NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 15 TO WEDNESDAY, OCTOBER 21, 2026.

DEALS FOR DAYS EVENT

App exclusive offers

Optimum

4 DAYS
THURSDAY, OCTOBER 15 - SUNDAY, OCTOBER 18

NO NAME® CHEESE BARS 400 g or **NO NAME® CHEESE SHREDS** 320 g
selected varieties
barres de fromage ou fromage râpé
21618300_EA



Member Price $2.99
Non-Members $4.88
Member Save $1.89



NO NAME® BACON
selected varieties, 375 g
bacon
21750394_EA/21738685_EA

Member Price $2.50
Non-Members $3.50
Member Save $1

ONLY 1.68



6OZ CLAMSHELL

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

SAVE 25% 2.99

GROWN IN CANADA



10 LB BAG

FARMERS MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade
oignons jaunes
20600991001_EA

CLUB SIZE



SAVE 30% 4.88 LB

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

ONLY 2.99



PKG OF 5

3 LB BAG

FARMER'S MARKET™ ORANGES
product of South Africa or **AVOCADOS** product of Mexico
oranges ou avocat
21644936001_EA /20162945001_EA

ONLY .97 LB

Foodland ONTARIO



ROYAL GALA APPLES
product of Ontario, Canada orchard run grade
2.14/kg
pommes
21160638001_KG



SAVE UP TO 55% 5.77



JANES PUB STYLE BREADED CHICKEN or WINGS
selected varieties, frozen
660/700 g
poulet pané ou ailes
21191828_EA/21440046_EA

SAVE UP TO 50% 3.99



2.5 LB BAG

NO NAME® NATURALLY IMPERFECT™ GREEN or MIXED PEPPERS
product of Canada or Mexico
poivrons verts ou poivrons
20969990001_EA/20921434001_EA

SAVE 25% $3



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

ONLY 3.47



OIKOS GREEK or ACTIVIA FIBRE+ YOGURT
selected varieties
4x95/100 g
yogourt
20419715001_EA/20625055_EA

SAVE 22% 3.33



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

ONLY $3



POST CEREAL
selected varieties
311-525 g
céréales
21427173_EA/21427214_EA

SAVE 37% 1.25



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

SAVE UP TO 51% 11.99



HERSHEY'S REESE'S or TWIZZLERS HALLOWEEN ASSORTED CHOCOLATES or CANDY
selected varieties
909 g-1.02 kg
chocolats variés ou friandises
21668235_EA

SAVE UP TO 30% $9



PUREX 3.45/3.85 L, **SUNLIGHT** 3.85 L or **PERSIL** 1.86 L **LIQUID LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant ou feuilles pour sécheuse
21770214_EA/21769748_EA

WOW! 9.97

6=12 ROLLS



ROYALE BATHROOM TISSUE or TIGER TOWEL
selected varieties
essuie-tout ou papier hygiénique
21484732_EA/21691633_EA

EXTRA DEALS!

3.33



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

$2



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20419715001_EA/20625055_EA

$1



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

$7



NO NAME® FLOUR
selected varieties, 10 kg
farine
20022248_EA

NFO 1_red12/10/2026_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

FRESH AT LOW PRICES



$10

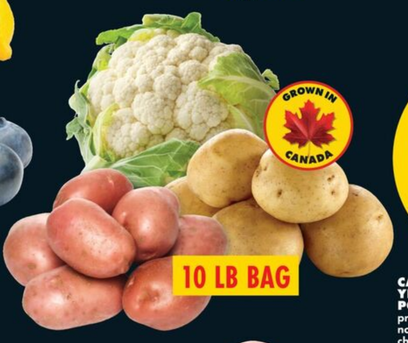
SUNFLOWER BOUQUET
bouquet
21620052_EA

3.99
2 LB BAG



BLUEBERRIES
product of Peru, no. 1 grade or
FARMER'S MARKET™ LEMONS
product of South Africa
bleuets ou citrons
20152465001_EA/20795315001_EA

6 OZ CLAMSHELL



GROWN IN CANADA

10 LB BAG

3.99

CAULIFLOWER, RED, YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
chou-fleur ou pommes de terre
20601013001_EA/20601020001_EA

3.99 LB



RED or GREEN SEEDLESS GRAPES product of U.S.A., no. 1 grade
or **BLACK PLUMS** product of Italy, no. 1 grade
raisins verts ou rouges sans pépins ou prunes noires
8.80/kg
20425775001_KG/20159199001_KG/20316478001_KG



BUNCH SPINACH
each, product of Mexico or U.S.A. or
TOMATOES ON THE VINE
4.39/kg, product of Canada or Mexico, no. 1 grade
épinards en botte ou tomates sur vigne
20162840001_EA/20026703001_KG

1.99 LB/EA

FRESH GUARANTEE

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

2.99



GROWN IN CANADA

3 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada, Canada no. 1 grade
carottes
20600927001_EA

2.99

PKG OF 6



283 G

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, Mexico or U.S.A. or **FARMER'S MARKET™ MINI CUCUMBERS**
product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombres
21367888001_EA/20737570001_EA

1.49

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20070132001_EA



Foodland ONTARIO

1.49



RED MANGOES
product of Brazil
mangues rouges
20059635001_EA

2.49 LB



Foodland ONTARIO

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

3.99



HONEYDEW product of U.S.A. or **CANTALOUPE** product of U.S.A., no. 1 grade
melon miel ou cantaloup
20167017001_EA/20045276001_EA

5.99

567 G



GROWN IN CANADA

PC® LITTLE BEAUTS VARIETY TOMATOES
product of Canada
tomates
21720711001_EA

3.99



PINEAPPLE
product of Costa Rica
ananas
20160992001_EA

2.49



GROWN IN CANADA

227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Canada
champignons
20775803_EA/20743653_EA

1.49 LB

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



GROWN IN CANADA

3.99

3 LB BAG



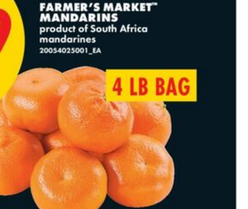
GROWN IN CANADA

FARMER'S MARKET™ RED ONIONS
product of Canada, Canada no. 1 grade
oignons rouges
20811362001_EA

6.99

FARMER'S MARKET™ MANDARINS
product of South Africa
mandarines
20054025001_EA

4 LB BAG



PRICE DROP

1.99



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

Foodland ONTARIO

1.99

GROWN IN CANADA



BROCCOLI CROWNS
product of Canada
couronnes de brocoli
21121560001_EA

.99 LB

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



Foodland ONTARIO

NFO 2_rad12/10/2026_ON

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

NOFRILLS
FRESH AT LOW PRICES

LEAN GROUND BEEF
grass fed, 450 g
bœuf haché maigre
21615428_EA

$6

$5.99 LB

SPLIT CHICKEN WINGS
fresh
ailes de poulet séparées
13.21/kg
20761916_KG/21656520_KG



CLUB SIZE



HALAL

$6



SCHNEIDERS JUICY JUMBOS or **GRILL 'EMS SMOKED SAUSAGES**
selected varieties, 375/400 g
saucisses fumées ou bologne
20105611_EA



11.99

MARCANGELO ITALIAN SAUSAGES or **MEATBALLS**
selected varieties
1 kg
saucisses ou boulettes de viande
20867488_EA/21067660_EA

RAIN CHECK + pts

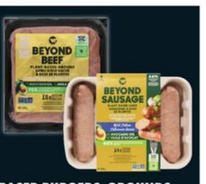
We'll honour a current deal if we're sold out, and give you 10% back in PC Optimum™ Points.†

$13.99 LB



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

6.99



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

3.49



SEAQUEST® SURIMI 227 g or **RAW** 31-70 per lb or **COOKED** 61-90 per lb **SHRIMP** 160 g
selected varieties, frozen
crevettes
20699832_EA/21712209_EA

$5



PC® GUACAMOLE 227/228 g or **SNACK FACTORY PRETZEL CRISPS** 200 g
selected varieties
guacamole ou craquelins de bretzel
20948940_EA/21448079_EA

$8



SUMMER FRESH PASTA 700/750 g, **OLYMEL** 400/450 g or **PINTY'S CHICKEN BITES** or **STRIPS** 450 g
pâtes ou plats cuisinés ou morceaux ou lanières de poulet
20094285_EA/21743731_EA

$8



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

$10



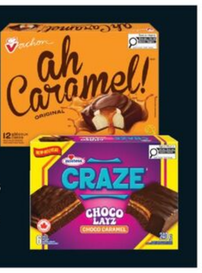
PC® CHICKEN BREAST STRIPS, BITES or **SKEWERS** 300/375 g or **MASTRO GENOA SALAMI CHUBS** 600 g
selected varieties
lanières de poitrine de poulet ou bouchées ou brochettes ou salami de Gênes
20181136_EA/20786418_EA

10.99



THE LAUGHING COW SPREADABLE CHEESE 535 g or **BABYBEL CHEESE** 360 g
selected varieties
fromage à tartiner ou collations de fromage
20056397_EA

$4



VACHON SNACKCAKES 250-336 g or **HOSTESS CRAZE SNACKCAKES** 200-324 g
selected varieties
petits gâteaux
20005728_EA/21741080_EA

Optimum

$3 Get 500 pts That's 50¢ value



COUNTRY HARVEST FARMHOUSE BREAD
selected varieties
675 g
pain
21666487_EA/21740596_EA

2.50



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

$5



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

NFO 3_rad12/10/2026_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.

DEALS FOR DAYS EVENT

SAVE 30%

3.50

SIMPLY LEMONADE, LIMEADE or **JUICE DRINKS**
selected varieties, refrigerated
1.54 L
limonade ou limade ou boissons aux fruits
21170784_EA/21170793_EA

SAVE 40%

$1

TINA'S BURRITO
selected varieties, frozen
113 g
burrito
21639787_EA

ONLY 4.99

NEILSON TRUTASTE or **CHOCOLATE MILK**
selected varieties
2 L
lait ou lait au chocolat
20130270_EA

ONLY 3.47

iÖGO NANO DRINKABLE YOGURT 6x93 mL, **YOGURT TUBS** 650 g, **NANO BUBBLES** 4x100 g or **POUCHES** 4x90 g
selected varieties
yogourt
20609687003_EA/21719739_EA

$5

INTERNATIONAL DELIGHT COFFEE ENHANCER 946 mL or **COLD FOAM** 369/396 g
selected varieties
colorant à café ou mousse froide
20895480003_EA

3.50

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

4.99

HÄAGEN-DAZS ICE CREAM 414-450 mL, **BARS** 3/4's or **NESTLÉ DRUMSTICK NOVELTIES** 4's
selected varieties, frozen
crème glacée ou barres ou friandises glacées
21513535_EA/21739610_EA

4.25

COCA-COLA or **PEPSI SOFT DRINKS**
selected varieties
6x710 mL
boissons gazeuses
20310346002_C06/20313741002_C06

2.50

DARE BRETON, VINTA or **VEGGIE CRISPS CRACKERS**
selected varieties
100-225 g
craquelins
21520666_EA

$4

TOSTITOS TORTILLA CHIPS
selected varieties
210-295 g
croustilles de tortillas
21050375_EA

3.50

KOOL-AID JAMMERS 10x180 mL or **DEL MONTE ON ICE REFRESHERS** 1.89 L
selected varieties
jus
20079976006_EA/21574983_EA

18.50

POWERADE TEAMPACK SPORT DRINKS
24x591 mL
boissons désaltérantes
20854130_C24

2.29

CAMPBELL'S READY TO SERVE 515 mL or **HABITANT SOUP**
796 mL
selected varieties
soupe
20299690002_EA/21479030_EA

$2

NO NAME® PASTA 900 g or **CATELLI GARDEN SELECT PASTA SAUCE** 600 mL
selected varieties
pâtes ou sauce pour pâtes
20315613002_EA/21618340_EA

4.99

HEINZ KETCHUP
selected varieties
750 mL/1 L
ketchup
20069080_EA

15.99

MAXWELL HOUSE GROUND COFFEE
selected varieties
631-900 g
café moulu
21606882_EA

4.99

RIO MARE TUNA
selected varieties
3x65/80 g
thon
20033383_EA/21639369_EA

5.99

SMUCKER'S FRUIT SPREADS, JELLY or **MARMALADE** 310/500 mL or **LOTUS BISCOFF SPREAD** 380/400 g
selected varieties
tartinades ou gelée ou marmelade ou tartinade
20308043001_EA/21238886_EA

App exclusive offer

Optimum

$26.99

Get 2,000 pts That's $2 value

PAMPERS EASY UPS TRAINING PANTS SIZES 2T-7T, 40-74's or **NINJAMAS NIGHTTIME UNDERWEAR SIZES S-L** 34-44's
selected varieties
culottes d'entraînement ou sous-vêtements
21089401_EA/21089456_EA

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

PLUS get entered for a chance to win NHL game tickets

OCTOBER 8TH UNTIL NOVEMBER 6TH

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

Get 3,500 pts For every $15* spent on That's $3.50 value

CLUB HOUSE SPICES, SEASONING, EXTRACTS, DRY SAUCE MIX or **FOOD COLOURING**
selected varieties and sizes
épices ou assaisonnements ou extraits ou mélange à sauce déshydraté ou colorant alimentaire
20061848_EA/20321740001_EA/20323721001_EA

$10

Get 1,000 pts That's $1 value

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
céréales
20679390_EA/21347133_EA

$6.99

Get 1,000 pts That's $1 value

BECEL MARGARINE
selected varieties
637/800 g
margarine
21747692_EA

NFD 4_rad12/10/2026_ON

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 15 TO WEDNESDAY, OCTOBER 21, 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.

this product contains post consumer recycled paper
proudly Canadian
PEFC PEFC/01-31-106 PEFC Certified www.pefc.org

ZWILLING

COLLECT & SAVE!

**Get one stamp for every $20* spent.
Collect 20 stamps and get 60%–85% off
one high-quality item from the
ZWILLING knife collection.**

**SAVE
60-85%***
OFF EACH



**Opt-in digitally
in the PC Optimum™
App and get
8 bonus stamps***

*Offer available at participating Loblaw banner stores and online (excluding Shoppers Drug Mart® online) from September 24, 2026, while supplies last. Receive 1 stamp for every $20 spent before taxes until January 13, 2027. Collect and redeem 20 stamps to receive 60%–85% off one eligible ZWILLING knife. 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.

ONL NFO KNIVES

NEW ARRIVAL

13.99



NEILSON 2% PROTEIN MILK

4 L

lait protéiné

21763354_EA

DELI DEALS

6.50

LILYDALE CARVED MEATS 300 g, **LILYDALE SLICED DELI MEAT** 400/500 g or **PC® SPLENDIDO® SLICED DELI MEAT** 100 g
selected varieties
viandes tranchées ou charcuteries tranchées
21049131_EA/21675636_EA



$10

PC® FETA 400 g or **BELLA CASARA BURRATA** 250 g
selected varieties
feta ou burrata
20214087_EA/20219690_EA



5.50

OLIVIERI SAUCE 300 mL or **PASTA** 450/500 g
selected varieties
sauce ou pâtes
20321512_EA/20114410_EA



$3

PC® HUMMUS or **DIPS** 200/227 g or **PC® NAAN DIPPERS** 200 g
selected varieties
hummus ou trempettes ou pains naan
20584097_EA/21092033_EA



BABY ESSENTIALS AT LOW PRICES

27.99



HUGGIES PULL-UPS, GOODNITES, PAMPERS EASY UPS or **NINJAMAS TRAINING PANTS** or **UNDERWEAR**
selected varieties
24-74's
couches ou culottes d'entraînement ou sous-vêtements
20963841_EA/21089401_EA/21089456_EA/21371199_EA

28.99

PAMPERS SUPER BIG PACK DIAPERS
selected varieties, 38-120's
achats multiples de produits participants
21101513_EA



44.99



KENDAMIL INFANT FORMULA POWDER 0-12 MONTHS
800 g
préparation pour nourrissons
21699547_EA

Optimum™

Get **10,000** pts

For every $50* spent

That's $10 value



DIAPERS, WIPES, FORMULA, BABY FOOD, NEEDS or **ACCESSORIES IN THE BABY DEPARTMENT**
all varieties and size
couches ou lingettes ou préparation ou aliments pour bébé ou produits ou accessoires pour bébé
20322414002_EA/20358339007_EA/21172500_EA/21540721_EA/21551645_EA/21699547_EA

BRANDS YOU LOVE AT LOW PRICES

3.50



PC® PROBIOTIC YOGURT
selected varieties
650 g
yogourt aux probiotiques
21684020_EA/21684254_EA

$6



CHAPMAN'S PREMIUM ICE CREAM 2 L or **SUPER NOVELTIES** 8-20's
selected varieties, frozen
crème glacée ou friandises glacées
20111532_EA/20323573001_EA

1.50



CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA

4.99



HELUVA GOOD! SOUR CREAM DIP
680 g
trempettes de crème sure
20312788001_EA

8.50



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

5.79



NEILSON TRUTASTE LACTOSE FREE MILK
selected varieties
2 L
lait sans lactose
20188053001_EA/20909875_EA

$4



OASIS HEALTH BREAK JUICE or **SMOOTHIE**
selected varieties, refrigerated
1.6 L
jus ou boisson fouettée
21529899_EA/21529910_EA

9.99



GOGO SQUEEZ FRUIT SAUCE
selected varieties
12×90 g
sauces aux fruits
21358429_EA

$2



PC® GUAVA LEMONADE
1.89 L
limonade à la goyave
21706967_EA

3.25



ALLEN'S APPLE or **CRANBERRY COCKTAIL** 1.89 L or **DRINK BOXES** 8×200 mL
selected varieties
boisson
20315996001_EA/20322764001_EA

9.99



GUINNESS 0 NON-ALCOHOLIC BEER
4×440 mL
bière sans alcool
21567137_C04

$1



OLD EL PASO SEASONING MIX
selected varieties
24 g
assaisonnements
21049495_EA

Optimum

$4.79
Get **500** pts
That's **50¢** value



OLD EL PASO SALSA
selected varieties
650 mL
salsa
20305182001_EA

$3



PEPPERIDGE FARM GOLDFISH CRACKERS 156-227 g/6×28 g, **CHEEZ-IT SNAP'D** 213 g or **TOWN HOUSE CRACKERS** 247-391 g
selected varieties
craquelins
20300320_EA/21107403_EA

1.69



LIPTON or **KNORR SOUP MIX**
selected varieties, 40-145 g
mélange à soupe
20297514001_EA/20308188001_EA

1.50



OCEAN'S FLAKED or **CHUNK LIGHT TUNA** 85/170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
thon pâle en flocons ou morceaux ou sardines
21004270_EA/21024465_EA

$3



PC® PASTA SAUCE
selected varieties
410-650 mL
sauce pour pâtes
20320838001_EA/21734544_EA

$3



KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21584830_EA

$9



NO NAME® OLIVE OIL
selected varieties
750 mL
huile d'olive
20047715_EA

$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
200-325 g
biscuits
21680074_EA/21680155_EA

2.50



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

BRANDS YOU LOVE AT LOW PRICES

4.99



PHILADELPHIA CREAM CHEESE or **DIPS**
selected varieties
340 g
fromage à la crème ou trempettes
20866929002_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



$5



iÖGO FROZEN YOGURT 946 mL or **BARS** 4/8's
selected varieties, frozen
yogourt glacé ou barres
21654421_EA/21654551_EA

$7

HIGH LINER FAMILY FISH
selected varieties, frozen
315-700 g
poisson gefilte
20303200001_EA



5.50



GIUSEPPE THIN CRUST or **RISING CRUST PIZZA**
selected varieties, frozen
439-785 g
pizza
21106361_EA

3.75



KRAFT PEANUT BUTTER
selected varieties
500 g
beurre d'arachide
20132369001_EA

$3



SNYDER'S PRETZELS
selected varieties
240 g
grignotines
20316052004_EA

$4



PC® ORGANICS PLANT-BASED BAKED CORN PUFFS, RING PUFFS or **CRUNCHIES**
selected varieties
142 g
grignotines à base de plantes
21358684_EA/21716046_EA

$4



CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
450/481 g
craquelins
21109001_EA/21109004_EA

2.79



LANTIC SUGAR
selected varieties, 1 kg
sucre
20016320_EA/20169394_EA

$3



NO NAME® FLOUR
selected varieties
2.5 kg
farine
20013256_EA/21030802_EA

$7



ZEVIA ZERO SUGAR SODA
selected varieties
6x335/355 mL
soda zéro sucre
21407494_C06

12.99



STARBUCKS NESPRESSO VERTUO COMPATIBLE CAPSULES 68-100 g or **HOT CHOCOLATE MIX** 300 g
selected varieties
capsules de café ou mélange de chocolat chaud
21398289_EA

15.99



MAXWELL HOUSE COFFEE PODS
selected varieties
30's
capsules de café
21308076_EA

2.79



HARIBO GUMMY CANDIES
selected varieties
170/175 g
friandises
21319517_EA/21519578_EA

5.99



MADEGOOD CRUNCHY COOKIES, OAT CUPS or **GRANOLA BITES**
selected varieties
175-200 g
biscuits ou gruau ou bouchées de granola
21579350_EA/21678889_EA

9.50



KELLOGG'S JUMBO CEREAL
selected varieties
730 g-1.05 kg
céréales
20072706_EA/21651842_EA

2.79



PC® or BLUE MENU® CEREAL, YOGURT, NUT or **GRANOLA BARS**
selected varieties
120-300 g
barres
20296687001_EA/20914014_EA



NATURE VALLEY, FIBRE 1, BETTY CROCKER or **MOTT'S FRUITSATIONS GRANOLA, BARS** or **FRUIT SNACKS**
club size, selected varieties
728-980 g
barres ou collations aux fruits
21418522_EA/21418558_EA



TWININGS TEA
selected varieties
50's
thé
20006148001_EA/21111078_EA

TACKLE EVERY MESS. SAVE ON EVERY CLEAN.

3.50



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

$3



NO NAME® ALL-PURPOSE SPONGE 4's, **HEAVY DUTY SPONGE** 2's, **SPIRAL SCRUBBER, REUSABLE ALL-PURPOSE CLOTHS** 10's or **DISINFECTANT MULTI SURFACE SPRAY** 650 mL
selected varieties
éponge ou chiffons ou nettoyant ou désinfectant
20181003_EA

2.50



PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
détergent liquide à vaisselle
20861400_EA/21004388_EA

$11



SWIFFER WET REFILLS 12-24's, **DRY REFILLS** 16-32's or **DUSTER REFILLS** 6-10's
selected varieties
recharges pour vadrouille ou d'époussetage
21627654_EA/21629789_EA

$5



TIDE PODS 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L, **PURIFYING RINSE** 473 mL or **SCENT BOOSTERS** 141/150 g, **GAIN** or **BOUNCE DRYER SHEETS** 40/80's or **CASCADE AUTO DISHWASHER TABS** 10-15's
selected varieties
capsules ou assouplissant textile ou rinçage purifiant ou rehausseurs de parfum ou feuilles pour sécheuse ou capsules de détergent pour lave-vaisselle
20046274_EA

$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, **PODS** or **FLINGS** 45-76's or **CASCADE AUTO DISHWASHER TABS** 51-80's
selected varieties
détergent à lessive
21318479_EA/21593670_EA

$11



GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21165477_EA

4.50



CLOROX or **SCENTIVA WIPES**
selected varieties
75's
lingettes
20348537003_EA/21734510_EA

$2



PC® YARD WASTE PAPER BAGS
5's
sac en papier pour déchets de l'extérieur
20429980_EA

4.50



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

5.49



NO NAME® 1 PLY NAPKINS
Club Size
500's
serviettes
20306897_EA

3.50



NIVEA BODY WASH 500 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou antisudorifique
20321421004_EA/21169899_EA

$9



GILLETTE MACH 3 or **VENUS DISPOSABLE RAZORS**
selected varieties
1-8's
rasoirs jetables
20179414001_EA/20984907_EA

$8



HALLOWEEN TREAT BOWL
selected varieties
bol de friandises d'Halloween
21668713_EA

$3



TRICK or **TREAT REFLECTIVE BAGS**
selected varieties
sacs d'Halloween réfléchissants
21732549_EA/21732621_EA

no name®

tackle every mess.
save on every clean.

your home of no name®

(So switch)

shop no name®

$4



NO NAME® LAUNDRY DETERGENT
selected varieties
1.92/2.03 L
détergent à lessive
21042472_EA

$9



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

HOT FINDS

Savings like these are kind of a big deal.

$9



PC® TRITAN SHAKER BOTTLE WITH SHAKER BALL
900 mL
bouteille-mélangeur pour boisson protéinée
21562949_EA

Optimum™

App exclusive offers

More offers
More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

CLICK FOR THESE COUPONS AND MORE

Members get over $30 in value

Optimum™



Get 2,500 pts Until November - 4 - 2026

PC® SPLENDIDO® PARMESAN REGGIANO
250 g
fromage
21033434_EA

Optimum™



Get 1,000 pts Until November - 4 - 2026

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

Optimum™



Get 1,250 pts Until November - 4 - 2026

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

Optimum™



Get 2,500 pts Until November - 4 - 2026

NO NAME® SHREDDED CHEESE
900 g
fromage râpé
20317943_EA

Optimum™



Get 3,000 pts Until November - 4 - 2026

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

Optimum™



Get 1,000 pts Until November - 4 - 2026

PC® GREEK YOGURT
1 kg
yogourt
21518400_EA

Optimum™



Get 1,000 pts Until November - 4 - 2026

NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EA

Optimum™



Get 2,000 pts Until November - 4 - 2026

NO NAME® HONEY
1 kg
miel
20033683_EA

Optimum™



Get 500 pts Until November - 4 - 2026

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

Optimum™



Get 500 pts Until November - 4 - 2026

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

Optimum™



Get 500 pts Until November - 4 - 2026

PC® KETTLE CHIPS
200 g
croustilles
21422931_EA

Optimum™



Get 3,000 pts Until November - 4 - 2026

That's $3 value

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

More offers. More points.

CLICK FOR THESE COUPONS AND MORE

Optimum



Save $1.50 with digital coupon

NESTLÉ SNACK PACK
12's
collations
21719355_EA

Optimum



Save $3.00 with digital coupon

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

Optimum



Save $1.00 with digital coupon

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

Optimum



Save $1.50 with digital coupon

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

Optimum



Save 50¢ with digital coupon

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

Optimum



Get 1,500 pts Until November - 4 - 2026

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

Optimum



Get 500 pts Until November - 4 - 2026

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

Optimum



Get 5,000 pts Until November - 4 - 2026

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

Kraft Heinz

1.79



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

4.99



HEINZ REAL MAYONNAISE
675 mL
mayonnaise
21750781_EA

Optimum

$3.99

Get 1,000 pts

That's $1 value

NEW ARRIVAL



HEINZ SOUP
selected varieties
370/380 mL
soupe
21765903_EA/21765843_EA

ONL 04 NFO

AVAILABLE AT SELECT LOCATIONS ONLY

HAPPY HALLOWEEN!



Optimum™

Get 4,000 pts when you spend $20*



HERSHEY'S HALLOWEEN CHOCOLATE
selected varieties
50's, 90's, 100's
chocolats
21736093_EA/21668281_EA/21668235_EA/21736080_EA/21736183_EA

Get 10,000 pts when you spend $25*



CADBURY or MAYNARD'S HALLOWEEN CANDY
selected varieties
90's
friandises
21736021_EA/20891582_EA



$7.99

Get 2,000 pts

That's $2 value

NESTLÉ ASSORTED CHOCOLATES
50's
chocolats variés
21570808_EA

HAPPY HALLOWEEN!



15.99



CADBURY HALLOWEEN CHOCOLATE
selected varieties
993 g
chocolat
21736021_EA

9.99



DARE REALFRUIT MINIS GUMMIES
600 g
friandises
21450861_EA

13.99



MAYNARDS ASSORTED GUMMY CANDY
90's, 1.12 kg
friandises
20891582_EA

13.99



MONDOUX MEGA CANDY BAG
1.5 kg
sac de friandises
21451401_EA

Optimum™

$7.99



Get 2,000 pts

That's $2 value

NESTLÉ ASSORTED CHOCOLATES
50's
chocolats variés
21570808_EA

6.99



REGAL ROCKETS CANDY ROLLS
1 kg
rouleaux de bonbon
21529566_EA

7.99



HARIBO GUMMY CANDIES
520 g
friandises
21668546_EA

6.49



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

BABY ESSENTIALS
AT LOW PRICES

$26



HUGGIES BABY WIPES
selected varieties
560-1152's
lingettes pour bébé
21541191_EA

$14



CETAPHIL BABY WASH & SHAMPOO, LOTION or MOISTURIZER
selected varieties
295/400 mL
nettoyant ou shampooing ou lotion ou hydratant pour bébé
21014772_EA/21115535_EA

27.99



HUGGIES SUPER BIG PACK DIAPERS
selected vaieties
N-7, 36-128'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 STEP 1, 2 or TOTAL COMFORT BABY FORMULA POWDER
selected varieties
837/859 g
préparation en poudre pour nourrissons
21436985_EA

2.50



GERBER LIL' CRUNCHIES, PUFFS or ARROWROOT BISCUITS
selected varieties
42/155 g
soufflés ou biscuits
20304618001_EA/20304618007_EA

4.50



BABY GOURMET MELTIES or MUSHIES SNACKS 23 g or **GOODIES FRUIT POUCHES** 4x90 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 3X REFILL
scented or unscented
300's
lingettes pour bébé
21340716_EA/21550950_EA

AVAILABLE AT SELECT LOCATIONS ONLY

PRICE DROP

1000s OF LOWERED PRICES EVERYDAY!

5.50



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



$6

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

5.50



OLAY or
OLD SPICE BAR SOAP 4x90 g/141 g
or **OLD SPICE 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, LINERS, or TAMPONS
selected varieties
20-120's
serviettes ou protège-dessous ou tampons
21291897_EA/21724867_EA

$9



AUSSIE HAIRCARE
selected varieties
778 mL
soins capillaires
21167371_EA/21167373_EA

$3



DEGREE DEODORANT
selected varieties
48-85 g
déodorant
20296452001_EA/20304331002_EA

$10



BENYLIN COUGH SYRUP
100 mL or
COLD & SINUS TABLETS 20's
selected varieties
sirop pour la toux ou comprimés pour le rhume et les sinus
20296733001_EA/20315180001_EA

$7



TRESEMMÉ HAIR CARE
selected varieties
184-311 g/236-828 mL
soins capillaires
20315303016_EA/21170103_EA

$8



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

$12



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

3.25



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247098_EA/21247099_EA

Optimum

Member Price **$1**

Non-Members **$1.25**

Members Save **25¢**



PC® DISTILLED WATER
4 L
eau distillée
20797191_EA

ALWAYS

$5



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

HEALTH AND WELLNESS AT LOW PRICES

UP TO 50% OFF



JAMIESON VITAMINS or **SUPPLEMENTS**
selected varieties and sizes
vitamines ou suppléments
20299993_EA/20311899_EA

$12



LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties
6's
mélange à boisson avec électrolytes
21592512_EA/21699555_EA

$18



POISE PADS or **DEPEND UNDERWEAR**
selected varieties
12-66's
serviettes ou sous-vêtements
21099790_EA/21302119_EA

$10



TYLENOL or **MOTRIN PAIN PRODUCT**
selected varieties and sizes
produit de soulagement de la douleur
20310804001_EA/20591910_EA

3.79



RICOLA REGULAR BAGS
17-19's
pastilles
21478713_EA/21602423_EA

3.50



GENERAL MILLS CEREAL
selected varieties
300-437 g
céréales
21104047_EA



$3

FIBRE 1 BARS or **BROWNIES** 125-175 g, **NATURE VALLEY GRANOLA BARS** or **BISCUITS** 148-210 g
selected varieties
barres ou brownies ou biscuits
20587504001_EA/20686988001_EA

General Mills

$3



OLD EL PASO TACO SHELLS or **TORTILLAS**
selected varieties
125 - 334 g
coquilles à tacos ou tortillas
20306992001_EA/20314171001_EA

2.79



ANNIE'S SUPER! MAC MACARONI & CHEESE
selected varieties
170 g
macaroni au fromage
21687379_EA



5.50

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
317-778 g
céréales
21213661_EA/21739775_EA

$7



LIBERTÉ GREEK YOGURT
selected varieties
650/750 g
yogourt grec
20642273_EA/21079491_EA

3.50

Yoplait LIBERTÉ



LIBERTÉ MÉDITERRANÉE 500 g or **SOURCE PROTEIN** 650 g **YOGURT**
selected varieties
yogourt
20788062001_EA/21720763_EA

2.98



YOPLAIT TUBES YOGURT
selected varieties
8x56 g
yogourt
21547571_EA/21547595_EA

$11



AVEENO LOTION
selected varieties
532 mL
lotion
20102023001_EA

kenvue



$9

AVEENO BODYWASH 532 mL, **HAIR CARE** 354 mL or **LOTION** 208/354 mL
selected varieties
nettoyant pour le corps ou soins capillaires ou lotion
20015290001_EA

UP TO 20% OFF



AVEENO BABY NEEDS or **SKIN CARE**
selected vaieties and sizes
42-312/50-975 mL
articles pour bébé ou soins pour la peau
20157402001_EA





UP TO 20% OFF

JOHNSON & JOHNSON'S BABY NEEDS
selected varieties
50 mL-1 L
produits pour bébé
21112321_EA/21308244_EA

$6



OKA or **MONSIEUR GUSTAV SAINT-PAULIN CHEESE**
selected varieties
190 g
fromage
20921279_EA

agropur

$5



MONSIEUR GUSTAV GOUDA 170 g or **DOUBLE CREME** or **CAMEMBERT CHEESE** 125 g, selected varieties
fromage
21397420_EA



$6

AGROPUR NOTRE-DAME BRIE or **L'EXTRA CAMEMBERT CHEESE**
selected varieties
170 g
fromage
20177193_EA

7.50



PILLER'S DUO SLICED DELI MEAT
selected varieties
300/350 g
charcuteries tranchées
21624509_EA

Piller's

6.50



PILLER'S KOLBASSA 250-375 g or **SLICED PEPPERONI** 175/250 g
selected varieties
kolbassa ou pepperoni tranché
20042333_EA/20308469_EA



4.50

PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
charcuteries tranchées
21206382_EA/21397208_EA

HAPPY DIWALI!

शुभ दीपावली





2.99 LB

INDIAN EGGPLANT product of Mexico or Honduras, **INDIAN KARELA** product of Mexico, Honduras or Dominican Republic or **OKRA** product of U.S.A., Canada or Honduras
aubergine indienne ou karela indienne ou gombo
6.59/kg
20055882001_KG/20028046001_KG

MINT BUNCH
product of Canada
botte de menthe
20139326001_KG



.99



.99

CHAYOTE SQUASH
product of U.S.A
chayote
20167837001_KG



1.29

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

1.99 LB



OPO SQUASH
product of U.S.A., Dominican Republic or Honduras
courge
4.39/kg
20142035001_KG

1.49 LB/EA



METHI LEAF product of Canada, or **RED CARROTS** 3.28/kg, product of China, or **COCONUTS** product of India or Dominican Republic
feuilles de fenugrec ou carottes rouges ou noix de coco
20159689001_EA/21618319001_KG/20005774001_EA

2.99 LB



JUMBO WALNUTS
product of U.S.A.
noix géantes
6.59/kg
20123893001_KG

4.99



DEGLET NOUR PITTED DATES or **ORGANIC PITTED DATES** product of Tunisia or **HONEY PITTED DATES**
product of Iran
dattes
21562279001_EA/20772841_EA

$2



SANTOSH NAAN
selected varieties
5's
naan
21671462_EA

3.50



CRISPY NAMAK PARA
selected varieties
360 g
namak para
21443491_EA

$5



SURAJ® PUNJABI BISCUITS
1.1 kg
biscuits punjabi
21052448_EA

2.99



CRISPY ROTI WRAPS
selected varieties
750 g
roti
21195569_EA

2.88



SOYGANIC ORGANIC TOFU
selected varieties
350-500 g
tofu
21023474_EA/21371229_EA

4.50



NANAK PANEER CHEESE
341 g
paneer
21286158_EA

$10



SEASONAL CELEBRATION BOUQUET
bouquet
21619952_EA

HAPPY DIWALI!

शुभ दीपावली





$3



QUALITY TAMARIND
400 g
tamarin
20713005_EA



$4

MAGGI SAUCE
selected varieties
340 mL
sauce
20687724_EA

1.99



MDH CHANA MASALA SPICE BLEND
100 g
mélange à épices masala
20687752_EA



18.99

GOLDEN TEMPLE FLOUR
selected varieties
9 kg
farine
20312711003_EA

8.99



LINDT LINDOR CHOCOLATE TRUFFLES
selected varieties
108 g
truffes au chocolat
21683055_EA

3.29



BRITANNIA MILK BIKIS COOKIES
540 g
biscuits
21205806_EA

8.49

HALDIRAM SHAHI GULAB JAMUN
frozen
750 g
gulab jamun
20707852_EA



7.99



BRAR'S MILK CAKE
frozen
400 g
gâteau au lait
20609047_EA

3.99



QUALITY MANGO PULP
selected varieties
850 g
pulpe de mangue
20670426001_EA

.99



RANI FRUIT DRINKS
selected varieties
240 mL
boissons aux fruits
20865837_EA/20865840_EA

.30



MAGGI MASALA NOODLES
selected varieties
70 g
nouilles
20802664_EA

2.49



PRAN VEGETABLE SPRING ROLLS or **SAMOSAS**
selected varieties, frozen
400 g
rouleaux de printemps aux légumes ou samosas
21054846_EA

2.99



QUALITY SOYA CHUNKS
400 g
boulettes de soya
20418250_EA

8.99



PRANA PLAIN PARATHA
frozen
2.4 kg
paratha
nature
21172364_EA

1.49



SHANA VEGETABLES
selected varieties, frozen
300 g
légumes
20753978_EA

3.99



SURAJ® GINGER or **GARLIC PASTE**
selected varieties
750 g
pâte de gingembre ou ail
21088388_EA/21088480_EA/21088575_EA

$2



FROOTI MANGO JUICE
1 L
jus de mangue
20041155_EA

$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's, **BEADS** 598/680 g or **DRYER SHEETS** 240's
selected varieties
détergent à lessive ou feuilles assouplissantes
21507156_EA/21671135_EA

13.99



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

ONL ET 2 NFO

AVAILABLE AT SELECT LOCATIONS ONLY

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 Canada
pak-choï ou chou cantonnais ou brocoli chinois ou chou napa
4.39/kg
21024088001_KG/20032454001_KG

GINGER ROOT
product of China
racine de gingembre
4.39/kg
20179038001_KG

1.99 LB



.99 LB



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

3.99 LB



GUAVA
product of Taiwan
goyave
8.80/kg
20162500001_KG

5.48 LB



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

5.50



SEAQUEST® SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
21392029_EA

5.99



O'TASTY FROZEN DUMPLINGS
selected varieties
567 g
boulettes
20319243001_EA

3.88



SPAM TOCINO FLAVOURED LUNCHEON MEAT
selected varieties
340 g
pain de viande
21450739_EA

4.98



ROOSTER® THAI HOM MALI SCENTED JASMINE RICE
2 kg
riz au jasmin
20144395_EA

4.88



PALDO RAMEN NOODLES
selected varieties
480-560 g
nouilles ramen
21676222_EA

10.99



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

4.49



LOTTE MOCHI
selected varieties, frozen
270 mL
mochi
21247111_EA

.98



SWANSON READY TO SERVE CHICKEN BROTH
selected varieties
412 mL
bouillon de poulet
20042814_EA

2.29



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

Optimum

$1.28



Get 100 pts That's 10¢ value

NONG SHIM NOODLES WITH SOUP MIX
selected varieties
120 g
soupe aux nouilles
21503961_EA/21762624_EA

2.88



LEE KUM KEE HOISIN SAUCE
445 mL
sauce hoisin
20045048_EA

3.89



COCK CHILI SAUCES
selected varieties
650/720 mL
sauce chili
20149074_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 3 NFO

OCTOBER

HIT OF THE MONTH



$1.75

Made in Canada

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



$3

Made in Canada

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



$1

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



$2

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

LOWEST PRICES
BEST DEALS

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

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

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



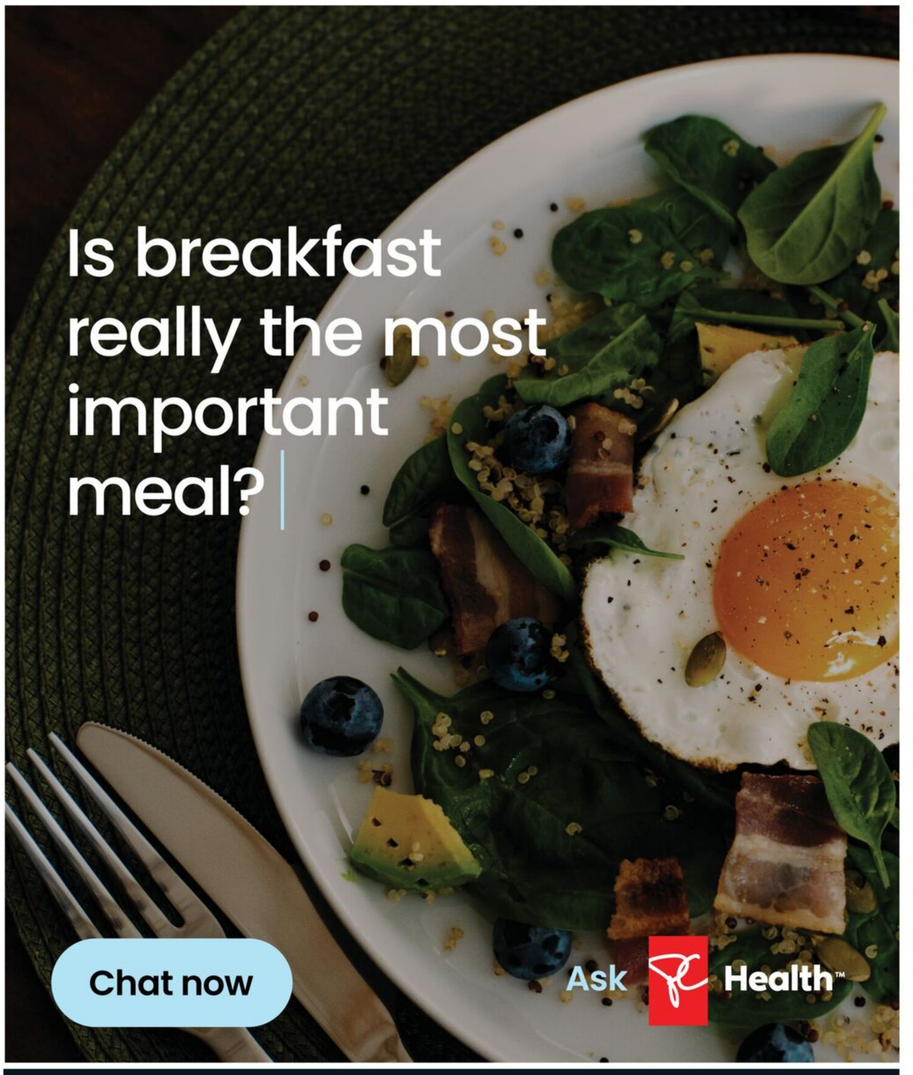
*Standard message and data rates may apply.

†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.

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

†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.

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ONL NFO MKT