NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 26 TO WEDNESDAY, DECEMBER 2, 2026.

BIG HOLIDAY DEALS!

CLUB SIZE

SAVE 30%

$4.88 LB



CHICKEN BREAST
boneless, skinless
poitrine de poulet
10.76/kg
20654124_KG

SAVE UP TO 50%

$1.99

GROWN IN CANADA

10 LB BAG



YELLOW or **RUSSET POTATOES**
product of Canada, Canada no. 1 grade
pommes de terre
20601020001_EA/20601017001_EA

ONLY

$1.99 LB



PORK HALF LOIN
boneless, fresh
demi-longe de porc
4.39/kg
20554787_KG

WHILE QUANTITIES LAST

ONLY

$1.99

6 OZ CLAMSHELL



RASPBERRIES
product of Mexico, no. 1 grade
framboises
20128938001_EA

ONLY

$2.99 LB



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

SAVE UP TO 40%

$1.49



227 G

BROCCOLI CROWNS product of U.S.A. or Mexico, or **PC® WHOLE WHITE MUSHROOMS** product of Canada
couronnes de brocoli ou champignons
21121360001_EA/20776239_EA

ONLY

$8.88



APPROX. 9 LB CASE

RED MANGO CASE
product of Brazil
mangue rouge
21047849_C01



SAVE 45%

$5.99

JANES PUB STYLE BREADED CHICKEN STRIPS, NUGGETS, BURGERS, FRIES, or POPCORN CHICKEN
frozen, 700 g
poulet pané
21191828_EA

ONLY

$3.99

4 LB BAG



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

SAVE 49%

$1



CLOVER LEAF FLAVOURED or FLAKED LIGHT TUNA
selected varieties
85/170 g
thon pâle
20018117001_EA/20315581001_EA

ONLY

$7.88



GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
20105368_EA/21754737_EA

ONLY

$2.75



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

SAVE 37%

$1.25



GREEN GIANT VEGETABLES
selected varieties
341/398 mL
21021264_EA/21021485_EA

SAVE UP TO 53%

$7.99



FERRERO ROCHER 156/200 g or **TOBLERONE CHOCOLATES** 180-360 g
selected varieties
chocolats
20098034_EA/21746728_EA/21746767_EA

ONLY

$3.47



ASTRO, IÖGO 650/750 g, **NANO BUBBLES** or **POUCHES** 4x90/100 g **YOGURT**, selected varieties
yogourt
20165226001_EA/21719739_EA

SAVE UP TO 36%

$7



PC® or BLUE MENU® DINNER ENTRÉES
selected varieties, frozen
770 g-1.13 kg
plats cuisinés
20326534_EA

PRICE DROP

$4.99



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g, **ARMSTRONG CHEESE** 400 g, selected varieties
fromage
21286215_EA/21346749_EA

$4.99



GRAY RIDGE or PRESTIGE GRADE A LARGE WHITE EGGS
18's
œufs
20814294001_EA/20822787001_EA

$5.75



NEILSON TRUTASTE MICROFILTERED MILK
selected varieties
4 L
lait
20148677_EA

$1.50



ITALPASTA PASTA
selected varieties
750 g
pâtes
20296241001_EA
20296241003_EA

$2.97



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

$5



SCHNEIDERS PEPPERETTES
selected varieties
225-375 g
bâtonnets de saucisson
21738518_EA/21741260_EA

BLACK FRIDAY DEALS

TWO DAY SALE THURSDAY AND FRIDAY ONLY!

WOW!

$1.75



DAWN DISHWASHING LIQUID
selected varieties
431/502 mL
détergent liquide à vaisselle
21430590_EA/21735713_EA

SAVE 36%

$4



GATORADE SPORT DRINKS
selected varieties
6x591 mL/8x355 mL
boissons désaltérantes
20303218003_CG6

WOW!

$5.77



SCHNEIDERS CHICKEN WINGS
selected varieties, frozen
615 g
ailes de poulet
21781238_EA

$9.97



Get 3,000 pts That's $3 value

KRAFT KD MACARONI AND CHEESE DINNER
club pack
12 x 200 g
repas de macaroni au fromage
21530823_EA

App exclusive offer

Friday, November 27 only!

Get 20,000 pts for every $50* spent

That's a $20 value

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

November 27 at participating No Frills Stores only.
See in-store for details

Optimum

$4.85



Get 1,000 pts That's $1 value

DOVE BAR SOAP 3x106 g, **BODY WASH** 325 mL, **DEODORANT** 45-74 g, **HAIRCARE** 142-198 g/ 195-355 mL, **SOFTSOAP LIQUID HAND SOAP REFILL** 1.47 L, selected varieties
pain de savon ou nettoyant pour le corps ou déodorant ou soins capillaires ou recharge de savon liquide pour les mains
21220717_EA/21644833_EA/21715576_EA

NFO 1_rad23/11/2026_ON

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

nofrills.ca

BIG HOLIDAY DEALS!



HOLIDAY COUPONS

Open your PC Optimum™ App to load your holiday coupons now.

Optimum™

3 Prizes of

10,000,000

pts

WIN FREE* GROCERIES FOR A YEAR

Shop in-store or online and scan your PC Optimum™ App for your chance to WIN 1 of 3 prizes of 10,000,000 points.

ONL NFO FLAP CONT

FRESH AT LOW PRICES



$3.99 EA/LB

6 OZ CLAMSHELL

RED SEEDLESS GRAPES 8.80/kg product of Peru or Brazil, no. 1 grade or **BLACKBERRIES** each, product of Mexico
mûres ou raisins rouges sans pépins
20159199001_KG/20051015001_EA



$3.99

EAT SMART SWEET KALE or **TAYLOR FARMS SALAD KIT**
product of U.S.A., selected varieties
chou frisé ou salades
20674118_EA/21599513_EA

$3.99

2 LB BAG

3 LB BAG

FARMER'S MARKET™ LEMONS or **ORANGES**
product of South Africa
citrons ou oranges
20795315001_EA/20162945001_EA



AVOCADOS
product of Mexico
avocats
21644936001_EA

PKG OF 5



$2.99

FRESH GUARANTEE

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

49¢ LB



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

$1.49 LB



ACORN, BUTTERCUP, BUTTERNUT or **SPAGHETTI SQUASH**
product of Canada, Mexico or Honduras
courge
3.28/kg
20071263001_KG/20323274001_KG

$2.99

3 LB BAG



ICEBERG LETTUCE product of Mexico or U.S.A., no. 1 grade or **FARMER'S MARKET™ CARROTS** or **YELLOW ONIONS** product of Canada, Canada no. 1 grade
laitue Iceberg ou carottes ou oignons jaunes
20600927001_EA/20811994001_EA/20135326001_EA

$3.99



CANTALOUPE product of Guatemala or Honduras, no. 1 grade or **PINEAPPLE** product of Costa Rica or **HONEYDEW** product of Guatemala, Honduras or Mexico
cantaloup ou ananas ou melon miel
20167017001_EA/20160992001_EA/20045276001_EA

$5.99 600 G



KIWI
product of Chile or Italy
kiwi
21099138001_EA

$4.99 PINT



BLUEBERRIES product of Peru, no. 1 grade or **CANARY MELONS** product of Brazil
bleuets ou melon canari
20080137001_EA/20041212001_EA

$5.50



BASSE NUTS or **SNACKS**
selected varieties
415-600 g
noix ou collations
21158603_EA

$2.49



POMEGRANATE
product of U.S.A.
grenade
20134767001_EA

$1.99 LB



PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

$5.99 567 G



PC® LITTLE BEAUTY VARIETY TOMATOES
product of Canada or Mexico
tomates
21720711001_EA

$4.99 PKG OF 4



FARMER'S MARKET™ SWEET PEPPERS
product of Canada or Mexico
poivrons
20117550001_EA

$4.99 200/225 G



PC®, BLUE MENU® or **WONDERFUL PISTACHIOS**
selected varieties, product of U.S.A.
pistaches
20940332_EA/20629481_EA

$1.49 LB

GROWN IN CANADA



SWEET POTATOES
product of Canada
patates douces
3.28/kg
20127708001_KG

$4.99 2 LB BAG



FARMER'S MARKET MANDARINS product of South Africa or **MINI SEEDLESS WATERMELON** product of U.S.A., Mexico, Guatemala, or Honduras
mandarines ou melon d'eau
20145379001_EA/20099819001_EA

$2.49 LB



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

PRICE DROP

$4

GROWN IN CANADA



PC® LIVE LETTUCE TRIO
product of Canada
trio de laitues vivantes
21178850_EA

$1.29



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

NFO 2_mat23/11/2025_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

EXTRA LEAN GROUND BEEF
bœuf haché extra maigre
19.82/kg
20357910_KG

$8.99 LB

CLUB SIZE



$10



MAPLE LEAF PRIME CHICKEN DRUMSTICKS or **THIGHS**
bone-in
up to 925 g
pilons ou hauts de cuisses de poulet
20633115_EA/20633026_EA

$14



MARCANGELO CHICKEN ROASTS
selected varieties
600 g
rôtis de poitrine de poulet
21777160_EA



$2

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

RAIN CHECK + pts

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

$1.50



CARL BUDDIG SLICED MEAT
selected varieties
55 g
viandes tranchées
20074681_EA

$6



WATSON RIDGE CHICKEN STRIPS, GABBY'S DOLLHOUSE NUGGETS or **TA'AAM HALAL CHICKEN NUGGETS**
frozen
700/800 g
lanières ou pépites de poulet ou pépites de poulet halal
21303249_EA/21740852_EA

$3.78



SEAQUEST® SURIMI 227 g, **PACIFIC WHITE RAW** 31-70 per lb or **COOKED** 61-90 per lb **SHRIMP** 160 g or **YELLOW FIN TUNA STEAK** 92 g
selected varieties, frozen
surimi ou crevettes ou darne de thon albacore
20749901_EA/21712209_EA

$8



MARINA DEL RAY WILD CAUGHT ARGENTINIAN SHRIMP
frozen
20-40 /lb, 300 g
crevettes
21334387_EA

$6.49



LILYDALE TURKEY DINNER SAUSAGES
selected varieties
500 g
saucisses de dinde à repas
21064934_EA

$4.50



MARCANGELO DINNER SAUSAGES, BREAKFAST SAUSAGES or **ROUNDS** or **ITALIAN GRINDS**
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
21724134_EA/21724145_EA

$6



PC® SLICED CHEESE 140-170 g or **CHEESE BLOCKS** 250 g
selected varieties
fromage
20216643_EA/20770652_EA

$4



PC® TOPPED HUMMUS 280 g or **SNACK FACTORY PRETZEL CRISPS** 200 g
selected varieties
hummus ou craquelins de bretzel
20811384_EA/20948940_EA

$6



PILLER'S PEPPERONI 175/250 g or **KOLBASSA** 250-375 g
selected varieties
kolbassa ou garnitures à pizza
20042333_EA/20308469_EA

$2.95



COUNTRY HARVEST BAGELS
selected varieties
6's
bagels
21178597_EA

$3



D'ITALIANO BREAD 620/675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
20038333_EA/20626949_EA

$5



ACE ROLLS
selected varieties
400-530 g
petits pains
21724955_EA

$3.50



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

Optimum

Get 3,000 pts For every $10* spent

That's $3 value



OLIVIERI SAUCE 300 mL, **TWIN PACK PASTA** 450/500 g or **GNOCCHI** 280/300 g
selected varieties
sauce ou pâtes ou gnocchi
20114410_EA/20321512_EA/21022065_EA

NFO 3_rad23/11/2026_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.

BIG HOLIDAY DEALS!

SAVE UP TO 27%

$3.99



BECEL MARGARINE or **PLANT BUTTER** 400-454 g or **I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE** 800 g
selected varieties
margarine
21747653_EA

ONLY

$4.77



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

ONLY

$6.79



iÖGO 16x100 g or **SIGGI'S SKYR YOGURT** 650/750 g
selected varieties
yogourt
20606778001_EA/21353865_EA

ONLY

$7.50



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

ONLY

$3.75



NEILSON CREAM
5%,10% 1 L
18%,35%
473 mL
selected varieties
crème ou colorant à café
20123609_EA
20774431_EA

$1.75



CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé
20896812_EA/20896887_EA

$4.99



HAAGEN-DAZS
450 mL or
BARS 3/4's
selected varieties, frozen
barres
20302298003_EA/21722352_EA

$7



HIGH LINER FAMILY FISH
selected varieties, frozen
315-700 g
filets de poisson panés ou en pâte ou bâtonnets ou crevettes
20303200001_EA

$4.75



SMUCKER'S UNCRUSTABLES SANDWICHES
selected varieties, frozen
4x58 g
sandwiches
21543057_C04

$2.50



CHRISTIE CRACKERS
selected varieties
162-212 g
craquelins
21030647_EA/21547034_EA

$1.99



SNACK PACK PUDDING
selected varieties
4x99 g
pouding
20310707006_EA

$1.69



COCA-COLA or **PEPSI SOFT DRINKS**
selected varieties
2 L
boissons gazeuses
20316026002_EA/20296926002_EA

$4



OCEAN SPRAY CRANBERRY COCKTAIL or **MOTT'S CLAMATO**
selected varieties
1.89 L
cocktail de canneberges ou jus de palourdes
20300006008_EA/20318955002_EA

$2



MAPLE LEAF FLAKED MEAT 156 g, **HOLIDAY LUNCHEON MEAT** 340 g or **RO TEL DICED TOMATOES** 283/284 g
selected varieties
viande en flocons ou pain de viande ou tomates en dés
20298273001_EA/20618778_EA

$2



PRIMO PASTA SAUCE 680 mL or **AYLMER ACCENTS DICED TOMATOES** 540 mL
selected varieties
pâtes ou sauce tomate ou tomates en dés
20730715_EA /21207587_EA

$2.50



FRENCH'S MUSTARD
selected varieties
325/400 mL
moutarde
20083238_EA/20318504001_EA

$2.47



NATURE VALLEY GRANOLA BARS, GENERAL MILLS CEREAL BARS or **BETTY CROCKER FRUIT SNACKS**
selected varieties, 120-226 g
barres
20315520006_EA/20318474001_EA

$3



POST CEREAL
selected varieties
283-525 g
céréales
20299648_EA/21427173_EA

$8.99



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

NEW ARRIVAL

$6.50



DOLE WHIP SORBET
selected varieties, frozen
414 mL
sorbet fouetté
21772674_EA/21772784_EA

$7.99



HERSHEY'S CHOCOLATE COVERED FRUIT
selected varieties, frozen
226 g
fruits enrobés de chocolat
21776588_EA/21776589_EA

$14.99



ISLAND WAY SORBET ASSORTMENT
frozen, 8's
assortiment de sorbets
21737274_EA

App exclusive offer

Get 6,000 pts
Spend $15 on
That's $6 value



HERSHEY'S CHOCOLATE CONFECTIONARY ITEMS
selected varieties
chocolat
20313422_EA/20737738_EA/20687591001_EA/21653680_EA

$28.99
Get 2,000 pts
That's $2 value



PAMPERS SUPER BIG PACK DIAPERS
selected varieties
size N-8, 38-124's
couches
21370844_EA

App exclusive offer

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



NO NAME® BAKING ITEMS
selected varieties
farine ou ingrédients à pâtisserie
20013256_EA/21743791_EA

Get 1,500 pts
For every $6* spent on
That's $1.50 value



CLUB HOUSE GRAVY or **SEASONING MIXES**
selected varieties
21-47 g
mélange à sauce ou à assaisonnement
20302816001_EA/20323721011_EA/20801021_EA

Optimum

40% off
Get 1,000 pts
That's $1 value



JAMIESON VITAMINS C,D or **B**
selected varieties
75-240's
vitamines
20299993_EA/20984309_EA

NFO 4_rad23/11/2026_ON

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 26 TO WEDNESDAY, DECEMBER 2, 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.

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.

ONL NFO FLAP 1

BRANDS YOU LOVE AT LOW PRICES

$5



OLYMPIC KREMA YOGURT
selected varieties
650 g
yogourt
20588372002_EA



$4.99

PHILADELPHIA CREAM CHEESE SPREAD or **DIP**
selected varieties
340 g
tartinade de fromage à la crème ou trempettes
20866929002_EA

$3.50



KELLOGG'S EGGO WAFFLES
selected varieties, frozen
8's
gaufres
20302779_EA



$6.50

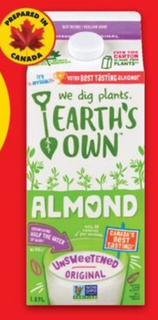
MCCAIN PIZZA POCKETS
selected varieties, frozen
540/600 g
pochettes de pizza
21047833_EA

$5.99



NEILSON LACTOSE FREE MILK
selected varieties
2 L
lait
20188053001_EA

$4



EARTH'S OWN NON-DAIRY BEVERAGES
selected varieties
1.75/1.89 L
boissons non laitières
20327647_EA

$4.50



MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190/200 g
croustilles
21240628_EA/21240703_EA

$4



PC® 100% JUICE BOXES
selected varieties
8x200 mL
boîtes de boisson
21718742_EA

$9.50



RED BULL ENERGY DRINKS
selected varieties
4x250 mL
boissons énergisantes
20166737001_C04/20166737002_C04

$5.77



RIO MARE TUNA
selected varieties
195/240 g
thon
20035383_EA/21595037_EA

$3.50



QUAKER INSTANT OATMEAL
selected varieties
232-344 g
gruau instantané
21190254_EA/21190265_EA

$3



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

$2

Get 500 pts

That's 50¢ value



MONTANA'S SOUP
selected varieties
540 mL
soupe
21690570_EA

$1.79



HEINZ BEANS or **PASTA**
selected varieties
398 mL
fèves ou pâtes
20040380003_EA/20177278001_EA

$4



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

$4.99



LEA & PERRINS WORCESTERSHIRE SAUCE 284 mL or **THE EXTREME BEAN PICKLED BEANS** 500 mL
selected varieties
sauce ou haricots marinés ou cornichons
20063633_EA/20618220_EA

$3.99



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

$2.50



BEN'S ORIGINAL BISTRO EXPRESS RICE
selected varieties
240/250 g
riz
21405242_EA/21405476_EA

$4.99



LINDT LINDOR MINI CHOCOLATE BALLS 100 g, **HERSHEY'S** or **JOLLY RANCHER CANDY CANES** 149 g
selected varieties
chocolat ou cannes en sucre
20137209_EA/21747198_EA

$5.99



TERRY'S CHOCOLATES 145 g or **CADBURY CELEBRATIONS GIFT BOX** 121/126 g
selected varieties
chocolats ou boîte-cadeau
21672499_EA/21746730_EA

$8.49



LINDT LINDOR CHOCOLATE BAGS 120-150 g or **KINDER CHOCO BALLS** 164 g
selected varieties
sachets ou chocolats
21747884_EA/21748704_EA

$13



PC®, FERRERO ROCHER, MERCI, KIT KAT or **CADBURY CHOCOLATES**
selected varieties
353-600 g
chocolats
20104917_EA/21742055_EA

BRANDS YOU LOVE AT LOW PRICES

$2.50



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



$2.50

HELUVA GOOD! DIP
selected varieties
250 g
trempettes
20179979002_EA

$5



PC® SCOOP SHOP ICE CREAM 946 mL or **LOADS OF™ NOVELTIES**
288/330 mL
selected varieties, frozen
crème glacée ou friandises glacées
21706496_EA/21734649_EA



$1.50

NESTLÉ MILKSHAKES or **MILK 2 GO SPORT**
selected varieties
325/473 mL
laits frappés
20323668001_EA

$3

NO NAME® VEGETABLES
selected varieties, frozen
750 g
légumes
20312260_EA



$7.50



MCCAIN FAMILY SIZE
selected varieties, frozen
1.45-1.9 kg
frites ou pommes de terre
21049522_EA

$6.79



OIKOS GREEK 650/750 g or **ACTIVIA** 12x100 g **YOGURT**
selected varieties
yogourt
20303412001_EA/21006634_EA

$4.50



PLANTERS CASHEWS 200 g or **PEANUTS** 600 g
selected varieties
noix de cajou ou arachides
20021666_EA/21021618_EA

$4.50



SKINNYPOP POPCORN
selected varieties
125/150 g
maïs soufflé
20785418001_EA

$4.79



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

$3



NO NAME® COATING MIX
selected varieties
142-162 g
mélange de panure
21122652_EA

$5



NO NAME® BAKING POWDER
450 g
poudre à pâte
20163323_EA

$3.99



FRANCO'S ORGANIC PASTA
selected varieties
454 g
pâtes
21742552_EA

$2.75



PC® SWEETENED CONDENSED MILK
300 mL
lait condensé
20112979_EA

$8.99



RED ROSE ORANGE PEKOE TEA BAGS
210's
sachets de thé
21692175_EA

$6



COFFEE-MATE COFFEE WHITENER 425/450 g or **NESQUIK SYRUP** or **MILK MIX** 510-700 mL/540 g
selected varieties
colorant à café ou sirop ou mélange de lait
20309221002_EA/20320167002_EA

$13



PC® 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE HONEY** 1 kg
selected varieties
sirop d'érable ou miel
20049231_EA/20724506_EA

$2.79



LECLERC GO PURE or **MUFFIN MAX BARS**
selected varieties
140-223 g
barres
20955014_EA/21507858_EA

$4.50



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

BRANDS YOU LOVE AT LOW PRICES

$5

NO NAME® WET MOPPING REFILLS
12's
recharges pour vadrouille
20725293_EA





$3.50

NO NAME® BLEACH
selected varieties
2.4 L
eau de Javel
21486532_EA

$7



PUREX 1.17-1.94 L **SUNLIGHT** 1.94 L **LAUNDRY DETERGENT** or **SNUGGLE FABRIC SOFTENER** 1.16 L or **DRYER SHEETS** 120's
selected varieties
détergent à lessive liquide
21737524_EA



$5.50

OLD DUTCH LAUNDRY DETERGENT
selected varieties
4 L
détergent à lessive
21467437_EA

$4.50



PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
nettoyant tout usage
20298679001_EA/20298679002_EA

$6



GLADE TRIPLE WICK CANDLE
selected varieties
193 g
bougie à trois mèches
20903166_EA/21761074_EA



EVERYDAY ESSENTIALS™ HOLIDAY PARTY CUPS
selected varieties
24's
verres
21721693_EA/21721694_EA

$4.50



CLOROX or **SCENTIVA CLEANING SPRAY**
selected varieties
709-946 mL
vaporisateur nettoyant
21657792_EA/21734708_EA

$9



PALMOLIVE DISHWASHING LIQUID
selected varieties
4.27 L
détergent liquide à vaisselle
21516689_EA

$7



PC® HEAVY-DUTY FREEZER BAGS
selected varieties
10-38's
sacs à congélation
21160679_EA

$5.49



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

$1



COLGATE or **CREST TOOTHPASTE**
selected varieties
50-100 mL
dentifrice
20975582_EA

$7.50



VASELINE SKINCARE PRODUCTS
selected varieties
600 mL
soins de la peau
21085011_EA
LIMIT: 6, AFTER LIMIT RETAIL: $9

$22



TIDE LIQUID 3.46/3.9 L, **GAIN** 5.44 L, **PODS** or **FLINGS** 45-76's **LAUNDRY DETERGENT** or **DOWNY SCENT BOOSTERS** 751/853 g
selected varieties
détergent à lessive
21593670_EA/21593706_EA

$3.50



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

$2.69



NO NAME® DISINFECTANT WIPES
selected varieties
35's
lingettes désinfectantes
21386778_EA

NEW LOWER PRICES



$3

RUDOLPH'S BREAD
selected varieties
500 g
pain
20180935_EA/20342144_EA

$3



THE LAUGHING COW CHEESE SPREAD, CHEESE DIPPERS or **KIRI CREAM CHEESE**
selected varieties
133-144 g
fromage tartinable ou trempette de fromage ou fromage à la crème
20319107_EA/20575221_EA/21201454_EA



$10



MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
brochettes
21041735_EA



$4.50

SAN DANIELE PROSCIUTTO 100 g or **MASTRO SALAMI** or **CHARCUTERIE TRIO** 100-175 g
selected varieties
prosciutto ou salami ou charcuteries
20581660_EA/21061099_EA

$10



SCHNEIDERS SCHNITZEL 450 g, **DIP** 530 g or **PRIME CHICKEN MEATBALLS** 700 g
selected varieties, frozen
escalope ou trempette ou boulettes de poulet
21551428_EA/21703461_EA

$9



SCHNEIDERS HAM
selected varieties
700 g
jambon
21094878_EA

$5.50



PC® HUMMUS or **DIPS**
selected varieties
454 g
hummus ou trempettes
20584001_EA/20584098_EA

$6.50



SEAQUEST® RAW PACIFIC WHITE SHRIMP 16-20 per lb
frozen
300 g
crevettes
21043887_EA

$5



PC® APPLE CIDER
product of Canada
cidre de pommes
20000005_EA

$6



KNORR BOUILLON PASTE
selected varieties
311 g
pâte de bouillon
21683454_EA

$8



FLOURISH PROTEIN PANCAKE AND WAFFLE MIX
selected varieties
430 g
mélange à crêpes ou gaufres
21375777_EA/21375781_EA

$1.39



CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
soupe condensée
20297246002_EA/21735950_EA

$1.88



KNORR SIDEKICKS SIDE DISHES
selected varieties
120-162 g
plats d'accompagnement
20321430007_EA/20321430011_EA

$4.50



NESTLÉ CHOCOLATES
selected varieties
76-203 g
chocolat
21080077_EA/21569498_EA

$9



BLACK DIAMOND CHEESTRINGS
selected varieties
504 g
fromage effilochable
21742903_EA

$7



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

$3.33



ACTIVIA YOGURT
selected varieties
650 g
yogourt
20325132001_EA/20325132003_EA

$3



CATELLI PROTEIN+ PASTA
selected varieties
340 g
pâtes
21661872_EA/21661874_EA

AVAILABLE AT SELECT LOCATIONS ONLY

NEW LOWER PRICES



$3.50

CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
frites
20318419001_EA

$5



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



$1.50

SWANSON POT PIE
selected varieties, frozen
200 g
pâtés
20320525001_EA

$5.50



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

$10



BASKIN ROBBINS ICE CREAM 946 mL or **SANDWICHES** 4's
selected varieties, frozen
crème glacée ou sandwichs
21721501_EA/21721551_EA

$5.50



SCHNEIDERS BREAKFAST SANDWICH or **EGG BITES**
selected varieties, frozen
204-288 g
sandwich déjeuner ou bouchées aux œufs
21623323_EA/21623533_EA

$10



EL MONTEREY TAQUITOS or **QUESADILLAS**
selected varieties, frozen
567/588 g
taquitos ou quesadillas
21725015_EA

$3



KHAAS or **PARMALAT YOGURT**
selected varieties
750 g
yogourt
20343515_EA

$5



SILK COFFEE CREAMER
selected varieties
890 mL
colorant à café
21743501_EA

$7



ALFA ROLLINI SPANAKOPITA or **ROLLINI TYROPITA**
selected varieties, frozen
1 kg
rollini
21606986_EA/21606987_EA

$5



KEWPIE MAYONNAISE
465 mL
mayonnaise
21644268_EA

$8



POPPI SODA
selected varieties
4x355 mL
soda
21606285_EA

$11



KICKING HORSE GROUND COFFEE
selected varieties
284 g
café moulu
20805126001_EA

$4



PC® ORGANICS VEGETABLES
selected varieties, frozen
300-500 g
légumes
20416869001_EA/20416869002_EA

$8



PC® BLUE MENU® EGG WHITES
1 kg
blancs d'œufs
20821364001_EA

$3



RUFFLES POTATO CHIPS
selected varieties
180-200 g
croustilles
21241053_EA

$2.50



QUAKER CRISPY MINIS RICE CAKES
selected varieties
90-199 g
galettes de riz
20163708002_EA/20303002001_EA

$5.25



SIMPLY ORANGE, CRANBERRY or **APPLE JUICE**
selected varieties, refrigerated
1.36/1.54 L
jus ou boissons
21735026_EA/21735042_EA

$7



GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001_EA/21359461_EA

$7



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

$7



WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
nourriture sèche pour chats
21388889_EA

AVAILABLE AT SELECT LOCATIONS ONLY

BIG HOLIDAY DEALS!

Yoplait LIBERTÉ

$5.79



LIBERTÉ MÉDITERRANÉE YOGURT
selected varieties
900 g
yogourt
21756018_EA/21305347_EA

IRVING™

$12

ROYALE TIGER TOWEL
selected varieties
6=12 rolls
essuie-tout
21484732_EA



$10.99



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA

BIG HOLIDAY DEALS!

NOFRILLS

Optimum™

Open the PC Optimum™ App, clip the coupons*, and save all season long.

SPEND $15 GET
3,000 pts
PC® SOFT DRINKS AND SPARKLING SODA, 12x355 mL
Boissons gazeuses et sodas pétillants
21703732_EA
Clip coupon
Until December 2, 2026



2,000 pts
LIBERTÉ MÉDITERRANÉE
900 g
yaourt
21305347_EA/21430950_EA/21756018_EA
Clip coupon
Until December 2, 2026



4,000 pts
PC® MAPLE SYRUP
500 mL
Sirop d'érable
2004922_EA
Clip coupon
Friday to Sunday only!



25% OFF
ROYALE TIGER TOWEL
6=12 rolls
un essuie-tout
21484732_EA/21484704_EA
Clip coupon
Until December 2, 2026



500 pts
PC® CHOCOLATE BAR
100 g
chocolat
21690042_EA
Clip coupon
Until December 2, 2026



1,000 pts
PC® CHOCOLATE BAR
300 g
chocolat
21679968_EA
Clip coupon
Until December 2, 2026



750 pts
PC® DECADENT® COOKIE
300 g
cookies
20612260_EA
Clip coupon
Until December 2, 2026



3,000 pts
PC® DECADENT® SEMI-SWEET CHOCOLATE CHIPS, 1 kg
Pépites de chocolat
20588353_EA
Clip coupon
Until December 2, 2026



500 pts
PC® POP
2 L
sodas
20311645028_EA
Clip coupon
Until December 2, 2026





*Exclusively available to No Frills home store customers.

BIG HOLIDAY DEALS!

NOFRILLS

Optimum™

Open the PC Optimum™ App, clip the coupons*, and save all season long.

500 pts
PC® SCALLOPED CRACKERS
185 g
craquelins
20603888003_EA
Clip coupon
Until December 2, 2026



1,000 pts
PC® SUISSE CHOCOLATE
400 g
chocolat
20097883_EA
Clip coupon
Until December 2, 2026



1,000 pts
PC® CANDY CANE ICE CREAM
1.5 L or 6 x 55mL
glace
20810224_EA
Clip coupon
Until December 2, 2026



500 pts
PC® PREMIUM EGGNOG
1 L
le lait de poule
20104019_EA
Clip coupon
Until December 2, 2026



3,000 pts
NO NAME NATURALLY IMPERFECT™ FROZEN FRUIT, 2 kg
les fruits surgelés
21289951_EA
Clip coupon
Until December 2, 2026



1,000 pts
PC® GREEK YOGURT
1 kg
yaourt
21518400_EA
Clip coupon
Until December 2, 2026



3,000 pts
PC® PORCHETTA
1.2 kg
porchetta
21688648_EA
Clip coupon
Until December 2, 2026



1,500 pts
PC® JUICE SHOTS
4 x 60 mL
un shot de jus
21664427_EA
Clip coupon
Until December 2, 2026





*Exclusively available to No Frills home store customers.

EAST ASIAN FLAVOURS
AT LOW PRICES

$1.99 LB



BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON or **BABY NAPA CABBAGE**
product of Mexico
pak-choï ou chou cantonnais ou brocoli chinois ou chou napa
4.39/kg
20082279001_KG/20032454001_KG



$1.99

DRAGON FRUIT
product of Vietnam
each
pitaya
20168395001_EA

99¢ LB



NAPA or **TAIWANESE CABBAGE**
product of Mexico
chou napa ou chou taïwanais
2.18/KG
20015025001_KG/20020863001_KG



$4.99 LB

GUAVA
product of Taiwan
11.00/kg
goyave
20162500001_KG

$5.48



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

$5.50



T&T® HEAD ON SHELL ON COOKED SHRIMP
21-25 per lb 300 g
crevettes
21689868_EA

$3.88 LB



UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG

$1.28



T&T® TROPICAL CAKE
selected varieties
180 g
gâteau tropical
20826537_EA

$2.29



SPRINGHOME SPRING ROLL PASTRY
frozen
400 g
pâte pour rouleaux de printemps
20131105_EA

$12.99



HEIWA CALROSE RICE
6.8 kg
riz
20570505_EA

$10.99



TASTIE JASMINE RICE
6.8 kg
riz au jasmin
21717835_EA

$4.99



LEE KUM KEE SRIRACHA MAYONNAISE
445 mL
mayonnaise à la sriracha
20775047_EA

$5.99



O'TASTY DUMPLINGS
selected varieties, frozen
567 g
boulettes
20319243001_EA

$4.99



MELONA DESSERT BARS
selected varieties, frozen
560 mL
barres desserts
21622903_EA

$9.99
Get 1,000 pts
That's $1 value



T&T® ROASTED SEAWEED
less salt
120 g
algues rôties
21740594_EA

$4.99
Get 300 pts
That's 30¢ value



NONGSHIM NOODLE SOUP
selected varieties
4's, 400-508 g
soupe aux nouilles
21503849_EA/21504161_EA

$2.49
Get 500 pts
That's 50¢ value



T&T® ALOE VERA DRINK
selected varieties
1.5 L
boisson à l'aloès
20593585_EA/21007399_EA

AVAILABLE AT SELECT LOCATIONS ONLY

SWEET HOLIDAY SAVINGS

$3.49





CARNABY SWEET CANDY CANES 200 g or **WATERBRIDGE CANDY** 175 g
selected varieties
friandises
20910905_EA/21756481_EA

$7.99



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

$1.50





HERSHEY'S KISSES 41 g, **REESE'S PIECES CANDY CANE** 39.6 g or **MAYNARDS SOUR PATCH KIDS CANDY** 100 g
selected varieties
friandises
20635315_EA/21306052_EA

$3.99





PC® HOT CHOCOLATE BOMBS, FERRERO ROCHER CHOCOLATE BARS 90 g or **DARE REALFRUIT CANDIES** 225 g
selected varieties
friandises ou barres
21397379_EA/21541858_EA

$2.99





TOFFIFEE CHOCOLATES 123 g or **NERDS GUMMY CLUSTERS** 142 g
selected varieties
chocolats ou friandises
20103822_EA/21748121_EA

$5.99





KINDER SURPRISE CHOCOLATE EGGS 80/100 g or **FERRERO ROCHER CHOCOLATES** 75 g
selected varieties
œufs en chocolat ou chocolats
20802152_EA/1747912_EA

$2



PC®, HERSHEY'S, REESE'S or **WATERBRIDGE CHOCOLATES**
selected varieties
50-100 g
chocolats
21342527_EA/21460108_EA

$8





PC® SUISSE CHOCOLATE BARS 400 g or **MERCI CHOCOLATES** 210/250 g
selected varieties
barres de chocolat ou chocolats
20097883_EA/21456575_EA

BLACK FRIDAY DEALS

Optimum™

App exclusive offer

Friday, November 27 only!

Get **20,000** pts for every $50* spent

That's a **$20** value

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

November 27 at participating NO Frills Stores only.
See in-store for details

$10

Get **1,500** pts

That's $1.50 value



SISTEMA NEST IT FOOD STORAGE CONTAINERS
5's
ensemble de contenants
21697363_EA

DURACELL AA24 or AAA16 BATTERIES
piles
21697059_EA/21694795_EA

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

$10



$6



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

$30



CUCKOO RICE COOKER
6 cup
cuiseur à rizcuiseur à riz
21701986_EA

$22

Get **4,000** pts

That's $4 value



BRITA WATER FILTER PITCHERS or 3 PACK FILTERS
selected varieties
pichets pour filtrer l'eau ou filtres
20094145_EA/21524887_EA

$60

Get **10,000** pts

That's $10 value



CUISINART AIRFRYER
2.6 quart
friteuse à air
21697077_EA

$10



MEGA BLOCKS BUILD & COUNT BUS
jeu
21709758_EA

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*For every $20 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 20,000 points. See terms & conditions for redemption restrictions

Insiders Report™

Snack. Serve. Save.

$10



PC® Beef Wellington Bites
frozen
288 g
bouchées de bœuf
21742294_EA

PC® bacon
selected varieties
375 g
bacon
21738792_EA

$7



$1.49



PC® whole white mushrooms
product of Canada
champignons entiers
20776239_EA

Pc® Free Run Large Brown Eggs
12's
Œufs bruns
20813628001_EA

$6.50



$3



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

$7.29



PC® Soft drinks
selected varieties
12x355 mL
boissons gazeuses
20690671001_C12

$5



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

$20



PC® coffee pods
selected varieties
30's
capsules de café
21038677_EA

$5



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

$7.50



PC® Ready To Heat Soup
selected varieties, 700 mL
soupe
21736314_EA/21736392_EA

$6



PC® protein muffins
selected varieties
4's
muffins
21739320_EA/21739396_EA

$7



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

$4.75



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

$6



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

$10



PC® Our Ultimate butter-tart pie
frozen, 497 g
tarte
21747382_EA

Optimum

App exclusive offer

$9
Get 2,000 pts
That's $2 value



PC® Black Label pizza
selected varieties, frozen
310-440 g
pizza
21531415_EA

App exclusive offer

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



PC® Antipasto-Go rolls spicy salami pizza
mozzarella or prosciutto provolone
selected varieties, 140 g
roulés
21732429_EA/21732546_EA

App exclusive offer

$3.50
Get 1,000 pts
That's $1 value



PC® Blue Menu Cottage Cheese Dip
selected varieties, 200 g
trempette de fromage cottage
21742229_EA/21742273_EA

BEER AND CIDER

$10



SLEEMAN CLEAR 2.0 LIGHT or **CANADIAN LAGER** 6X473 mL or **PABST BLUE RIBBON 4.9% ABV** 6X355 mL
cans
bière
20511426_C06/20955192_C06/21014347_C06

$22



BUDWEISER or **BUD LIGHT BEER**
cans
12x473 mL
bière
21626676_C12/21626677_C12

$10



MICHELOB ULTRA LIGHT BEER
cans
6x473 mL
bière
21097258_C06

$17



HEINEKEN 6x500 mL or **STELLA ARTOIS PILSNER** 6x473 mL
cans
bière
20955260_C06/21347368_C06

$12



SOMERSBY PEAR or **BLACKBERRY CIDER**
cans
4x473 mL
cidre
21397773_C04/21397776_C04

$23



TWISTED TEA CANS
selected varieties
12x355 mL
boisson à la vodka
20513398_C12

$27



COORS SELTZER CANS
selected varieties
12x355 mL
seltzer alcoolisé
21536951_C12/21738928_C12

$22



FOUNDER'S ORIGINAL ULTIMATE COCKTAIL BOX CANS
selected varieties
8x355 mL
cocktails
21503696_C08

$18



CREEMORE SPRINGS LAGER
cans
selected varieties
6x473 mL
bière
21097267_C06

$12



LAKER ICE 5.5% ABV CANS
6x473 mL
bière
21472702_C06

$9.49



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

$12



CORONA CERO NON-ALCOHOLIC BEER
6x330 mL
bière désalcoolisée
21630191_C06

PLEASE DRINK RESPONSIBLY.

Prices do not include tax and deposit fees.

SEE IN-STORE FOR PRODUCT OFFERING AND PRICING

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO ALC

Express™ Pass

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.

ONL NFO FLAP PCX

OUR FLYER. YOUR INBOX.

STRAIGHT TO YOUR EMAIL
Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE
Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price . Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONL NF PCX

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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Esso Mobil | Optimum™

Get more from every litre



App Exclusive Offer
November 27-29

Get offer

Bonus 5¢/L in pts when you fuel up at Esso or Mobil stations.

MORE WAYS TO SAVE

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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Offer valid from November 27-29, 2026. Must be a registered PC Optimum member. Purchase fuel at participating Esso or Mobil stations in Canada, and swipe or scan the PC Optimum card or key in the registered phone number associated with the PC Optimum account receiving this offer at the time of purchase to earn 50 points on each full litre of fuel purchased in a single transaction to a maximum of 40 litres. We are not obligated to award points based on errors or misprints. Visit pcoptimum.ca for full terms & conditions for redemption restrictions. Allow up to 72 hours for points to be awarded. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee. Mobil is a trademark of Exxon Mobil Corporation or one of its subsidiaries. Imperial Oil, licensee.

ONL NFO MKT