4 - 2026

PC® PASTA SAUCE
410/650 mL
sauce pour pâtes
21734544_EA

Optimum™



Get 500 pts Until November - 4 - 2026

NO NAME® GRANOLA BARS
120-175 g
barres granola
20915354_EA

Optimum™



Get 500 pts Until November - 4 - 2026

PC® KETTLE CHIPS
200 g
croustilles
21422931_EA

Optimum™



Get 3,000 pts Until November - 4 - 2026

That's $3 value

EVERY $15* SPENT ON PC® SOFT DRINKS
all sizes and varieties
boissons gazeuses
20690671001_EA

More offers. More points.

CLICK FOR THESE COUPONS AND MORE

Optimum



Save $1.50 with digital coupon

NESTLÉ SNACK PACK
12's
collations
21719355_EA

Optimum



Save $3.00 with digital coupon

ENSURE
300 mL/4x237 mL /6x235 mL
ensure
20304767002_EA

Optimum



Save $1.00 with digital coupon

PC® BLACK LABEL ICE CREAM
500 mL
crème glacée
21588234_EA

Optimum



Save $1.50 with digital coupon

PC® BLUE MENU® YOGURT BARS
6x80 mL, frozen
yogourt
20538592001_EA

Optimum



Save 50¢ with digital coupon

PC® FLATBREAD 330 - 395 g or
PC® FOCACCIA 415 - 456 g, frozen
pain plat
21305085_EA

Optimum



Get 1,500 pts Until November - 4 - 2026

PC® BATHROOM TISSUE
12=24 rolls
papier hygiénique
21450718_EA

Optimum



Get 500 pts Until November - 4 - 2026

PC® NUTRITION FIRST® WET CAT FOOD 85 g
nourriture humide pour chats
21618536_EA

Optimum



Get 5,000 pts Until November - 4 - 2026

PC® DRY DOG FOOD
14 kg
nourrituresèche pour chiens
21304669_EA

EVERYDAY ESSENTIALS

$6



NO NAME® BREADED FISH STICKS, BURGERS or ENGLISH-STYLE FISH
selected varieties, frozen
454 g
bâtonnets de poisson pané ou burgers ou poisson
21672358_EA

2.75



NO NAME® WAFFLES or PANCAKES
selected varieties, frozen
280/310 g
gaufres ou crêpes
20316375001_EA

6.44



NEILSON MILK
selected varieties, 4 L
lait
20188873_EA

3.50



NO NAME® PIZZA
selected varieties, frozen
350-411 g
pizza
21541441_EA

$5



PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
beurre d'arachide biologique
20298178_EA

$3



NO NAME® DRINK BOXES
selected varieties
8x200 mL
boîtes de boisson
21717467_EA

$2



NO NAME® CHOCOLATE BAR
100 g
barre de chocolat
21337562_EA

$3



NO NAME® TURNOVERS
selected varieties
300 g
chaussons
21078863_EA/21301584_EA

$4



PC® or BLUE MENU® FROZEN ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés surgelés
20219758_EA

2.25



NO NAME® FROZEN JUICE
selected varieties, frozen
283 mL
jus surgelé
21740292_EA

5.50



T&T POTSTICKER
selected varieties, frozen
567 g
quenelles poulet et légumes
21495805_EA

$1



PC® or BLUE MENU® TACO SEASONING MIX
selected varieties, 24 g
mélange à assaisonnement pour tacos
21311250_EA/21311252_EA

2.50



NO NAME® LASAGNA
selected varieties
375/500 g
lasagne
20093190_EA/20323261_EA

$1



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21757809_EA/21757965_EA

$4



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

2.75



FRUITÉ DRINKS
selected varieties, refrigerated
1.36 L
boissons
21741326_EA

AVAILABLE AT SELECT LOCATIONS ONLY

Kraft Heinz

$3

KRAFT SALAD DRESSING 425 mL or **HEINZ MAYONNAISE STYLE SAUCE** 340 mL
selected varieties
vinaigrette ou sauce style mayonnaise
21584850_EA/21686231_EA





2.97



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609003_EA/21618217_EA

5.50



KD ORIGINAL
5x200 g
macaroni au fromage
21740440_EA

$6



MAXWELL HOUSE INSTANT COFFEE
selected varieties
150 g
café instantané
21026608_EA

7.99



MAXWELL HOUSE or **NABOB TASSIMO DISCS**
selected varieties
8-16's
capsules de café
20026954001_EA/20552968_EA

Optimum

$3.99

Get 500 pts That's 50¢ value



PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT CHEEZ WHIZ** 450 g
selected varieties
produit de fromage à la crème ou de fromage fondu
20641267_EA/20659606001_EA

Optimum

$3.25

Get 500 pts That's 50¢ value



JELL-O REFRIGERATED DESSERTS
selected varieties
4x89-106 g
desserts réfrigérés
21019795_EA/21019805_EA

Optimum

$4.50

Get 500 pts That's 50¢ value



CRAVE DINNER ENTRÉES
selected varieties, frozen
255-340 g
plats cuisinés
21085515_EA

Optimum

$3.49

Get 500 pts That's 50¢ value



KOOL-AID JAMMERS 10x180 mL or **MIO, CRYSTAL LIGHT** or **KOOL-AID LIQUID WATER ENHANCERS** 48 mL/24-56 g
selected varieties
boissons ou rehausseurs d'eau
20079976006_EA/20663423_EA

Optimum

$4.99

Get 500 pts That's 50¢ value



HEINZ KETCHUP 750 mL/1 L or **REAL MAYONNAISE** 675 mL
selected varieties
ketchup ou mayonnaise
20069080_EA/21750781_EA

Optimum

$3

Get 250 pts That's 25¢ value



BULL'S-EYE BBQ SAUCE 425 mL or **DIANA BBQ SAUCE** 500 mL
selected varieties
sauce barbecue
20547834005_EA/21184617_EA

Optimum

$4

Get 500 pts That's 50¢ value



TACO BELL CREAMY SAUCE 354 mL or **DINNER KIT** 260-420 g
selected varieties
sauce crémeuse ou trousses-repas
21661774_EA/21663637_EA

HAPPY HALLOWEEN!



14.99



CADBURY CANDY
993 g
friandises
21736021_EA

9.99



DARE REALFRUIT MINIS GUMMIES
600 g
friandises gélifiées
21450861_EA

7.99



HARIBO GUMMY CANDIES
520 g
friandises
21668546_EA

Optimum

Get 4,000 pts
Spend get $20* on
That's $4 value



ALL HERSHEY'S HALLOWEEN CHOCOLATE
50/90/100's
chocolats
21736080_EA/21736093_EA

10.99



KINDER MINI CHOCOLATES
selected varieties
297/330 g
mini-chocolats
21588344_EA/21588395_EA

12.99



MAYNARDS ASSORTED GUMMY CANDY
90's
friandises
20891582_EA

7.99



HERSHEY'S REESE'S or TWIZZLERS HALLOWEEN ASSORTED CHOCOLATES or CANDY
selected varieties, 481 g /515 g
chocolats ou friandises
21668281_EA/21736183_EA

13.99



MONDOUX MEGA CANDY BAG
1.5 kg
sac de friandises
21451401_EA

6.49



BRANDS UNLIMITED CANDY
selected varieties
320 g-1.1 kg
friandises
21451496_EA/21530776_EA

6.99



REGAL ROCKETS CANDY ROLLS
1 kg
rouleaux de bonbon
21529566_EA

HAPPY DIWALI!

शुभ दीपावली







2.99 LB

INDIAN KARELA product of Mexico or U.S.A.
or **OKRA** product of U.S.A. or Honduras
karela ou gombo
6.59/kg
20028046001_KG/20091263001_KG



2.99

RAPINI
product of U.S.A.
rapini
20048070001_KG



.99 EA/LB

BUNCH MINT each, product of Canada or U.S.A.
or **DAIKON** 2.18/kg, product of Canada or China
menthe en botte ou daikon
20139326001_EA/20082109001_KG

1.99 LB

LONG EGGPLANT
product of Mexico or
RED CARROTS
product of India
aubergine longue ou
carottes rouges
4.39/kg
20159013001_KG/21618319001_KG

1.29



CILANTRO
product of Canada
coriandre
20091825001_EA

1.49



METHI LEAF
product of Canada, Mexico or U.S.A.
feuilles de fenugrec
20159689001_EA

1.99 LB



PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

10.99



MEDJOOL DATES
product of U.S.A.
dattes
20001686_EA

3.49

CRISPY FRUIT CAKE
selected varieties
380 g
gâteau aux fruits
21528501_EA



$1



CEDAR PITA
selected varieties
330 g
pita
21509350_EA

4.50



SURAJ® NAAN
selected varieties
10's
naan
20342261_EA

4.49

CRISPY CAKE RUSK
original
550 g
petits gâteaux
21700202_EA



$4



HAPPY DAIRY PANEER
300 g
paneer
21343632_EA

2.48



ROOSTER® TOFU
selected varieties
454 g
tofu
21474719_EA/21474765_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY AT NOFRILLS

HAPPY DIWALI!

शुभ दीपावली





$2



RUBICON JUICE 1 L or **BRITANNIA FIFTY FIFTY COOKIES** 372 g
selected varieties
jus ou biscuits
20029236001_EA/21205822_EA

2.99



SURAJ® DAHI YOGURT
selected varieties
750 g
yogurt dahi
20959052_EA

3.49



SURAJ® WHOLE CLOVES
75 g
clous de girofle entiers
20713454_EA

2.99



KFI SAUCE
selected varieties
455 mL
sauce
20299612001_EA

1.99



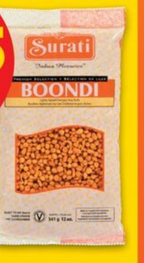
SHANA PARATHA or **CHAPATTI**
selected varieties, frozen
400 g
paratha ou chapati
20990335001_EA

8.99

BRAR'S RASMALAI
selected varieties, frozen
850 g
rasmalai
20286980002_EA



2.25



SURATI SNACKS
selected varieties
250/341 g
collations
20322576003_EA

.99



BRITANNIA GOOD DAY BISCUITS 75 g or **PARLE-G BISCUITS** 300 g
selected varieties
biscuits
20840892003_EA/20956495_EA

9.79



WAGH BAKRI PREMIUM TEA
907 g
thé de qualité supérieure
20372231_EA

3.25



LAY'S POTATO CHIPS
selected varieties
200 g
croustilles
21663082_EA

$1



HALDIRAM'S INDIAN SNACKS
selected varieties
90-160 g
collations indiennes
20314667007_EA/20314667010_EA

1.79



BRITANNIA CREAM BISCUITS
selected varieties
100/120 g
biscuits
21032470_EA/21344778_EA

3.49



MAGGI SAUCE 340 mL or **SURAJ® GINGER GARLIC PASTE** 750 g
selected varieties
sauce ou pâte de gingembre ou d'ail
20687724_EA/21088480_EA

4.49



SURAJ® DRY BEANS, LENTILS or **PEAS**
selected varieties, 1.81 kg
légumineuses sèches
20558755_EA/20558756_EA/20558757_EA

4.19



M&M'S, MALTESERS or **MARS CHOCOLATE CANDIES**
selected varieties, 155-170 g
friandises
21571767_EA/21571768_EA

5.99

SHER BESAN FLOUR
1.81 kg
farine
20869922_EA



$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L, **FLINGS** 42's, **BEADS** 598/680 g or **DRYER SHEETS** 240's
selected varieties
détergent ou perles ou feuilles d'assouplissant
21671138_EA

13.99



CHARMIN BATHROOM TISSUE 12=48 rolls or **BOUNTY PAPER TOWEL** 6=12 rolls
selected varieties
papier hygiénique ou essuie-tout
21636641_EA/21670280_EA

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AVAILABLE AT SELECT LOCATIONS ONLY

CARIBBEAN FLAVOURS AT LOW PRICES

2.99

CARIBBEAN AVOCADO
product of Brazil
each
avocats
20119760001_KG



1.49 LB



CARIBBEAN SWEET POTATOES
product of Honduras or
CASSAVA
product of Costa Rica
patates douces ou manioc
3.28/kg
20169868001_KG/20087682001_KG

5.99 LB

SCOTCH BONNET HOT PEPPERS
product of Mexico
piments forts
13.21/kg
20023485001_KG





3.99

ATEMOYA
product of Brazil or
YELLOW DRAGON FRUIT
product of Colombia or Ecuador
atemoya ou pitaya
20965690001_EA/20626393001_EA

23.99



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

$14



CHELSEA COD FILLETS
boned salted, frozen
454 g
filets de morue
20866456_EA

$10

FERMA WHOLE RED FISH
frozen
750 g
tambour rouge entier
20071364_EA



$13 LB

ETNICO BEEF OXTAIL
queue de bœuf
28.66/kg
20079558_KG



2.79



GRACE SUNDRIED SORREL HIBISCUS TEA
126 g
thé
21035421_EA

1.25



BUSTA SOFT DRINKS
selected varieties
500 mL
boissons gazeuses
21682312_EA

$1



GRACE PEANUT PUNCH
240 mL
punch aux arachides
20213313_EA

4.50



GRACE JERK SEASONING
selected varieties
284 g
assaisonnement à la jerk
20057089_EA

$2



GRACE HOT PEPPER SAUCE
170 mL
sauce piquante
20106545_EA

2.99



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

$2



GRACE COCONUT MILK
400 mL
lait de coco
20047774_EA

6.79



TROPICAL TREETS ICE CREAM
selected varieties, frozen
1 L
crème glacée
20297005_EA

3.50



NESTLÉ MILO CHOCOLATE FLAVOURED DRINK MIX 400 g or **NUTRAMENT ENERGY NUTRITION DRINK** 325 mL
selected varieties
boisson au chocolat ou boisson énergisante
20103042_EA/21613313_EA

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STRAIGHT TO YOUR PHONE
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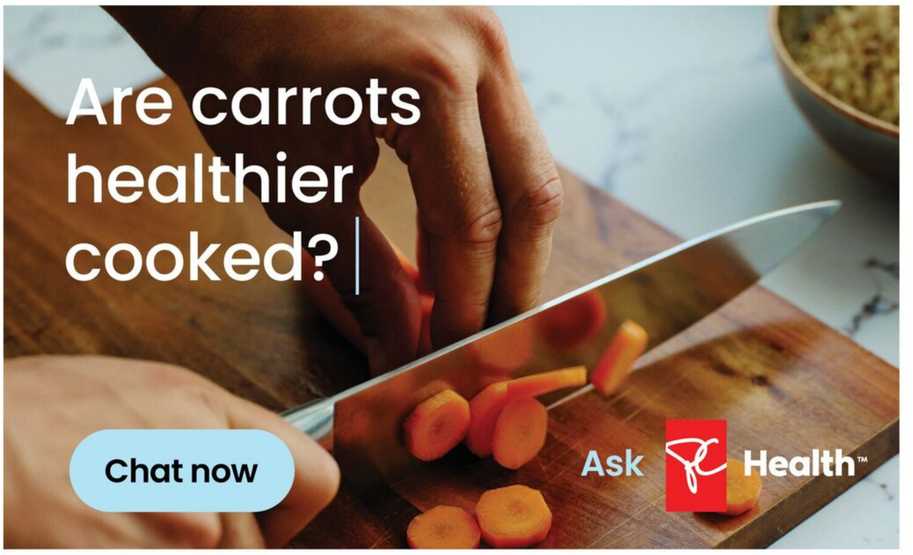
*Standard message and data rates may apply.

†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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October 22 to November 4



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NEW LOWER PRICE — Enjoy these price drops for longer.

RAIN CHECK + pts — We'll honour a current deal if we're sold out, and give you 10% back in PC Optimum™ Points.

LOW PRICE. ALWAYS. — Count on low everyday prices.

FRESH GUARANTEE — If your produce isn't fresh, we'll replace AND refund it.

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