NOFRILLS

2 DAY SALE
THURSDAY AND FRIDAY ONLY!

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 12
TO WEDNESDAY, NOVEMBER 18, 2026.



$3
PC® BACON selected varieties 375 g bacon
21738792_EA

ONLY
$3.99
4 LB BOX


CLEMENTINES product of Morocco or Spain clémentines
20054025001_C01



ONLY
$5.88 LB
EYE OF ROUND ROAST cut from Canada AA or USDA Select grade beef or higher rôti de noix de ronde de bœuf 12.96/kg
21019179_KG
WHILE QUANTITIES LAST

ONLY
$1.68
6 OZ CLAMSHELL

RASPBERRIES product of Mexico or U.S.A., no. 1 grade framboises
20128938001_EA

INCLUDES HALAL


ONLY
$3.50
GROUND CHICKEN selected varieties up to 454 g poulet haché
21551582_EA/21747293_EA
WHILE QUANTITIES LAST

SAVE UP TO 25%
$2.99
10 LB BAG
2 LB BAG
PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS product of Canada or Mexico or **FARMER'S MARKET™ LEMONS** product of South Africa or **FARMERS MARKET™ YELLOW ONIONS** product of Canada, Canada no. 1 grade poivrons ou citrons ou oignons jaunes
20117550001_EA/20795315001_EA/20600991001_EA



SAVE 25%
$8.99
JANES BONELESS CHICKEN BITES, TENDERS or FILLETS selected varieties, frozen, 710/720 g bouchées de poulet désossées ou lanières ou filets
21703608_EA

SAVE UP TO 50%
99¢ EA/LB

ACORN, BUTTERCUP, BUTTERNUT or SPAGHETTI SQUASH 2.18/kg, product of Canada or **RED MANGOES** each, product of Brazil courge poivrée, buttercup, musquée ou spaghetti ou mangue rouge
20059635001_EA/20071263001_KG



UNICO BEANS 540 mL, **TOMATOES** 796 mL or **TUNA** 198 g selected varieties légumineuses ou tomates ou thon
20113745_EA/20313447001_EA/20314629001_EA

SAVE 26%
$1.25

EXTRA DEALS!

$5.75
NEILSON TRUTASTE MICROFILTERED MILK 4 L lait
20148677_EA


$5
SCHNEIDERS PEPPERETTES selected varieties 225-375 g
21735518_EA/21741260_EA


$2
NO NAME® STUFFED CHICKEN selected varieties frozen 284 g poulet farci
21664961_EA


ONLY
$11.97


ROBIN HOOD or **FIVE ROSES FLOUR** 10 kg farine
20134743_EA/30551651_EA

SAVE 33%
$1.99


LANTIC GRANULATED SUGAR 2 kg sucre granulé
20140203_EA

SAVE 20%
$4


ROYALE FACIAL TISSUE selected varieties, 6x100/72 sheets mouchoirs
20170419_EA

SAVE 25%
$3


CRAVE FROZEN ENTRÉES selected varieties, 200-340 g plats cuisinés surgelés
21085515_EA

SAVE 42%
$1.88


I CAN'T BELIEVE IT'S NOT BUTTER 400 g margarine
31747536_EA

SAVE UP TO 32%
$3.75


PC® FROZEN FRUIT 300-600 g, **BREYERS ICE CREAM** 1.41 L or **POPSICLE NOVELTIES** 720 mL selected varieties fruits surgelés ou crème glacée ou friandises glacées
20013227_EA/21651169_EA

SAVE UP TO 24%
$6


SEAQUEST® RAW or COOKED 26-32 per lb **SHRIMP** 300 g, **SHRIMP RING** 227 g, **SALT SCALLOPS** 200 g or **TAIL-ON HEAD ON SHELL ON SHRIMP COOKED** 21-25 per lb 300 g or **RAW** 30-40 per lb 400 g, frozen crevettes ou pétoncles de baie
21656526_EA/21649020_EA

SAVE 25%
$2.97


GENERAL MILLS CEREAL selected varieties 300-567 g céréales
21166067_EA

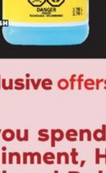
ONLY
$6.47


OIKOS GREEK YOGURT selected varieties, 650/750 g yogourt grec
21166068_EA/21166067_EA

SAVE UP TO 40%
$1.50


ZABIHA HALAL or **MAPLE LODGE FARMS CHICKEN WIENERS** 450 g saucisses fumées de poulet
30067113_EA

PRE BLACK FRIDAY DEALS

Member Price $3
Non-Members $4
Members Save $1


NO NAME® WINDSHIELD WASHER -35°C 3.78 L liquide lave-glace
10120601_EA

SAVE 47%
$10*


DURACELL AA24 or **AAA16 BATTERIES** piles
21697039_EA/21694793_EA
Customer is responsible for the payment of any applicable deposit or product/packaging recycling fee that may apply.

App exclusive offers
Optimum™

Get 10,000 pts for every $50* spent
That's a $10 value

When you spend $50 on Home and Entertainment, Health and Beauty, Apparel and Baby products

4 days only! From November 12th to November 15th, 2026
Optimum™

Redeem your points. Get even more back.

Redeem	Get up to	Up to 10% back in
50,000 pts or more	5,000 pts	pts
Redeem	Get up to	Up to 20% back in
100,000 pts or more	20,000 pts	pts
Redeem	Get up to	Up to 30% back in
150,000 pts or more	45,000 pts	pts

*Conditions apply. Open the PC Optimum™ App to view the details of your offer.

NFO ETH_radio09/11/2026_ON

AVAILABLE AT: ERCHEE & AUCHAN'S - AJAX, STEVE & AMANDA'S - AJAX, ROB & TRACY'S - ANNIEBTSBURG, JOE & VAL'S - AURORA, JOE'S - BELLEVILLE, ADI'S - BRAMPTON, DAVE'S - BRAMPTON, HECTOR & ALICIA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, MIKE'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGANI'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, DAVID & SALMA'S - CAMBRIDGE, ROB & LINDSAY'S - CAMBRIDGE, RYAN'S - EAST YORK, JASON'S - ELMIRA, COSIMO'S - ETOBICOKE, BAGANIS & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROB & ABBY'S - ETOBICOKE, JEFF'S - ETOBICOKE, STAVE'S - ETOBICOKE, DOMENICA'S - GUELPH, BRANDON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, DOUBLE D'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, MIKE & GRACE'S - KOMOKA, DENNIS & JENNIFER'S - LONDON, DARRELL & TRACY'S - LONDON, GARY'S - LONDON, MASER'S - LONDON, PETE'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, SANDDEE'S - MARKHAM, PETER & SUZEY - MARKHAM, ROB'S - MARKHAM, VIC'S LUCKY'S - MARKHAM, DOMENICO'S - MILTON, DAVID'S - MISSISSAUGA, BADRI'S - MISSISSAUGA, BRAD'S - MISSISSAUGA, DAVE'S - MISSISSAUGA, EMAD'S - MISSISSAUGA, JOE'S - MISSISSAUGA, MIKE'S - MISSISSAUGA, SARANGANI'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, WANK'S - MISSISSAUGA, CHRIS & SHAUN'S - NEPEAN, DUKE'S - NEPEAN, ROB & DANIELLE'S - NEWMARKET, DAVID'S - NEWMARKET, DAVID'S - NORTH YORK, DAVID'S - NORTH YORK, DAVID'S - NORTH YORK

FRESH AT LOW PRICES



$3.99

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

$2.99



BLACKBERRIES product of Mexico or U.S.A. or **AVOCADOS** product of Mexico
mûres ou avocats
20051015001_EA/21644936001_EA

$3.99 LB/EA



RED SEEDLESS GRAPES 8.80/kg, product of U.S.A., no. 1 grade, **BLUEBERRIES** each, product of Peru, no. 1 grade or **PINEAPPLE** each, product of Costa Rica
raisins rouges sans pépins ou bleuets ou ananas
20159199001_KG/20152465001_EA/20160992001_EA



$3.99

CANTALOUPE product of Guatemala, Honduras or U.S.A., no. 1 grade or **FARMER'S MARKET™ ORANGES** product of South Africa
cantaloup ou oranges
20167017001_EA/20162945001_EA

FRESH GUARANTEE

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

$2.49 LB/EA



TOMATOES ON THE VINE 5.49/kg, product of Canada or Mexico or **POMEGRANATES** each, product of U.S.A.
tomates sur vigne ou grenade
20026703001_KG/20134767001_EA

$1.99 LB



PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

$2 LB



BARTLETT PEARS
product of U.S.A., extra fancy grade
poires Bartlett
4.41/kg
20172240001_KG

99¢ LB



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

$2.99



FARMER'S MARKET™ MINI CUCUMBERS or **CARROTS**
product of Canada, Canada no. 1 grade
mini-concombres ou carottes
21367888001_EA/20737570001_EA/20600927001_EA

$2.49



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

$1.79 LB



HAMI MELONS
product of U.S.A. or Mexico
melons Hami
3.95/kg
21051297001_KG

99¢



FUYU PERSIMMONS product of U.S.A. or **KIWI** product of Chile or Italy
kaki ou kiwi
20139417001_EA/20130242001_EA

$4.99



FLAVOR BOMB CHERRY TOMATOES ON THE VINE product of Canada or Mexico or **PC® LITTLE BEAUTS VARIETY TOMATOES** product of Canada
tomates sur vigne
21247148001_EA/21720711001_EA

$3.99



FARMER'S MARKET™ SWEET POTATOES product of Canada or **PC® LITTLE GEMS™ RED, YELLOW** or **MIXED MINI POTATOES** product of Canada, Canada no. 1 grade
patates douces ou mini-pommes de terre
20697331001_EA/21247299001_EA

$4.99



FARMER'S MARKET™ ROYAL GALA or **MCINTOSH APPLES** product of Ontario, Canada fancy grade or **MINI SEEDLESS WATERMELON** product of Mexico, Brazil or U.S.A.
pommes ou mini-melon d'eau sans pépins
20713211001_EA/20145379001_EA

$4.99



CANARY MELONS
product of Brazil
melons canaris
20041212001_EA

PRICE DROP

$4



PC® LIVE LETTUCE TRIO
product of Canada
laitue
21178850_EA

$1.29



CILANTRO
product of Canada
Mexico or U.S.A.
coriandre
20091825001_EA

NFO 2_rad09/11/2026_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

INCLUDES HALAL

$13

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202_EA



$5.99 LB

CHICKEN BREASTS
boneless, skinless
poitrine de poulet
13.21/kg
20654124_KG/21636240_KG



$3 LB

PORK SPLIT SIDE RIBS
fresh, cryovac package
côtes de flanc de porc séparées
6.61/kg
20289619_KG



$8.99



MARCANGELO MARINATED PORK CHOPS
selected varieties
380 g
côtelettes de porc marinées
21741672_EA

$13 LB



BEEF STIR-FRY STRIPS INSIDE ROUND
lanières de bœuf à sauter
28.66/kg
21189996_KG

RAIN CHECK + pts

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

$3



SCHNEIDERS LUNCHMATES LUNCH KITS or **STACKERS**
selected varieties
75-120 g
trousses-repas
21310034_EA

$6.99



BEYOND MEAT PLANT-BASED BURGERS, GROUNDS, SAUSAGES, TENDERS or **STEAK**
selected varieties, frozen, 226-400 g
burgers, simili-bœuf haché, saucisses, filets ou bifteck à base de plantes
21220674_EA/21300113_EA

$5



PC® SALSA 300 g/430 mL **GUACAMOLE** 227/228 g or **PC® SQUEEZE BOTTLE HUMMUS** 255 mL
selected varieties
salsa ou guacamole ou hummus
20959575_EA/21448079_EA/ 21732723_EA

$5.49



MAPLE LODGE FARMS ULTIMATE DINNER or **BREAKFAST CHICKEN SAUSAGES**
selected varieties
375/500 g
saucisses de poulet
21378310_EA/21539969_EA

$3.79



SEAQUEST® SURIMI 227 g, **RAW SHRIMP** 51-70 per lb 160 g or **YELLOWFIN TUNA STEAKS** 92 g or **GO COOKED** 61-90 per lb **SHRIMP** 160 g, selected varieties
surimi ou crevettes ou darnes de thon albacore
20749901_EA/21712241_EA

$7.50



SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
filets de poisson
20036614_EA/20048346_EA

$4.50



PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
charcuteries tranchées
21206382_EA/21206939_EA

$7



BALDERSON CHEDDAR, HAVARTI or **PRESIDENT LEERDAMMER CHEESE**
selected varieties
170-280 g
fromage
21495455_EA/21660745_EA

$3



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

$2.25



NO NAME® BAGELS 6's or **ENGLISH MUFFINS** 6's
selected varieties
bagels ou muffins anglais
21297780_EA/21297831_EA

$2.50



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

$4



PC® MINI MUFFINS
selected varieties
336 g
mini-muffins
21488839_EA

$3.50



MASTRO CAPOCOLLO, PROSCIUTTO COTTO, ROSEMARY HAM 125 g or **SAN DANIELE MORTADELLA** 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon au romarin ou mortadelle
20576743_EA/20577341_EA

SOFINA

$7.50



LILYDALE CARVED MEATS 300 g or **LILYDALE SLICED DELI MEAT** 400/500 g
selected varieties
charcuteries tranchées
21675617_EA/21675636_EA

$10



MASTRO GENOA SALAMI CHUBS
selected varieties
600 g
saucissons de salami de Gênes
20181136_EA

NFO 3_rad09/11/2026_ON

† 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.

$1



NESTLÉ CHOCOLATE BARS 33-60 g or **CARNABY SWEET CANDY** 125 g selected varieties
barres de chocolat ou friandises
20066954_EA/21219609_EA



COLGATE or **CREST TOOTHPASTE** 50-100 mL or **MANUAL TOOTHBRUSH** 1 ea, selected varieties
dentifrice ou brosse à dents manuelle
20338731000_EA/20975583_EA



NO NAME® GRAVY MIXES selected varieties 25 g
mélanges à sauce
21687251_EA



FAMILY BRAND JELLY POWDER selected varieties 85 g
poudre pour gelée
21736670_EA/21736740_EA



SPARKLING ICE FLAVOURED WATER selected varieties 503 mL
eau pétillante aromatisée
20883443_EA/20883450001_EA



NO NAME® PIZZA SAUCE 213 mL **UNICO TOMATO PASTE** 156 mL or **BEN'S ORIGINAL FAST & FANCY RICE** 132 g selected varieties
sauce à pizza ou pâte de tomate ou riz
20000327_EA/20018020_EA/21397230_EA





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



YOPLAIT YOP DRINKABLE YOGURT selected varieties 200 mL
yogourt à boire
21737809_EA/21737965_EA



TINA'S BURRITO selected varieties, frozen, 113 g
burrito
21699787_EA



PC® ORGANICS BABY FOOD POUCHES 128 mL or **BABY BELLIES ORGANIC PUFFS** 8/12 g selected varieties
aliments pour bébé
20631248002_EA/21539234_EA

$2



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





SNACK PACK PUDDING selected varieties 4x99 g
pouding
20310707001_EA/20310707006_EA



DEL MONTE READY TO EAT BEAN SALAD or **DICED BEETS** selected varieties 398 mL
salade de légumineuse ou maïs ou betteraves en dés
21304264_EA/21604933_EA



FRENCH'S MUSTARD selected varieties 325/400 mL
moutarde
20083338_EA



NO NAME® CHOCOLATE BARS selected varieties 100 g
barres de chocolat
20580726_EA/20580727_EA



NEILSON FLAVOURED MILK selected varieties 1 L
lait aromatisé
20063333001_EA



NO NAME® POTATO CRISPS selected varieties 142/150 g
croustilles
20946414_EA /20946452_EA

$3



NO NAME® VEGETABLES selected varieties, frozen 750 g
légumes
20116412_EA



RED BULL ENERGY DRINKS selected varieties, 250 mL
boissons énergisantes
20702466_EA/20702497_EA



NO NAME® JUICE selected varieties, refrigerated 1.75 L
jus
21665640_EA/21671461_EA



MINUTE MAID, FRUITOPIA or **PEACE TEA BEVERAGES** selected varieties, 1.75 L
boissons de thé
20347460002_EA





NO NAME® FRUIT selected varieties, frozen 300/400 g
fruit
21345097_EA/21345106_EA



TETLEY TEA selected varieties 20/24's
thé
20711158_EA/21761444_EA



PC® SCALLOPED CRACKERS selected varieties, 185 g
craquelins
20603888003_EA





KELLOGG'S POP TARTS 384 g, **NUTRI-GRAIN** 295 g, **RICE KRISPIES** 176-198 g or **SPECIAL K BARS** 125 g selected varieties
pâtisseries ou carrés ou barre
20126567001_EA/21290111_EA



TRE STELLE CREAM CHEESE selected varieties, 200 g
fromage à la crème
21316018_EA



HOT KID MUM-MUM RICE RUSKS or **TODDLER SNACKS** selected varieties, 50/60 g
collations pour tout-petits
20216680001_EA/21100129_EA

GREY CUP DEALS

See nofrills.ca for more offers

CFL

GREY CUP

OFFICIAL GROCERY PARTNER

LIMITED TIME OFFER!

COLLECT & SAVE!

DOUBLE REDEMPTION

~~40~~ 20 STAMPS

=

Redeem 20 stamps and save 60–85% each on up to TWO eligible ZWILLING knife items.*



ONLY NOVEMBER 12-25

*Offer available at participating Loblaw banner stores and online (excluding Shoppers Drug Mart® online) from September 24, 2026, while supplies last. During the Double Redemption Offer Period of November 12 to November 25 upon collecting and redeeming 20 stamps, customers may receive 60–85% each off up to two (2) eligible ZWILLING knife items in the same transaction, before applicable taxes. Only 20 stamps are required to receive the applicable discount on up to two (2) eligible items. At participating Grocery banner stores, both eligible items must be purchased in the same transaction. At participating Shoppers Drug Mart® stores, each eligible item must be purchased in a separate transaction. Following the Double Redemption Offer Period, the standard redemption offer of 60–85% off one (1) eligible ZWILLING knife item upon redemption of 20 stamps will resume. Receive 1 stamp for every $20 spent before taxes until January 13, 2027. PC Optimum™ members who opt in through the PC Optimum™ app may receive 8 bonus stamps (limit 1 per household). Conditions, exclusions, redemption deadlines, and item availability apply. Visit pcoptimum.ca/collectandsave for full offer details.

NFO 4_rad09 / 11 / 2026_ON

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 12 TO WEDNESDAY, NOVEMBER 18, 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.

LIMITED TIME OFFER!

ZWILLING

COLLECT & SAVE!

DOUBLE REDEMPTION

~~40~~ 20 STAMPS

=

Redeem 20 stamps and save 60–85% each on up to TWO eligible ZWILLING knife items.*

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ONL FLAP NFO KNIVES

NOVEMBER

HIT OF THE MONTH



$5

Fruit of the Loom
Men's or Women's, 3 pk socks
Selected varieties
Limit: 6, over limit retail $6.99
W6MR078691/ W6WR078690



$2.50

Made in Canada

Pillsbury Pizza Pops 4's
Frozen
Selected varieties
Limit: 6, over limit retail $3.50
21435996_EA / 21436023_EA



$1.88

Prepared in Canada

Christie Mini Cookies
Selected varieties, 144 - 200 g
Limit: 6, over limit retail $3.00
21584976_EA / 21585155_EA



$3

Cook's Boneless Ham Steak
227 g
Limit: 6, over limit retail $4.00
21769703_EA

LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local trade areas. Offer valid November 1st - 30th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE
AT LOW PRICES

$2.50



PILLSBURY CRESCENTS or **WIENER WRAPS**
selected varieties
200-227 g
croissants ou pâtes à saucisses
21505340_EA

$5



PC® BLUE MENU® MARGARINE
selected varieties
907 g
margarine
20604565_EA

$15.99



OX HEAD FRAGRANT RICE
7 kg
riz
21206686_EA

$2.99



BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
dessert glacé
21651628_EA

$2.50



NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure
20299657_EA

$2.25



CAVENDISH FARMS FROZEN FRIES
selected varieties
800 g
frites
21559837_EA

$6.99



STARBUCKS COFFEE ENHANCERS
selected varieties
800/828 mL
rehausseurs pour café
21358473_EA

$1.50



NESTLÉ MILKSHAKES or **MILK 2 GO SPORT** or **FLAVOURED MILK**
selected varieties
325-473 mL
laits frappés
20223668001_EA

$6.75



DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
21437381_EA/21595736_EA

$3



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

$9.49



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

$13.99



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

$2.50



CLOVER LEAF SOLID TUNA 170 g or **FLAVOURED SALMON** 80 g
selected varieties
thon en morceaux ou saumon aromatisé
20326358001_EA/21734357_EA

$3.50



KELLOGG'S CEREAL
selected varieties
250-355 g
céréales
21450814_EA/21652128_EA

$2.50



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

$1.50



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

$1.38



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189610_EA

$1
Get 1,500 pts When you buy 4
That's $1.50 value



SWISS CHALET DRY SAUCE MIX
36-52 g, **SAUCE** or **GRAVY** 284 mL
selected varieties
sauce
21080164_EA/21762651_EA

$3



HELLMANN'S MAYONNAISE or **DIP**
selected varieties
340/445 mL
mayonnaise ou trempette
20008233001_EA

$10



NO NAME® CANOLA or **VEGETABLE OIL**
3 L
huile de canola ou végétale
20028656_EA/20103390_EA

$2.39



NO NAME® PURE WHITE VINEGAR
Club Size
4 L
vinaigre blanc
20102756_EA

$3.79



PC® BLUE MENU® BEANS, LENTILS or **PEAS,** selected varieties
900 g
légumineuses
20629153_EA/20629676_EA

NEW LOWER PRICES

$7



LIBERTÉ GREEK YOGURT
selected varieties
650/750 g
yogourt grec
20704361001_EA/20704361002_EA

$5



SILK COFFEE CREAMER
selected varieties
890 mL
colorant à café
21743301_EA

$5.50



DR. OETKER GIUSEPPE PIZZERIA PIZZA
selected varieties, frozen
439-785 g
pizza
21106361_EA

$5.50



SCHNEIDERS BREAKFAST SANDWICH or **EGG BITES**
selected varieties, frozen
204-288 g
bouchées déjeuner ou sandwichs
21623223_EA/21623333_EA

$3



RUFFLES POTATO CHIPS
selected varieties
180-220 g
croustilles
21241053_EA

BRANDS YOU LOVE AT LOW PRICES

$4.99



HÄAGEN-DAZS ICE CREAM 400-450 mL or **BARS** 3/4's
selected varieties, frozen
crème glacée ou barres
20302298003_EA/21722352_EA

$8.50



POGO CORN DOGS
selected varieties, frozen
600/750 g
saucisses sur bâtonnet
20053302001_EA

$3.33



BLACK DIAMOND CHEESE SLICES 410 g or **LACTANTIA CREAM CHEESE** 227 g
selected varieties
tranches de fromage ou fromage à la crème
21252564_EA

$2.97



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

$1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA

$4



PC® or BLUE MENU® FROZEN ENTRÉES
selected varieties
212-365 g
plats cuisinés surgelés
20312253001_EA

$3.99



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

$3.47



iÖGO NANO DRINKABLE YOGURT 6x93 mL **POUCHES** 4x90 g or **BUBBLES** 4x100 g
selected varieties
yogourt
20609687003_EA/21719739_EA

$6.49



PC® PEANUTS 700 g or **MIXED NUTS** 200 g
selected varieties
arachides ou mélange de noix
20057990003_EA

$2.47



NATURE VALLEY GRANOLA BARS, GENERAL MILLS CEREAL BARS or **BETTY CROCKER FRUIT SNACKS**
selected varieties, 120-226 g
barres granola ou de céréales ou collations aux fruits
20315520006_EA/20318474001_EA

$3.49



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

$2.79



DARE COOKIES
selected varieties
168-360 g
biscuits
20025850001_EA/21713321_EA

$5



NO NAME® COCOA POWDER
227 g
poudre de cacao
21467906_EA

$5.49



PRANA GRANOLOVE ORGANIC GRANOLA
selected varieties
300 g
granola
21393188_EA

$12.99



NESCAFÉ TASTER'S CHOICE INSTANT COFFEE
selected varieties
198 g
café instantané
21762508_EA

$8.99



PC® GROUND COFFEE 340 g or **SINGLE SERVE COFFEE PODS** 12's
selected varieties
café moulu ou capsules
21380579_EA/21742922_EA

$5.99



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

$8.99



KIND PROTEIN BARS 4x62 g or **SOFT BAKED SQUARES** 5x40 g
selected varieties
barre ou carrés
21663411_EA/21702796_EA

$4



KELLOGG'S ALL BRAN, RAISIN BRAN, VECTOR, SPECIAL K or **MINI-WHEATS CEREAL**
selected varieties
306-525 g
céréales
20015041_EA/21607207_EA

$5.99



SMUCKER'S JAM, JELLY or **SPREADS** 310/500 mL or **LOTUS BISCOFF BISCUIT SPREAD** 380/400 g
selected varieties
confiture ou gelée ou tartinades
20308043001_EA/21238886_EA

$3.79



PEARL MILLING COMPANY PANCAKE MIX 905 g or **SYRUP** 710 mL
selected varieties
mélange à crêpes ou sirop
21384609_EA/21391619_EA

$4



HERSHEY'S, REESE'S or **BROOKSIDE BAGGED CHOCOLATE**
selected varieties
160-235 g
sac de chocolats
20303970004_EA/21079668_EA

$7.99



POPPYCOCK POPCORN 300 g or **LINDT TEDDY MILK CHOCOLATE** 100 g
selected varieties
maïs soufflé ou lait au chocolat
20425900002_EA/21541816_EA

$4.99



HERSHEY'S CHOCOLATE BAGS 161-200 g, **ANDES CHOCOLATE BAGS** 241 g, **PC® DUSTED TRUFFLES** 200 g, **CHOCOLATE BALLS IN NET** 200 g or **TOFFIFEE CHOCOLATE BOX** 246 g
selected varieties
truffes ou chocolats
21393221_EA/21541146_EA

$6.99



MERCI 200 g, **MILANO PANETTONE** 800 g, **HERSHEY'S KISSES CHOCOLATE BOX** 184 g or **PC® CHOCOLATE SEASHELLS** 250 g
selected varieties
chocolats ou gâteau aux fruits
20639825_EA/21747196_EA

$9.99



PC® CHOCOLATE PRALINES 210 g or **FERRERO ROCHER CHOCOLATE GIFT BOX** 156/200 g
selected varieties
chocolat
20098034_EA/21749279_EA

Optimum

Get **2,500** pts For every $10* spent

That's **$2.50** value



MCCAIN PRODUCTS
selected varieties, frozen
454 g-1.9 kg
produits
20799529_EA/21691504_EA

BRANDS YOU LOVE AT LOW PRICES

$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L, **FLINGS** 48's or **DRYER SHEETS** 240's
selected varieties
détergent à lessive ou feuilles assouplissantes
21671135_EA



$3.50

NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21386771_EA/21386780_EA

$2.99



GLAD CLING WRAP 30 m or **ALCAN FOIL** 25 ft
selected varieties
pellicule plastique ou papier d'aluminium
20003818_EA/20166771_EA

$7



PUREX LIQUID LAUNDRY DETERGENT 1.17-1.94 L, **SNUGGLE LIQUID FABRIC SOFTENER** 1.16 L or **DRYER SHEETS** 120's
selected varieties
détergent ou assouplissant liquide ou feuilles pour sécheuse
21737524_EA

BOUNTY PAPER TOWELS
2=4 rolls
essuie-tout
21759599_EA

$5



$2.50



PALMOLIVE DISH DETERGENT
selected varieties
828 mL
détergent à vaisselle
20861400_EA/21004388_EA

$16



DOWNY or **GAIN SCENT BOOSTERS**
selected varieties
598-680 g
rehausseurs de parfum
21552884_EA

$20



CASCADE DISHWASHER TABS
selected varieties
51, 67 or 80's
capsules de détergent pour lave-vaisselle
21516545_EA/21518479_EA

$9



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

$6



EVERYDAY ESSENTIALS™ CANDLES
selected varieties
18 oz
bougies
21722947_EA/21723004_EA

$7.99



PC® HEAVY-DUTY FREEZER BAGS
selected varieties
10-38's
sacs à congélation
21166679_EA

$5.49



NO NAME® NAPKINS
Club Size
500's
serviettes
20306897_EA

$3.50



PC® PAPER YARD WASTE BAGS
5's
sacs à déchets
20429980_EA

$5



ALWAYS LINERS 36-72's, **PADS** 10-40's or **TAMPAX TAMPONS** 14-18's
selected varieties
protège-dessous ou serviettes ou tampons
21449992_EA/21707245_EA

App exclusive offer

BETWEEN NOVEMBER 5TH – NOVEMBER 25TH

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

That's $20 value



PAMPERS DIAPERS, WIPES or **TRAINING PANTS**
selected varieties and sizes
couches ou lingettes ou culottes d'entraînement
21393033_EA/21692756_EA/21719427_EA

HOT FINDS

Savings like these are kind of a big deal.

$7



EVERYDAY ESSENTIALS™ POLYPROPYLENE CUTTING BOARDS
3 piece set
planches à découper en polypropylène
21703809_EA

$8



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

$18



EVERYDAY ESSENTIALS™ BLACK COFFEE MAKER
12 cup
cafetière
21701471_EA

no name®

tackle every mess. save on every clean.

(So switch) your home of no name®

$4.50



NO NAME® LAUNDRY DETERGENT
selected varieties
1.92/2.03 L
détergent à lessive
21042473_EA

$9.49



NO NAME® DISHWASHING LIQUID
club size
5 L
détergent liquide à vaisselle
21012774_EA

BAKING ESSENTIALS
AT LOW PRICES

$5



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

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

$5.99



$3.75



NEILSON 5/10% CREAM 1 L or **18/35% CREAM** 473 mL
selected varieties
crème
20123609_EA/20774431_EA

$4



TENDERFLAKE PIE SHELLS
selected varieties, frozen
255-397 g
croûtes à tarte
20303840001_EA

$5



ROBIN HOOD or **FIVE ROSES FLOUR**
selected varieties
2/2.5 kg
farine
20039497001_EA/20148914001_EA

$4



COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
garniture à dessert
20030369001_EA

$8.99



CONESTOGA FREE RUN OMEGA-3 LARGE BROWN or **WHITE EGGS**
18's
œufs
21542380001_EA
21622556001_EA

$5



PC® THE DECADENT® CHOCOLATE CHIPS
selected varieties
226-300 g
brisures de chocolat
20011473_EA/20430272_EA

$1.87



BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g or **FROSTING** 340/450 g
selected varieties
mélange à gâteaux ou glaçage
20562641002_EA/21547838_EA

$5.97



KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20311582001_EA

$3.49



$2.79



$2.75



$5



FLEISCHMANN'S CORN STARCH 454 g or **BAKING POWDER** 340 g
fécule de maïs ou poudre à pâte
20006692_EA/20604833_EA

LANTIC SUGAR, ROBIN HOOD or **FIVE ROSES FLOUR**
selected varieties
1 kg
farine
20097340_EA/20169394_EA

PC® SWEETENED CONDENSED MILK
300 mL
lait condensé
20112979_EA

NUTELLA HAZELNUT or **PEANUT SPREAD** 375 g or **B-READY** 132 g
selected varieties
tartinade ou barres
20435988_EA/21721261_EA

$6



Get 1,000 pts That's $1 value

QUAKER MUFFIN or **COOKIE MIXES**
selected varieties
750/900 g
mélanges à muffins ou biscuits
20301064003_EA
20301064004_EA

$3.49



Get 500 pts That's 50¢ value

TENDERFLAKE PURE LARD
454 g
saindoux
20027695_EA

$4.79



E.D. SMITH PIE FILLING
selected varieties
540/796 mL
garniture pour tarte
20022361_EA/20297753004_EA

$5.29



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

General Mills

$6.50



LÄRABAR BARS
selected varieties
225/240 g
barres
20146380001_EA/20146380003_EA



$5.50

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

$3



FIBRE 1 BROWNIES, DELIGHTS or **SOFT BAKED SNACKS** 125/175 g, **NATURE VALLEY PROTEIN BARS** 148 g, **BISCUITS** 190 g or **SWEET & SALTY BARS** 160/175 g
selected varieties
barres granola
20587504001_EA/20686988001_EA

$9



OLD EL PASO TACO BITES
selected varieties, frozen
368 g
bouchées de tacos
21754635_EA



$2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
macaroni au fromage
20316187001_EA

PURINA
Your Pet, Our Passion.

$6



PURINA FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20142232001_EA





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

90¢

$11.50



PURINA ONE DOG FOOD
selected varieties
1.72/1.81 kg
nourriture pour chiens
20946525_EA



$28.99

Get 4,000 pts

That's $4 value

FRISKIES WET CAT FOOD
selected varieties
32x156 g
nourriture humide pour chats
21186765_C01

Coca-Cola

$7.50



PEACE TEA or **FUZE ICED TEA**
selected varieties
12x341 mL
thé glacé
21645563_C12

$9.50



MONSTER ENERGY DRINKS
selected varieties
4x473 mL
boissons énergisantes
20937631_C04

$4



CORE POWER PROTEIN SHAKES
selected varieties
414 mL
boissons protéinées
21731564_EA

Saputo

$4.25



NEILSON ULTRAFILTERED MILK
selected varieties
1 L
lait
21163394_EA

$10.50



NEILSON LACTOSE FREE MILK
selected varieties
4 L
lait sans lactose
20039684_EA

$5.99



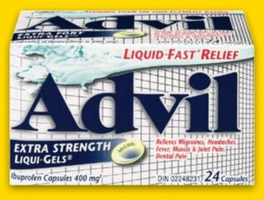
NEILSON PROTEIN MILK
selected varieties
1.89 L
lait protéiné
21762905_EA

HALEON

$5.50



TUMS ANTACID CALCIUM CARBONATE TABLETS
60-100's or **CHEWABLE TABLETS** 28-32's
selected varieties
antiacide
21223300_EA



$10

ADVIL or **CHILDREN'S ADVIL PAIN PRODUCTS**
selected varieties
24 mL/100 mL/20-50's
produits de soulagement de la douleur
20316898001_EA









$15

VOLTAREN PAIN RELIEF CREAM
100-150 g or **CENTRUM MULTIVITAMINS** 90's
selected varieties
crème analgésique ou multivitamines
21111046_EA/21235884_EA

$13.50

NEOCITRAN POWDER 10's, **BUCKLEY'S SYRUP** 150-200 mL or **BUCKLEY'S CAPSULES** 24-40's
selected varieties
poudre ou sirops ou capsules
21719594_EA/20062201007_EA

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More points

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4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

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Members get over **$30** in value



Get **750** pts Until December- 2 - 2026

NO NAME® PIE SHELLS
frozen 350/380 g
croûtes à tarte
20153259_EA



Get **3,000** pts Until December- 2 - 2026

NO NAME® NATURALLY IMPERFECT FROZEN FRUIT
2 kg
fruits surgelés
21289951_EA



Get **2,500** pts Until December- 2 - 2026

NO NAME® APPETIZERS
frozen 454-900 g
entrées
21608591_EA



Get **1,500** pts Until December- 2 - 2026

PC® THICK & CRISPY BREADED CHICKEN BURGERS
700 g
burgers de poulet pané
21201257_EA



Get **2,000** pts Until December- 2 - 2026

PC® OLD-FASHIONED STYLE BACON
1 kg
bacon
20115704_EA



Get **1,000** pts Until December- 2 - 2026

BREADED SHRIMP, CALAMARI or **SCALLOPS**
240-350 g
sacs de fruits de mer
21734405_EA



Get **1,000** pts Until December- 2 - 2026

NO NAME® CHEESE BARS
400 g
barres de fromage
21289751_EA



Get **1,500** pts Until December- 2 - 2026

PC® BLACK LABEL CHEESE
200-250 g
fromage
20816874_EA



Save **$1** with digital coupon

PC® FLATBREAD or **PC® BLACK LABEL PIZZA**
all sizes and varieties
pizza
21305085_EA/21531410_EA



Save **$1** with digital coupon

NO NAME® PIZZA BUSTER
1L
chaussons-pizza
21748264_EA



Save **$1** with digital coupon

PC® SCOOP SHOP ICE CREAM
crème glacée
21706641_EA



Save **$1** with digital coupon

PC® BLUE MENU YOGURT BARS
6x80 mL
barres de yogourt
20538592001_EA

Optimum™

More offers. More points.

CLICK FOR THESE COUPONS AND MORE



Get 500 pts Until December- 2 - 2026

PC® WHOLE WHITE MUSHROOMS
227 g
champignons blancs entiers
20776239_EA



Get 500 pts Until December- 2 - 2026

FARMER'S MARKET MINI CUCUMBERS
6 pk
mini concombres
20737570001_EA



Get 4,500 pts when you spend $30

That's $4.50 value

ALL FRUITS AND VEGETABLES
all sizes and varieties
fruits et légumes
20067326001_EA



Get 1,000 pts Until December- 2 - 2026

NO NAME® NATURALLY IMPERFECT MIXED SWEET PEPPERS
2.5 lb
poivrons doux
20921434001_EA



Get 500 pts Until December- 2 - 2026

PC® COLESLAW
397 g
salade de chou
21204248_EA



Save $1 with digital coupon

NO NAME® FISH FILLETS, BURGERS or STICKS
454 g
posisson à l'anglaise ou burgers ou bâtonnets
21672264_EA/21672371_EA/21672358_EA



Get 3,000 pts Until December- 2 - 2026

NO NAME® HOT CHOCOLATE MIX
1.8 kg
chocolat chaud mélange
21703732_C12



Get 3,000 pts for every $15* spent

That's $3 value

PC® SOFT DRINKS or SPARKLING SODA
12x355 mL
boissons gazeuses ou soda pétillant
21703732_C12



Save $1.50 with digital coupon

PC® TORTILLA BOWLS
300 g
bols en tortillas
21716545_EA



Get 1,500 pts Until December- 2 - 2026

PC® CHOCOLATE BARS
300 g
barres de chocolat
21689840_EA



Get 3,000 pts Until December- 2 - 2026

PC® SUPER SOFT BATHROOM TISSUE
30 = 100 rolls
papier toilette
21450846_EA



Save $1.50 with digital coupon

DOVE CLINICAL PROTECTION ANTIPERSPIRANT DEODORANT
6x80 mL
déodorant ou antisudorifique
20317764001_EA

GET HOLIDAY READY & SAVE

Member Price $10

Non-Members $15

Members Save $5



STEPGUARD CONCORD RUG
21684645_EA

Member Price $7.50

Non-Members $10

Members Save $2.50



STEPGUARD BOOT TRAY
21684700_EA

$10



22" PRELIT PINE WREATHS WITH TIMER
21735459_EA

$7



6' PINE GARLAND
21735732_EA

$5



24' MEMORY WIRE TREE
21735320_EA

$3



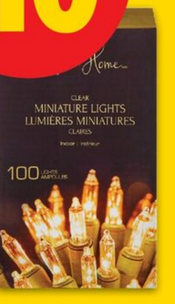
OCG 24CT. BOWS
21737856_EA

$3



OCG 3 ROLL PAPER WRAP
21735628_EA

$10



INDOOR MINI LIGHTS
100's
21098968_EA

$8



8" CHARITY BEAR
21724525_EA

$49



6' UNLIT PINE TREE BALSAM LAKE PINE TREE
21726406_EA

ONL NFO HE GM

PRE BLACK FRIDAY DEALS

App exclusive offers

Optimum

Get 10,000 pts for every $50* spent

That's a $10 value

When you spend $50 on Home and Entertainment, Health and Beauty, Apparel or Baby products

November 12 - November 18, at participating No Frills stores only. *See in-store for details

$27.99





HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 36-104's
couches
21172500_EA/21371074_EA

$49





ENFAMIL A+ STEP 1 & 2 BABY FORMULA POWDER TUBS
selected varieties
550/663 g
contenants de préparation pour nourrissons en poudre
20434624_EA/20435214001_EA

$8





HUGGIES BABY WIPES
selected varieties
112-192's
lingettes pour bébé
20558604_EA/21086935_EA

$55



SIMILAC POWDER BABY FORMULA
selected varieties
837/859 g
préparation pour nourrissons en poudre
21436985_EA

$2.50



GERBER PUFFS or **LIL' CRUNCHIES TODDLER SNACKS**
selected varieties
42 g
collations pour tout-petits
20304618001_EA/20304618007_EA

$4.50





BABY GOURMET MELTIES or **MUSHIES** 23 g, **GOODIES FRUIT SMASH POUCHES** 360 g or **FRUIT FILLED BARS** 5x18 g
selected varieties
collations ou sachets de fruits ou barres aux fruits
20653107002_EA/21740664_EA

$5



VASELINE PETROLEUM JELLY
selected varieties
375 g
gelée de pétrole
20184304001_EA

$4.27



Q-TIPS COTTON SWABS
500's
coton-tiges
20323077001_EA

ALWAYS $5





PC® BABY WIPES
scented or unscented
300's
lingettes pour bébé
21540716_EA/21550950_EA

AVAILABLE AT SELECT LOCATIONS ONLY

PRE BLACK FRIDAY DEALS

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Optimum

Get 10,000 pts for every $50* spent

That's a $10 value

When you spend $50 on Home and Entertainment, Health and Beauty, Apparel or Baby products

November 12 - November 18, at participating No Frills stores only. *See in-store for details

$5.50



LISTERINE MOUTHWASH
selected varieties
1 L
rince-bouche
21091218_EA/21091222_EA

$5.50



OLAY BAR SOAP 4x90 g, **OLD SPICE BAR SOAP** 141 g or **BODY WASH** 532 mL
selected varieties
pain de savon ou nettoyant pour le corps
20605927003_EA/21238557_EA

$9





DOVE BAR SOAP 6x106 g or **BODY WASH** 400-710 mL
selected varieties
pain de savon ou nettoyant pour le corps
21237519_EA/21638572_EA

$10





U BY KOTEX PADS 20-44's, **LINERS** 54-120's or **TAMPONS** 30/32's
selected varieties
serviettes ou protège-dessous ou tampons
21291897_EA/21724867_EA

$9



AUSSIE SHAMPOO or **CONDITIONER**
selected varieties
778 mL
shampooing ou revitalisant
21167371_EA/21167373_EA

$10



BENYLIN COUGH SYRUP 100 mL or **COLD & SINUS TABLETS** 20's
selected varieties
sirop contre la toux ou comprimés
20296733001_EA/20315180001_EA

$7



TRESEMMÉ HAIRCARE or **STYLING PRODUCTS**
selected varieties
198-311 g/168-828 mL
soins capillaires ou produits coiffants
20315303016_EA/21170103_EA

$3



DEGREE DEODORANT or **ANTIPERSPIRANT**
selected varieties
48-85 g
déodorant ou antisudorifique
20296452001_EA/20304331002_EA

$12



BOOST READY TO DRINK SHAKES
selected sizes and varieties
boissons frappées prêtes à boire
20304429002_C06/20986361_C06

$3.25



HERBAL ESSENCES SHAMPOO or **CONDITIONER**
selected varieties
346 mL
shampooing ou revitalisant
21247098_EA/21247099_EA

$5



LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties
2 L
recharge de savon liquide pour les mains
21357613003_EA/21357613004_EA

AVAILABLE AT SELECT LOCATIONS ONLY

FREE BALIKBAYAN BOX SHIPPING

Libreng shipping Balikbayan Box



$7.99



POPPYCOCK POPCORN 300 g or **LINDT TEDDY MILK CHOCOLATE** 100 g
selected varieties
maïs soufflé ou lait au chocolat
20425900002_EA/21541816_EA



$4.99

HERSHEY'S CHOCOLATE BAGS 161-200 g, **ANDES CHOCOLATE BAGS** 241 g, **PC® DUSTED TRUFFLES** 200 g, **CHOCOLATE BALLS IN NET** 200 g, or **TOFFIFEE CHOCOLATE BOX** 246 g
selected varieties
chocolat
21393221_EA/21541146_EA

$6.99



MERCI 200 g, **MILANO PANETTONE** 800 g, **HERSHEY KISSES CHOCOLATE BOX** 184 g or **PC® CHOCOLATE SEASHELLS** 250 g
selected varieties
chocolat
20639825_EA/21747196_EA

$9.99



PC® CHOCOLATE PRALINES 210 g or **FERRERO ROCHER CHOCOLATE GIFT BOX** 156/200 g
selected varieties
chocolat
20098034_EA/21749279_EA

$1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA

$12.99



NESCAFÉ TASTER'S CHOCHOICE INSTANT COFFEE
selected varieties
198 g
café instantané
21762508_EA

$1



COLGATE or **CREST TOOTHPASTE** 50-100 mL, or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20338731002_EA/20975582_EA

$5.50



OLAY or **OLD SPICE BAR SOAP** 4x90/141 g, **OLD SPICE BODY WASH** 532 mL
selected varieties
pain de savon ou nettoyant pour le corps
20605927003_EA/21238557_EA

$2.49



ANNIE'S MACARONI & CHEESE
selected varieties
170 g
macaroni au fromage
20316187001_EA

$5.99



LOTUS BISCOFF SPREAD 380/400 mL or **SMUCKER'S JAM, MARMALADE** or **JELLY** 310/500 mL
selected varieties
confiture ou gelée ou tartinades
20308043001_EA/21238886_EA

$2.47



NATURE VALLEY GRANOLA BARS, GENERAL MILLS CEREAL BARS or **BETTY CROCKER FRUIT SNACKS**
selected varieties
120-226 g
barres granola ou de céréales ou collations aux fruits
20315520006_EA

CARIBBEAN FLAVOURS
AT LOW PRICES

$2.99



CARIBBEAN AVOCADO
product of Dominican Republic
each
avocat
20119760001_EA

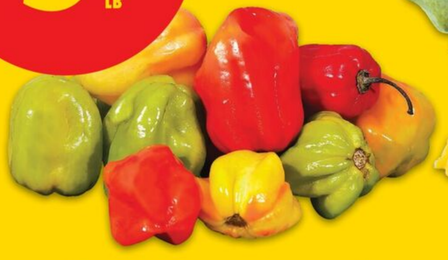
$1.49 LB



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
13.21/kg
piments forts
20025485001_KG





$3.99

ATEMOYA product of Brazil or
YELLOW DRAGON FRUIT
product of Colombia or Ecuador
patates douces ou manioc
20965690001_KG/20626393001_KG

$13 LB

ETNICO BEEF OXTAIL
queue de bœuf
28.66/kg
20079558_KG



$14



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

50¢



CHUBBY SODA
selected varieties
250 mL
soda
20941724_EA

$3.29



GRACE 100% PURE COCONUT WATER
1 L
eau de noix de coco
20779456_EA

$2



GRACE EXOTIC CHIPS
selected varieties
75 g
croustilles exotiques
21626383_EA/21626393_EA

$1.29



GRACE PEANUT PUNCH
240 mL
punch aux arachides
20213313_EA

$1.49



GRACE CHICKEN VIENNA SAUSAGE
selected varieties
130 g
saucisses de poulet viennoises
20305465002_EA

99¢



GRACE SARDINES
selected varieties
155 g
sardines
20604719001_EA

$1.79



GRACE HOT PEPPER SAUCE
170 mL
sauce piquante
20106545_EA

$4



GRACE CORN MEAL
2 kg
farine de maïs
20602161_EA

$4.29



GRACE JAMAICAN JERK BBQ SAUCE 480 mL or **JERK MARINADE** 350 mL
selected varieties
sauce barbecue à la jerk ou marinade à la jerk
20122940_EA

$4



COOL RUNNINGS SPICES or **SEASONING**
selected varieties
500-900 g
épices ou assaisonnement
20297061_EA/20323064_EA

$8.99



PATTY KING JAMAICAN STYLE BEEF PATTIES
selected varieties, frozen
1.17 kg
galettes de bœuf à la jamaïcaine
20313668002_EA

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November 12 - November 18, at participating No Frills stores only. *See in-store for details

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$22



ORAL-B PRO 300 RECHARGEABLE TOOTHBRUSH or **BRUSH HEAD REFILLS** 3's
selected varieties
brosse à dents rechargeable ou brossettes de rechange
20346231001_EA/21475139_EA

$7



Get 1,500 pts That's $1.50 value

COLGATE TOOTHPASTE 70-133 mL, 2x120/150 mL or **MANUAL TOOTHBRUSH** 2's
selected varieties
dentifrice ou brosse à dents manuelle
20110327002_EA/21166650_EA

$6.50



Get 500 pts That's 50¢ value

NIVEA HAND AND BODY LOTION
selected varieties
200-625 mL
lotion pour les mains et le corps
20700027_EA/21722989_EA

$22.50



Get 4,000 pts That's $4 value

HUGGIES 16 X WIPES
selected varieties
560-1152's
lingettes
21541191_EA

$3.50



AMARA ORGANIC SMOOTHIE MELTS or **FRUIT BITES**
selected varieties
23 g
smoothie fondant ou bouchées aux fruits biologiques
21426267_EA/21703352_EA

$4.50



Get 500 pts That's 50¢ value

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

$17



Get 3,000 pts That's $3 value

POISE PADS or **DEPEND UNDERWEAR**
selected varieties
12-66's
serviettes ou sous-vêtements
21023379_EA/21302119_EA

$54



Get 4,000 pts That's $4 value

GOOD START BABY FORMULA
selected varieties
942 g-1.02 kg
préparation pour nourrisson
21599587_EA/21599614_EA

$4.50



ST. IVES BODY LOTION
selected varieties
600 mL
lotion pour le corps
21086088_EA/21086101_EA

15% OFF



Get 2,000 pts That's $2 value

U BY KOTEX LINERS 54-162's, **PADS** 20-60's, or **TAMPONS** 30-45's
selected varieties
protège-dessous ou serviettes ou tampons
21291897_EA/21724867_EA

$22



Get 4,000 pts That's $4 value

BRITA DENALI WHITE PITCHER
pichet blanc
21524887_EA

$22



Get 4,000 pts That's $4 value

BRITA 3 PACK FILTER
paquet de 3 filtres
20094145_EA

Get 5,000 pts For every $20* spent That's $5 value



LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties
6-16's
mélange à boisson avec électrolytes
21592444_EA/21592485_EA

$10



MEGA BLOCKS BUILD & COUNT BUS
45 piece set
jeu
21709758_EA

$15



BARBIE TRAVEL SET WITH DOG & ACCESSORIES
poupée
21502869_EA



$10

Get 1,500 pts That's $1.50 value

SISTEMA NEST IT SET
5 pack
ensemble de contenants
21697363_EA

Get 7,000 pts For every $25* spent

That's **$7** value



PARTICIPATING KENVUE PRODUCTS
selected varieties and sizes
produits
20102023001_EA/21091222_EA/21112321_EA

Aveeno. BAND-AID Benadryl Benadryl Clear Clear Desitin Imodium Johnson's baby Lactaid LISTERINE Mane Motrin Neutrogena nicorette NICODERM Q PENATEN Pepcid Plax Polysporin REACTINE Rogaine Sinutab SUDAFED TYLENOL Visine ZARBEE'S Children's

Insiders Report™

Snack. Serve. Save.

$2.49

PC® whole or sliced, white or cremini mushrooms
product of Canada
champignons
2077580S_EA/ 20776239_EA/ 20757811_EA



$4.99

PC® Baby spinach or spring mix
product of U.S.A.
jeunes épinards ou mélange printanier
21204386_EA/ 21204385_EA



$6.50



PC® Free Run large brown eggs 12's
œufs de poules en liberté
20813628001_EA

$10



PC® Mini beef wellington bites
frozen, 288 g
mini-bouchées de bœuf Wellington
21742294_EA

$6



PC® Protein muffins
select varieties, 400 g
muffins protéinés
21739320_EA/21739396_EA

$1.59



PC® Soft drinks
selected varieties
2 L
boissons gazeuses
20311645003_EA/20311645004_EA

$7



PC® Orange juice
selected varieties, refrigerated
2.5 L
jus d'orange
21531644_EA

$6



PC® Cheese bars
selected varieties
300/400 g
barres de fromage
21289689_EA

$5



PC® Vegetables
selected varieties, frozen
350-500 g
légumes
21753672_EA

$6



PC® Cheese shreds
selected varieties
250-320 g
fromage
21060183_EA

$5.75



PC® Blue Menu® Sparkling Water
selected varieties
12x355 mL
eau pétillante
21717425_C12

$3



PC® Potato chips
selected varieties
200 g
croustilles
20840911004_EA/21422931_EA

$3.50



PC® Blue Menu cottage cheese dip
selected varieties, 200 g
trempettes de fromage cottage
21742229_EA/21742273_EA

$4.75



PC® Focaccia
selected varieties, frozen
415-456 g
focaccia
21471809_EA

$5



PC® The Decadent® cookie
selected varieties
280/300 g
biscuits
20612257_EA/20612260_EA

$5



PC® Hot chocolate
selected varieties
450/500 g
chocolat chaud
21549129_EA

App exclusive offer

$10 Get 2,000 pts That's $2 value



PC® our ultimate butter-tart pie
frozen, 497 g
tarte au beurre avec canneberges
21747382_EA

App exclusive offer

$15 Get 3,000 pts That's $3 value



PC® chicken wings
selected varieties, frozen
907 g
ailes de poulet
20708932_EA

App exclusive offer

$7 Get 1,500 pts That's $1.50 value



PC® mozza & pesto bombas
frozen
240 g
bombas
21742930_EA

ONL NFO HIR

GREY CUP DEALS



OFFICIAL GROCERY PARTNER

CFL | GREY CUP CALGARY 113

Mondelēz International

$2.50



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

$2.50



CHRISTIE CRISPERS or **BITS & BITES**
selected varieties, 145 g
collations
21358333_EA/21395350_EA

$4



CADBURY FINGERS COOKIES
selected varieties
114-125 g
biscuits
21631880_EA

DANONE

$3



OIKOS PRO DRINKABLE YOGURT
selected varieties, 300 mL
yogourt à boire
21652096_EA

$6.50



ACTIVIA YOGURT
selected varieties, 12x100 g
yogourt
20303412001_EA/20640892_EA

PEPSICO

$12.99



BUBLY SPARKLING WATER
24x355 mL
eau pétillante
21731819_C24

$3



ALANI 355 mL or **ROCKSTAR ENERGY DRINKS** 473 mL
selected varieties
boissons énergisantes
20368415011_EA/21597637_EA

$8.50
Get 1,000 pts
That's $1 value



PEPSI SOFT DRINKS
selected varieties, 12x355 mL
boissons gazeuses
20322361002_C12

HERSHEY'S

$2.50



TWIZZLERS CANDY PACK 311-454 g or **JOLLY RANCHER ROPE** 283 g, selected varieties
friandises
20022328004_EA/21765414_EA

CLIF BAR

$7



CLIF BAR
selected varieties, 5x68 g
barres
21664843_EA

CHAPMAN'S

$3.99



CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM 500 mL or **YUKON NOVELTIES** 5-8's
selected varieties, frozen
crème glacée ou friandises glacées
21012281_EA/21511147_EA

TACO BELL

$4



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

AYLMER Accents / RO*TEL

$2



AYLMER ACCENTS 540 mL or **RO TEL TOMATOES** 283/284 g
selected varieties
tomates
21154452_EA/21207587_EA

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BLACK FRIDAY DEAL
ENDS DECEMBER 2ND

Unlimited delivery with *PC Express* Pass*

$1/month for your first year*

Use code
BFPASS
to sign up.

Learn more



*Conditions apply, $30 minimum order.
Regular price $99.99/year after your first year.

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*Standard message and data rates may apply.

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

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Express™

Get a **FREE** bag of **PC® Gochujang-Caramel Popcorn** with eligible *PC Express* online grocery orders*.

Add to cart and use code **POP1**

Shop now



*Offer valid from November 12 to 18, 2026. Limit one per customer. Conditions apply. See site for details.

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no name™ mobile



plans from

$19 / month

mobile. for people who like to save

Learn more

Offer is subject to change without notice. Visit nonamemobile.ca for full details

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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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