



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

BIG
THANKSGIVING
DEALS!



**CLUB
SIZE**

SAVE 30%

4⁸⁸
LB

CHICKEN BREASTS
fresh, boneless, skinless
poitrine de poulet
20654124_KG



10 LB BAG

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



HALAL

**NEW ZEALAND
SHORT CUT
LAMB LEG**
frozen
gigot d'agneau raccourci
11.57 / kg
20143553_KG
WHILE QUANTITIES LAST

SAVE 38%

5²⁵
LB

ONLY

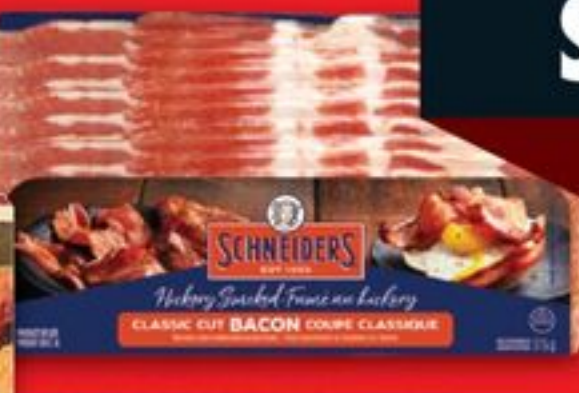
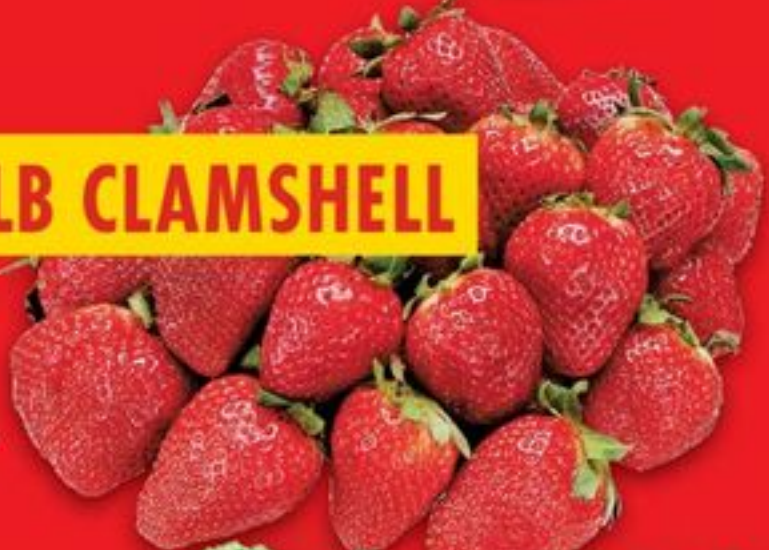
1⁹⁹

ONLY

2⁹⁹

1 LB CLAMSHELL

STRAWBERRIES
product of Canada, Mexico
or U.S.A., no. 1 grade
fraises
20049778001_EA



**MAPLE LEAF READY CRISP
BACON** 65 g, or **MAPLE LEAF** or
SCHNEIDERS BACON 375 g
selected varieties
bacon
20772671_EA/20164959_EA

SAVE 20%

\$4

ONLY

1⁴⁹



BROCCOLI CROWNS
product of Canada
each
courannes de brocoli
21121560001_EA



**LANTIC GRANULATED
SUGAR**
selected varieties
2 kg
sucre granulé
20145035_EA

SAVE 33%

1⁹⁹

ONLY

1⁹⁹

**FARMER'S MARKET®
GRAPE TOMATOES**
product of Canada,
Mexico or U.S.A.,
tomates raisins
21367888001_EA



**JANES BONELESS CHICKEN BITES, FILLETS,
TENDERS, or CRISPY CHICKEN SANDWICH**
selected varieties, frozen, 710-750 g
bouchées de poulet ou filets ou lanieres ou sandwiches
21440340_EA/21740799_EA

SAVE 43%

8⁹⁹

PRICE DROP

4⁹⁹



**ARMSTRONG or PC®
SHREDDED CHEESE**
250-320 g, **ARMSTRONG**
CHEESE 400 g, selected varieties
barres de fromage
ou fromage râpé
21286240_EA/21346749_EA



1⁵⁰



**CAMPBELL'S BROTH or
CONCENTRATED BROTH**
selected varieties, 250/900 mL
bouillon ou bouillon concentré
20322348001_EA/21347245_EA

.95



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

1²⁹



**STOVE TOP
STUFFING MIX**
selected varieties
120 g
farce
20310507001_EA

SAVE UP TO 42%

\$1

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



SAVE 29%

2⁹⁹

**SILK NON-DAIRY
BEVERAGES**
selected varieties
1.75/1.89 L
boissons non laitieres
20328231002_EA



SAVE UP TO 22%

3³³



BLACK DIAMOND CHEESE SLICES 410 g or
LACTANTIA CREAM CHEESE 227 g, selected varieties
tranches de fromage ou fromage à la crème
21252564_EA/21743954_EA

SAVE 24%

\$1



**NEILSON
CHOCOLATE MILK**
750 mL
lait au chocolat
20766719_EA



SAVE 51%

.98



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

SAVE 22%

\$1



NO NAME® FLAKED or CHUNK LIGHT TUNA
selected varieties, 85/170 g
thon pâle en flocons ou morceaux
20097482001_EA/20521647_EA

SAVE UP TO 59%

1⁵⁰



HOLIDAY LUNCHEON MEAT 340 g,
MAPLE LEAF FLAKES 156 g, or **MAPLE LEAF
VIENNA SAUSAGE** 113 g, selected varieties
pain de viande ou flocons ou saucisses viennoises
20298273001_EA/20618778_EA/20617958_EA



SAVE UP TO 42%

2⁷⁷



MCCAIN SUPERFRIES or SPECIALTY FRIES
454-800 g or **POCKETS** 300 g or **NO NAME®
VEGETABLES** 750 g, selected varieties, frozen
frites ou pochettes ou légumes
20316412_EA/20324328002_EA

SAVE 45%

3⁹⁷



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

SAVE 33%

\$3



**DORITOS
TORTILLA CHIPS**
selected varieties
210-280 g
croustilles de tortillas
21693053_EA

SAVE UP TO 40%

11⁹⁹



MAYNARDS CANDY 1.12 kg or
CADBURY CHOCOLATES 993 g
selected varieties
friandises ou chocolats
20891582_EA

ONLY

11⁹⁷



**ROBIN HOOD or FIVE ROSES
ALL PURPOSE
FLOUR**
club size, 10 kg
farine tout usage
20134743_EA/20231631_EA

SAVE 31%

12⁹⁸



**TILDA
BASMATI
RICE**
4.54 kg
riz
20153678_EA



4 days only!
From October 1st to October 4th, 2026
**Redeem your points.
Get even more back.**

Redeem **60,000** (pts) or more
Get **6,000** (pts)
Up to 10% back in (pts)

Redeem **120,000** (pts) or more
Get **24,000** (pts)
Up to 20% back in (pts)

Redeem **180,000** (pts) or more
Get **54,000** (pts)
Up to 30% back in (pts)

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

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.

f nofrills.ca

INFO 1_rn28/09/2026_ON

FRESH AT LOW PRICES

3⁹⁹



6 OZ
CLAMSHELL

BLACKBERRIES product of Mexico,
RASPBERRIES product of Canada, Mexico or
U.S.A., no. 1 grade or
BLUEBERRIES product of Peru, no. 1 grade
mûres ou framboises ou bleuets
20031015001_EA/20152465001_EA



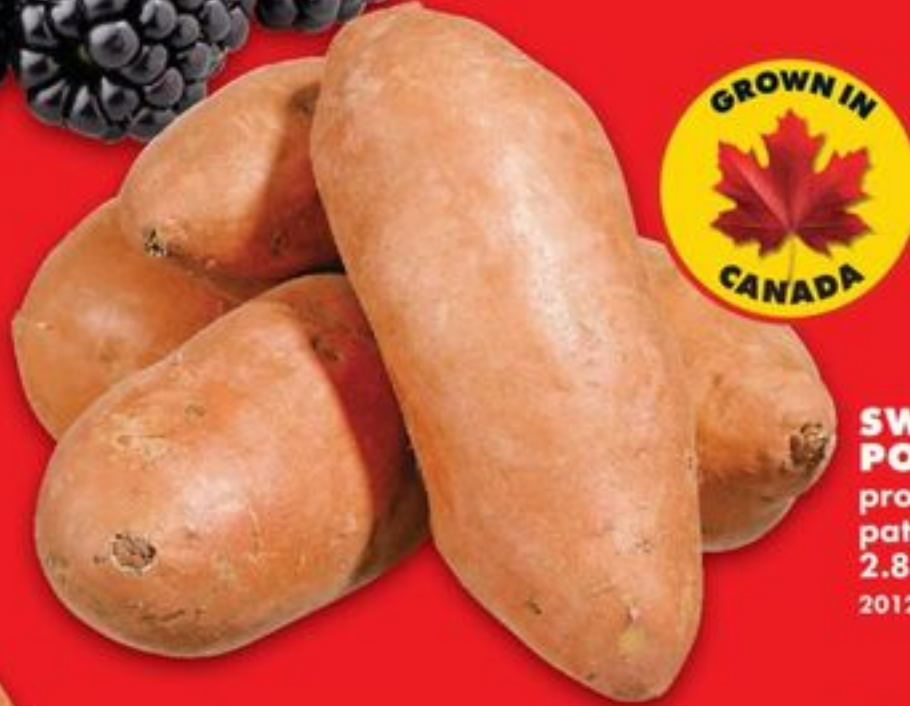
6⁹⁹

PEELE MUMS
6 inches
chrysanthèmes
21498343_EA

2⁴⁹
LB



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



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

1²⁹
LB

3⁹⁹
EA/LB



GREEN or RED SEEDLESS GRAPES
8.80/kg, product of U.S.A., no. 1 grade or
CANTALOUPE product of U.S.A., no. 1 grade
raisins verts ou rouges sans pépins ou cantaloup
20159199001_KG/20425775001_KG/20167017001_EA

**FRESH
GUARANTEE**

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

3⁹⁹
LB



BRUSSELS SPROUTS
product of U.S.A.
choux de Bruxelles
8.80/kg
20036155001_KG

3⁹⁹



3 LB BAG

ROMAINE HEARTS product of Canada or
FARMER'S MARKET® RED ONIONS
product of Canada, Canada no. 1 grade
cœurs de laitue romaine ou oignons rouges
20811362001_EA/20067389001_EA

3⁹⁹



GARLIC
product of China
ail
21238843001_EA

1²⁹
LB



**ACORN, BUTTERNUT,
BUTTERCUP or SPAGHETTI SQUASH**
product of Canada
courge poivrée ou musquée ou buttercup ou
spaghetti
2.84/kg
20071263001_KG / 20325274001_KG

5⁹⁹

11 LB
AVERAGE



**WHOLE SEEDLESS
WATERMELON**
product of U.S.A.
melon d'eau sans pépins entier
20067326001_EA

5⁹⁹



567 G

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

3⁹⁹



PKG OF 5

PINEAPPLE product of Costa Rica or
AVOCADOS product of Mexico
ananas ou avocats
21644936001_EA/20160992001_EA

2⁹⁹
LB



BLACK PLUMS
product of Italy,
no. 1 grade or
PC® PLUMBOTS
product of U.S.A.,
no. 1 grade
prunes noires
ou prucots
6.59/kg
20316478001_KG
20176879001_KG

2⁹⁹

BROCCOLINI
product of U.S.A.
broccolini
20154907_EA



3⁴⁹



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

6⁹⁹



4 LB BAG

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

5⁵⁰



BASSE SNACKS
product of Canada
selected varieties
415-600 g
collations
21158603_EA/21158612_EA

4⁹⁹

3 LB BAG



600 G

FARMER'S MARKET® ORANGES
product of South Africa or **KIWI** product of Chile
oranges ou kiwi
20162945001_EA/20162945001_EA

4⁹⁹

**FARMER'S
MARKET® MCINTOSH or
ROYAL GALA
APPLES**
product of Ontario,
Canada fancy grade
pommes
20767998001_EA

4 LB
BAG



2⁹⁹

**FARMER'S
MARKET® MINI
CUCUMBERS**
product of Ontario,
Canada no. 1 grade
mini-concombres
20737570001_EA

PKG OF 6



1⁷⁹
LB



HAMI or CANARY MELON
product of U.S.A.
melons
3.95/kg
21022511001_KG/21051297001_KG

PRICE DROP

1²⁹

**GREEN
ONIONS**
product of Ontario
oignons verts
20107500001_EA



3⁹⁹

CAULIFLOWER
product of Canada,
Canada no. 1 grade
chou-fleur
20135377001_EA



INFO 2_rtd28/09/2026_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.

LOCAL AT LOW PRICES

Featured growers from Ontario

The name says it all! Fresh root veggies from their family to yours.



Pain Court, Ontario
Find additional produce from local growers in store.



10 LB BAG

3⁹⁹

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
20600930001_EA/20600991001_EA

3⁹⁹



10 LB BAG

BEETS
product of Canada, Canada no.1 grade
betteraves
21121329001_EA

1⁴⁹



PIE PUMPKINS
product of Canada
citrouilles à tarte
20101185001_EA

.99⁹⁹ LB



RUTABAGAS
product of Canada, Canada no. 1 grade
rutabagas
2.18/kg
20164563001_KG

3⁹⁹



680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247301001_EA/21247299001_EA

1⁴⁹



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

2⁴⁹



227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini
20775805_EA/20776239_EA

1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

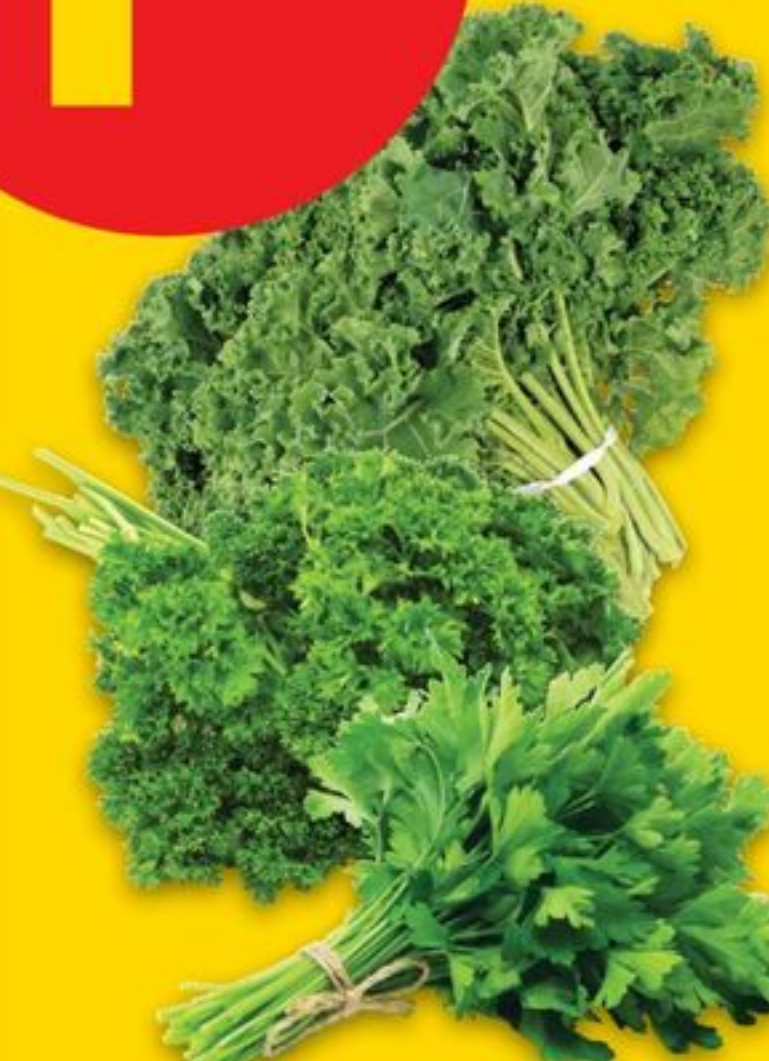
3⁹⁹



PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS
product of Ontario
poivrons
20117550001_EA

1⁹⁹



KALE, CURLY or ITALIAN PARSLEY
product of Canada
chou frisé, persil frisé ou italien
20138805001_EA/20015746001_EA

App exclusive offer



bonus
points



3-5 kg
\$18 /each
get 5,000 pts

That's an extra
\$5 value!

5-7 kg
\$23 /each
get 7,000 pts

That's an extra
\$7 value!

7-9 kg
\$30 /each
get 9,000 pts

That's an extra
\$9 value!

9-11 kg
\$35 /each
get 11,000 pts

That's an extra
\$11 value!

UTILITY or GRADE A TURKEY
selected varieties
frozen
dinde
21209103_EA/21209114_EA
21209120_EA/21209126_EA

FRESH AT LOW PRICES

5.49
LB



**NO NAME® PORK
COTTAGE ROLL**
soc de porc roulé
12.10/kg
20188379_KG

8.99
LB



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

CLUB
SIZE

7.99



**MARCANGELO
JUMBO
PORK SAUSAGE**
selected varieties
frozen
500/675 g
saucisses de porc
21289731_EA

12.99



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

\$13



WATSON RIDGE CHICKEN BREASTS
frozen
800 g
poitrine de poulet
21741388_EA

\$8



**PC® SPLENDIDO® GRANA
PADANO or PECORINO
ROMANO CHEESE**
250 g
fromage
21051031_EA/21188276_EA

3.49



SEAQUEST® RAW WHITE
51-70 per lb or **COOKED**
61-90 per lb **SHRIMP** 160 g or
SURIMI 227 g
selected varieties, frozen
crevettes crues ou cuites ou surimi
20699832_EA/21712209_EA

\$8



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

2.50



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

App exclusive offer

\$3.50

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

PC® DIP or HUMMUS
200/227 g or
PC® NAAN DIPPERS 200 g
selected varieties
trempettes ou hummus
ou pains Naan
20584097_EA/21092033_EA

Get **2,000 pts** For every \$10* spent That's **\$2** value

**MAPLE LEAF NATURAL SELECTIONS
SLICED MEAT**
club size, selected varieties
150-400 g
viandes franchées
20009282_EA/20065285_EA

2.25



**NO NAME® BAGELS or
ENGLISH MUFFINS**
selected varieties
ô's
bagels ou muffins anglais
21297780_EA/21297831_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
400-330 g
petits pains
21724953_EA

5.50



**FARMER'S MARKET®
SQUARES** 400/450 g or
CHARLOTTE'S CAKE POPPERS 280 g
selected varieties
carrés ou gâteaux sur bâtonnets
21216501_EA/21651544_EA

NFO 3_rnd28/09/2026_ON

† 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.pc optimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

App exclusive offer



Get
6,000
pts

For every \$15*
spent

That's
\$6
value

OIKOS GREEK 4x95/100 g,
ACTIVIA or **ACTIVIA FIBER+** 625/650 g **YOGURT**
selected varieties
yogourt
20419715001_EA/21757593_EA

App exclusive offer



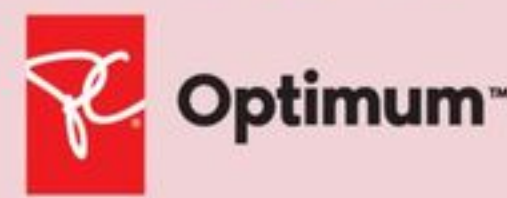
\$4.50

Get
1,000
pts

That's
\$1
value

PC® BLACK LABEL
ICE CREAM
selected varieties, frozen
500 mL
crème glacée
20604543003_EA/21588234_EA

Moredays



Moredays™

OCTOBER 1 - 7, 2026

App exclusive offer



Get
4,000
pts

For every \$8*
spent

That's
\$4
value

**BETTY CROCKER CAKE, BROWNIE,
COOKIE or BAKING MIXES or FROSTING**
selected varieties, 263-550 g
mélange à pâtisserie ou boulangerie ou glaçage
20325452001_EA/20694464001_EA

App exclusive offer



Get
5,000
pts

For every \$10*
spent

That's
\$5
value

**GENERAL MILLS CHEERIOS, OATMEAL
CRISP, or CHEX CEREAL**
selected varieties, 306-778 g
céréales
20887566_EA/21213661_EA/21739719_EA



App exclusive offer

Get
\$6

Get
2,000
pts

That's
\$2
value

**FARMER'S
MARKET™
MUFFINS** 6's or
**PC® THE DECADENT
MUFFINS** 4's
selected varieties
muffins
21283336_EA/217177326_EA



App exclusive offer

Get
4,000
pts

For every \$10*
spent

That's
\$4
value

**CHRISTIE RITZ, TRISCUIT or WHEAT THINS
CRACKERS** 180-200 g, **CRISPERS** or
BITS & BITES SNACK MIX 145 g
selected varieties
craquelins
21358332_EA/21547034_EA



\$3.75

Get
750
pts

That's
75¢
value

FRITO-LAY MINIS CANISTERS
selected varieties, 102-145 g
craquelins
21613317_EA/21613337_EA



\$3.99

Get
1,000
pts

That's
\$1
value

HEINZ SOUP
selected varieties
370/380 mL
soupe
21765903_EA/21765931_EA



Get
5,000
pts

For every \$10*
spent

That's
\$5
value

KNORR BOUILLON CUBES 63/69 g,
DRY SAUCE MIX 37-48 g, **OXO** 72/225 g,
VELOUTINE 250 g, **BOUILLON PASTES** 311 g,
STOCK MIX 175/150 g or **BOVRIL** 250 mL
selected varieties
bouillon ou mélange à sauce ou épaississant pour sauce
20069590_EA/2031152900_EA/20323323004_EA



Get
4,000
pts

For every \$10*
spent

That's
\$4
value

**KASHI GOACTIVE or
GLUTEN-FREE
GRANOLA CEREAL**
selected varieties
311-510 g
céréales ou barres granola
21680559_EA/21680804_EA



Get
5,000
pts

Spend \$10*
on

That's
\$5
value

KELLOGG'S CEREAL
selected varieties
250-650 g
céréales
21450811_EA/21652128_EA



\$23.49

Get
2,500
pts

That's
\$2.50
value

STARBUCKS GROUND COFFEE
selected varieties
793 g
café moulu
21169344_EA



Get
3,000
pts

For every \$10*
spent

That's
\$3
value

OCEAN'S TUNA
selected varieties
85-240 g
thon
21004270_EA/21005216_EA



Get
1,000
pts

when you buy 1

That's
\$1
value

RAINCOAST WILD TUNA or SALMON
selected varieties
142-160 g
thon ou saumon
20031201001_EA/2177500002_EA



\$6.99

Get
1,000
pts

That's
\$1
value

STEFANO SAUCE 648 mL or
KRAFT GRATED PARMESAN CHEESE 250 g
selected varieties
sauce ou parmesan râpé
21220714_EA/21528135_EA



App exclusive offer

Get
10,000
pts

For every \$25*
spent

That's
\$10
value

**PEPSI
SOFT DRINKS,
BUBLY
SPARKLING
WATER or
BRISK ICED TEA**
selected varieties
and sizes
boissons gazeuses ou
eau pétillante ou
thé glacé
20322361002_C24



**OCTOBER
HIT
OF THE
MONTH**



\$1.75

\$3

\$1

\$2

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.

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 1 TO WEDNESDAY, OCTOBER 7, 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 in-store for details. **Must be a registered PC Optimum™ member to get this offer.

Only redeemable at points level specified in offer, in a single transaction. Taxes payable on full purchase price before application of discount reward. Points are not redeemable for cash or credit. We are not obligated to award points based on errors or misprints. PC Optimum points redemption excludes purchase of tobacco, lottery tickets, alcohol, gift cards, all prepaid cards, transit/event tickets, post office transactions, passport photos, cash back, delivery charges, all non-participating 3rd party operations and any other products which are provincially regulated (including pharmacy-related transactions) or as we determine from time to time. Not to be used in conjunction with any other points, promotions or offers.



CUSTOMER RELATIONS 1-866-98-5MILE (76453)

nofrills.ca





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.

App exclusive offer



Get
9,000
pts

For every \$25*
spent

That's
\$9
value

CREST 3DW PASTE, RINSE or STRIPS
selected varieties and sizes
dentifrice ou rince-bouche ou bandes
21506706_EA/21657194_EA



Moredays



Moredays™

OCTOBER 1 - 7, 2026

App exclusive offer

Get
3,500
pts

For every \$8*
spent

That's
\$3.50
value

HALLS LOZENGES
selected varieties and size
25-30's
pastilles
20315680001_EA/20315680014_EA



Get
5,000
pts

For every \$12*
spent

That's
\$5
value

LISTERINE MOUTHWASH
selected varieties and sizes
rince-bouche
21091218_EA/21091222_EA



Get
3,000
pts

For every \$15*
spent

That's
\$3
value

CREST ORAL CARE PRODUCTS
selected varieties and sizes
produits d'hygiène buccale
20077991_EA/20948747_EA



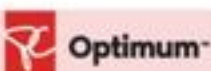
Get
8,000
pts

For every \$20*
spent

That's
\$8
value



TYLENOL
selected varieties and sizes
acétaminophène
20310804002_EA/20329139001_EA

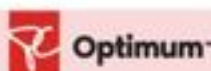


Get
7,500
pts

For every \$20*
spent

That's
\$7.50
value

BUCKLEY'S, CENTRUM, EMERGEN-C, NEOCITRAN, VOLTAREN, ADVIL, TUMS, BENEFIBER, SENSODYNE, POLIDENT or POLIGRIP PRODUCTS
selected varieties and sizes
produits pour le rhume, vitamines, analgésiques, pour l'acidité, fibres, dentifrices ou pour prothèses dentaires
21372442_EA/20062201007_EA



Get
3,000
pts

For every \$10*
spent

That's
\$3
value



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



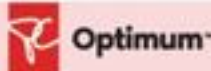
Get
6,000
pts

For every \$15*
spent

That's
\$6
value



VASELINE HAND or BODY LOTION or PETROLEUM JELLY
selected varieties and sizes
lotion pour les mains ou lotion pour le corps ou gelée de pétrole
20184304001_EA/21085011_EA

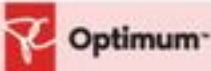


\$26.99

Get
2,000
pts

That's
\$2
value

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



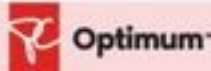
Get
3,000
pts

For every \$15*
spent

That's
\$3
value



CETAPHIL FACE or BABY PRODUCTS
selected varieties and sizes
produits pour le visage ou bébé
21115535_EA/21718816_EA



Get
4,000
pts

For every \$20*
spent

That's
\$4
value



DOVE BABY NEEDS
selected varieties
144-591 mL
produits pour bébé
21017298_EA/21017318_EA



Get
5,000
pts

For every \$14*
spent on

That's
\$5
value



ANY AIR WICK AIR FRESHENER
selected varieties
déodorisant
20302509001_EA/21661100_EA



App exclusive offer

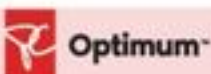


\$11

Get
3,000
pts

That's
\$3
value

PC® NUTRITION FIRST® DRY DOG FOOD
selected varieties
2 kg
nourriture pour chiens
21304456_EA



App exclusive offer

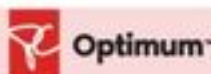


\$14

Get
4,000
pts

That's
\$4
value

PC® NUTRITION FIRST® DRY CAT FOOD
selected varieties
2 kg
nourriture pour chats
21303029_EA



App exclusive offer



Get
12,000
pts

For every \$25*
spent

That's
\$12
value

WHISKAS WET CAT FOOD
selected varieties and sizes
nourriture humide pour chats
21011606_EA



App exclusive offer



Get
5,000
pts

For every \$15*
spent

That's
\$5
value

RESOLVE LAUNDRY
selected varieties and sizes
produit pour la lessive
20944173_EA

BRANDS YOU LOVE
AT LOW PRICES

\$7



LIBERTÉ GREEK 650/750 g or
YOPLAIT SOURCE 16x100 g **YOGURT**
selected varieties
yogourt

20317317001_EA/20642273_EA

3⁷⁵



NEILSON CREAM
473 mL-1 L or **GAY LEA**
WHIPPED CREAM
225 g
selected varieties
crèmes ou crème fouettée

20048223001_EA/20123609_EA

HELUVA GOOD! DIPS
selected varieties
250 g
trempettes

20179979002_EA

2⁵⁰



4⁹⁹



HÄAGEN-DAZS ICE CREAM
414-450 mL or **BARS** 3/4's
selected varieties, frozen
crème glacée ou barres

20302298003_EA/21722352_EA

\$5



PC® FLATBREAD
selected varieties, frozen
330-395 g
pain plat

21013452_EA

\$2



NO NAME®
DINNER ROLLS
420 g
petits pains

21431228_EA

9⁹⁹



PC® SPLENDIDO®
EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
huile d'olive extra vierge

20081845_EA

6⁷⁵



DEL MONTE
JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélange de jus

21595736_EA

\$5



PLANTERS
PEANUTS 600 g or
CASHEWS 200 g
selected varieties
arachides ou noix de cajou

20021666_EA/21021618_EA

6⁵⁰



BUBLY 12x355 mL or **MONTELLIER**
10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante

21096722_C10

6⁷⁵



PC® SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses

20690671001_C12

4⁷⁵



NAYA NATURAL SPRING WATER
24x500 mL
eau de source naturelle

21631362_EA

2⁵⁰



DARE CRACKERS 100-225 g,
TOWNHOUSE 247-391 g or
CHEEZ IT SNAP'D
CRACKERS 213 g
selected varieties
craquelins

21107403_EA/21520666_EA

\$3



CLASSICO PASTA or
PIZZA SAUCE
selected varieties
410/600 mL
sauce pour pâtes ou
sauce à pizza

20323609001_EA/21618217_EA

.79



FRANCO-AMERICAN
GRAVY
selected varieties
284 mL
sauce brune

20063534_EA

2⁷⁵



UNICO SAUCE 680 mL or
DE CECCO PASTA 454 g
selected varieties
sauce ou pâtes

20416260_EA/21056284_EA

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette

21584850_EA

1⁹⁷



DOLE PINEAPPLE
selected varieties
398 mL
ananas

20136767001_EA/20136767002_EA

2⁴⁹



NO NAME®
OLIVES
selected varieties
375 mL
olives

20325649_EA

13⁹⁹



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

20308197001_C24

Get
12,500
pts
For every \$25*
spent on

That's
\$12⁵⁰
value



NESTLÉ HALLOWEEN CHOCOLATE
selected varieties
50's/100's
chocolat

21570808_EA

Optimum™

BRANDS YOU LOVE AT LOW PRICES

1⁸⁹



I CAN'T BELIEVE IT'S NOT BUTTER!
original
400 g
margarine
21747538_EA

3⁷⁵



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

\$6



SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
20759241002_EA

\$6



CHAPMAN'S PREMIUM ICE CREAM 2 L or **MCCAIN DEEP 'N DELICIOUS CAKE** 510 g
selected varieties, frozen
crème glacée ou gâteaux
20310132001_EA/20323573001_EA

1⁵⁰



OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
20022893001_EA/20022893002_EA

\$4



PC® DINNER ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20219758_EA

\$10



POGO
selected varieties, frozen
1.5 kg
saucisses sur bâtonnet
20065224002_EA

3⁵⁰



ACTIVIA PROBIOTIC YOGURT
650 g or **DANINO KIDS YOGURT DRINKS** 6x93 mL
selected varieties
yogourt
20325132003_EA/21520250_EA

\$3



GOGO SQUEEZ FRUIT SAUCE
selected varieties
4x90 g
sauces aux fruits
20322697002_EA

\$8



PC® ORGANICS FLOUR 2.5 kg
or **CHOCOLATE CHIPS** 205 g
selected varieties
farine ou brisures de chocolat
20069335_EA

4⁵⁰



PC® THE DECADENT® COOKIES
selected varieties
280/300 g
biscuits
20612257_EA/20612260_EA

\$5



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

\$1



CLUB HOUSE GRAVY, SAUCE or SEASONING MIXES
selected varieties
21-47 g
mélange à sauce ou à assaisonnement
20302816004_EA/2032321001_EA

\$2



PC® ORGANICS BROTH
selected varieties
900 mL
bouillon
21190798_EA

6⁹⁹



TETLEY TEA
selected varieties
80/144's
thé
20711164_EA/21613866_EA

6⁴⁴



NESCAFÉ SWEET & CREAMY 144-351 g,
RICH INSTANT COFFEE
100-170 g or **ESPRESSO CONCENTRATE** 500 mL
selected varieties
café instantané ou
concentré d'espresso
20873036_EA/21363371_EA

9⁹⁹



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

3⁵⁰



MADE GOOD BARS, COOKIES, MINIS, CRISPY SQUARES or CRUNCHY SQUARES
selected varieties, 110-150 g
barres granola ou biscuits ou collations
21107621_EA/21352121_EA

\$3



NO NAME® WHOLE GRAIN, LARGE FLAKES or ONE MINUTE OATS
900 g-1 kg
gruau à grains entiers
20923828_EA/20923994_EA

\$9



NO NAME® HONEY 1 kg or **FLOURISH PROTEIN PANCAKE & WAFFLE MIX** 430 g
selected varieties
miel ou mélange à crêpes et gaufres
20033683_EA/21375781_EA

\$3



NATURE VALLEY GRANOLA BARS, GENERAL MILLS CEREAL BARS or BETTY CROCKER FRUIT SNACKS
selected varieties
120-226 g
barres ou collations aux fruits
20318474001_EA/21740489_EA

2⁵⁰



HERSHEY'S or REESE'S CHOCOLATE BARS 90-120 g,
JOLLY RANCHER or TWIZZLERS CANDY or GUMMIES
170-198 g
selected varieties
barres de chocolat ou friandises ou gélifiés
20078139_EA/20683743_EA

TACKLE EVERY MESS.
SAVE ON EVERY CLEAN.

3⁵⁰

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



\$3

NO NAME® ALL-PURPOSE SPONGE 4's
or **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

\$3

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



1²⁹

NO NAME® AIR FRESHENER
selected varieties
170 g
assainisseur d'air
21405442_EA/21405448_EA

4²⁹



NO NAME® OXY-BURST CLEANER 651 mL or OXY-PRO STAIN REMOVER 680 g
détachant
21375912_EA

\$4



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

\$5



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

2²⁹



NO NAME® DISHWASHING LIQUID
800 mL
savon liquide à vaisselle
21309894_EA

5⁵⁰



NO NAME® FREEZER BAGS
selected varieties
30/40's
sacs à congélation
20155482_EA/20298374_EA

\$3



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

8⁵⁰



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

\$20



PC® BATHROOM TISSUE
Club Size
30=100 rolls
papier hygiénique
21450846_EA

HOT FINDS

Savings like these are kind of a big deal.

\$8



EVERYDAY ESSENTIALS™ 3 PIECE COOKIE SHEET SET
ensemble de 3 plaques à biscuits
21485407_EA

\$5



EVERYDAY ESSENTIALS™ 4.5 L PITCHER WITH 4 CUPS
pichet avec 4 verres
21722360_EA

\$8



EVERYDAY ESSENTIALS™ SALAD SPINNER
essoreuse
21732703_EA

Get

5,000
pts

For every \$25*
spent

That's

\$5

value



FINISH DISHWASHER TABS or ADDITIVES
all sizes and varieties
capsules de détergent
pour lave-vaisselle
21565525_EA/21737252_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!

Members
get over

\$40

in value

CLICK FOR
THESE COUPONS
AND MORE



**PC® THICK & CRISPY
BREADED CHICKEN
BURGERS**
700 g
de poulet panés
21201257_EA

Get
1,500
pts
Until October - 7 - 2026



**PC® FROZEN
WINGS**
700-907 g
ailes de poulet
21046615_EA

Get
4,000
pts
Until October - 7 - 2026



**PC® SMOKED
WILD SOCKEYE
SALMON**
150 g
saumon sockeye
sauvage fumé
20055009_EA

Get
3,000
pts
Until October - 7 - 2026



PC® BACON
375 g
bacon
21738792_EA

Get
1,500
pts
Until October - 7 - 2026



PC® DIPS
227 g
trempepette
20584012_EA

Get
750
pts
Until October - 7 - 2026



**NO NAME®
CHEESE BARS**
200 g
barres de fromage
20331973_EA

Get
750
pts
Until October - 7 - 2026



**PC® BLACK LABEL
ICE CREAM**
500 mL
crème glacée
20604543003_EA

Get
1,000
pts
Until October - 7 - 2026



**NO NAME®
NATURALLY
IMPERFECT
FROZEN**
2 kg
naturellement imparfaits
21480144_EA

Get
3,000
pts
Until October - 7 - 2026



**NO NAME®
BUTTER**
454 g
beurre
20325029_EA

Get
750
pts
Until October - 7 - 2026



**PC® SPLENDIDO®
OLIVE OIL**
1L
huile d'olive
20081865_EA

Save
\$3
with digital
coupon



**KNORR
PREMIUM
FLAVOUR BASE
PASTES**
all sizes and varieties
base de qualité supérieure
21738792_EA

Save
\$2
with digital
coupon



**FRITOS & CO.
CHEESE BALL
CROQUETTES**
all sizes and varieties
boule de fromage
21663113_EA

Save
\$3
with digital
coupon

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



**PC® ITALIAN-STYLE
SEASONED
BREAD
CRUMBS**
275 g
chapelure
assaisonnée
à l'italienne
21663557_EA

Get
500
pts

Until October - 7 - 2026

Optimum™



**PC® SANDWICH
SPREAD**
300 mL
tartina pour
sandwich
20861237_EA

Get
750
pts

Until October - 7 - 2026

Optimum™



**NO NAME®
HONEY**
1 kg
miel liquide
20033683_EA

Get
2,500
pts

Until October - 7 - 2026

Optimum™



Get
500
pts

Until October - 7 - 2026

PC® KETTLE COOKED CHIPS
200 g
cuites à la marmite
21422931_EA

Optimum™



Get
2,000
pts

Until October - 7 - 2026

**PC® SUPER SOFT HYPOALLERGENIC
BATHROOM TISSUE** 12 = 24 rolls
papier hygiénique hypoallergénique
21450718_EA

Optimum™



Get
500
pts

Until October - 7 - 2026

**NO NAME® SCENTED GEL AIR
FRESHENER** 170 g
assainisseur d'air parfumé
21405448_EA

Optimum™



Get
5,000
pts

Until October - 7 - 2026

**PC® LAMB,
BROWN RICE & PEA
DOG FOOD RECIPE** 14 kg
Recette d'aliments pour chiens à
l'agneau, au riz complet et aux pois
21304669_EA

Optimum™



Get
500
pts

Until October - 7 - 2026

**NO NAME® DISINFECTANT
TOILET BOWL CLEANER**
710 mL
nettoyant pour cuvette
20024033_EA

Optimum™



Get
1,000
pts

Until October - 7 - 2026

NO NAME® BLEACH
2.4 L
bleach eau de javel
21486532_EA

Optimum™



Get
1,000
pts

Until October - 7 - 2026

**PC® PLANET FIRST
ALL PURPOSE CLEANER** 700 mL
nettoyant pour salle de bains
21544963_EA

Optimum™



Get
500
pts

Until October - 7 - 2026

**PC® NUTRITION FIRST®
CANNED CAT FOOD**
85 g
nourriture pour chat
21618582_EA

Optimum™



Save
\$2

with digital
coupon

NO NAME® OLIVE OIL
750 mL
huile d'olive
20160496002_EA

Optimum™



Save
\$1

with digital
coupon

**NO NAME® FISH FILLETS,
BURGERS or BREADCRUMBS**
poisson à l'anglaise, burgers de poisson
ou bâtonnets de poisson
21672264_EA/21672265_EA/21672266_EA

Optimum™



Save
\$1

with digital
coupon

PC® BLACK LABEL PIZZA
pizza
21531410_EA

Optimum™



Save
\$1

with digital
coupon

PC® SCOOP SHOP ICE CREAM
946 mL
crème glacée
21706641_EA

BAKING ESSENTIALS AT LOW PRICES

1⁷⁵

CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
fromage à la crème ou
trempettes



5⁵⁰

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés



\$8

NO NAME® SULTANA RAISINS, CRANBERRIES or WHOLE PITTED DATES
selected varieties
750 g/1 kg
fruits séchés



\$4

NO NAME® WHIPPED TOPPING 1 L or PIE SHELLS
350-380 g
selected varieties, frozen
garniture fouettée ou croûtes à tarte



3⁴⁹

TENDERFLAKE LARD or CRISCO SHORTENING
selected varieties
454 g
saindoux ou shortening



\$4⁵⁰

\$5⁵⁰

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine



2⁷⁹

LANTIC SUGAR
selected varieties
1 kg
sucre



4⁵⁰

NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide



6²⁵

NEILSON TRUTASTE MICROFILTERED MILK 4 L or PROTEIN MILK 1.89 L
selected varieties
lait ou boissons de lait



2⁵⁰

NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure



2⁵⁰

PC® SWEETENED CONDENSED MILK
300 mL
lait condensé



5⁹⁹

SMUCKER'S FRUIT SPREADS, JAM, JELLY or MARMALADE 310/500 mL or LOTUS BISCOFF SPREAD
380/400 g
selected varieties
tartinaes ou confiture ou gelée ou marmelade



1⁸⁷

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, SNACK SIZE MIX 184-212 g or FROSTING 340/450 g
selected varieties
mélange à gâteaux, muffins ou biscuits ou glaçage



4⁷⁹

E.D. SMITH PIE FILLING
selected varieties
540/796 mL
garniture pour tarte ou citrouille pure



3⁴⁹

FLEISCHMANN'S CORN STARCH 454 g or BAKING POWDER 340 g
selected varieties
féculé de maïs ou poudre à pâte



4⁹⁹

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



TACKLE EVERY MESS. SAVE ON EVERY CLEAN.

\$21

FINISH AUTO DISHWASHING TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA



\$18

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
huile parfumée ou recharges
21362106_EA/21398311_EA



7.99

GLAD GARBAGE BAGS WHITE
selected varieties
30-52's
sacs à ordures
20297334001_EA/21614177_EA



NO NAME® ALUMINUM FOIL
25 ft
papier d'aluminium
21119986_EA



1.79

\$4

MR. CLEAN ALL-PURPOSE CLEANER 1.21 L,
FEBREZE AIR 230 g,
BATHROOM 7.5 mL,
CAR 2 mL **AIR FRESHENER** or
MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou
effaceur magique
21700198_EA/21735410_EA



4.29

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



4.50

CLOROX BLEACH
selected varieties
2.4 L
eau de Javel
21283179_EA



\$22

TIDE LIQUID 3.46/3.9 L or
PODS or **FLINGS** 45, 57 or
76's LAUNDRY DETERGENT
selected varieties
détergent à lessive
21593670_EA/21594986_EA



\$13

PUREX 3.45-3.85 L **SUNLIGHT** 3.85 L
LIQUID LAUNDRY DETERGENT,
SNUGGLE FABRIC SOFTENER 2.77 L or
DRYER SHEETS 200's
selected varieties
détergent à lessive ou assouplissant ou
feuilles pour sècheuse
21769748_EA/21770214_EA



\$9

PC® LAUNDRY DETERGENT STRIPS 32's
or **TOILET STRIPS** 39's
selected varieties
détergent à lessive ou nettoyant pour cuvette
21614509_EA/21614582_EA



\$15

CASCADE AUTO DISHWASHER TABS
selected varieties
30-45's
capsules de détergent pour
lave-vaisselle
20660832001_EA/21507156_EA



10.50

ALWAYS FLEXFOAM PADS
selected varieties and sizes
10-72's
serviettes
20964379_EA/21661987_EA



\$12

ROYALE ULTRA STRENGTH PAPER TOWELS
selected varieties
6-12 rolls
essuie-tout
21484732_EA



\$11

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



\$6

TIDE WASHING MACHINE CLEANER 3's
or **LAUNDRY STAIN REMOVER** 22oz
nettoyant pour laveuse ou détachant
21293163_EA/21498834_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



\$6

EVERYDAY ESSENTIALS™ FALL CANDLES
selected varieties, 18 oz
bougies d'automne
21559939_EA/21560081_EA



\$8

Get
1,000
pts

That's
\$1
value

LYSOL TOILET BOWL CLEANER
2x7.10 mL, **DISINFECTANT**
SPRAY 425/539 g or
LAUNDRY DISINFECTANT 1.2 L
selected varieties
nettoyant à cuvette ou
vaporisateur désinfectant ou
désinfectant pour lessive
214827308_EA/21526714_EA



\$11.50

Get
2,000
pts

That's
\$2
value

OSKAR BROOM WITH DUSTPAN or
SUPER TWIST XL MOP
selected varieties
vadrouille ou
balai avec porte-poussière
20001949_EA/20057932_EA



\$7.99

Get
3,000
pts

That's
\$3
value

EASY OFF OVEN CLEANER
selected varieties
400 g/475 mL
nettoyant pour le four
2031816001_EA



Optimum™



\$3

PREPARED IN CANADA

D'ITALIANO BREAD 620/675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
20038335_EA/20626949_EA

\$4

PREPARED IN CANADA

MAPLE LEAF READY CRISP BACON 65 g or
MAPLE LEAF or **SCHNEIDERS BACON** 375 g, selected varieties
bacon
20772671_EA/20164959_EA

\$5

PREPARED IN CANADA

CASTELLO HAVARTI
selected varieties
170 - 200 g
fromage
20573932_EA

\$6

PREPARED IN CANADA

TRE STELLE BOCCONCINI
selected varieties
200 g
fromage
20024992_EA

2⁵⁰

PREPARED IN CANADA

ZIGGY'S FRESH PASTA
selected varieties
350 g
pâtes fraîches
21521168_EA

2²⁵

PREPARED IN CANADA

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

\$5

PREPARED IN CANADA

SAN DANIELE PROSCIUTTO 100 g or
MASTRO SALAMI 150 g
selected varieties
prosciutto ou salami ou charcuteries
20581660_EA/21061099_EA

\$10

PREPARED IN CANADA

MASTRO GENOA SALAMI CHUBS 600 g
or **SLICED DELI MEAT**
200-375 g
selected varieties
salami de Gênes
20181136_EA

\$1

PREPARED IN CANADA

NEILSON CHOCOLATE MILK
750 mL
lait
20766719_EA

\$7

PREPARED IN CANADA

LIBERTÉ GREEK 650/750 g or
YOPLAIT SOURCE 16x100 g
YOGURT
selected varieties
yogourt
20317317001_EA/20642273_EA

\$6

PREPARED IN CANADA

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
20759241002_EA

\$6

PREPARED IN CANADA

CHAPMAN'S PREMIUM ICE CREAM 2 L or
MCCAIN DEEP 'N' DELICIOUS CAKE 510 g
selected varieties, frozen
gâteaux ou crème glacée
20310132001_EA/20323573001_EA

2⁷⁷

PREPARED IN CANADA

MCCAIN SUPERFRIES or
SPECIALTY FRIES
454-800 g or
POCKETS 300 g
selected varieties, frozen
frites ou pochettes
20324328002_EA

\$10

PREPARED IN CANADA

POGO
selected varieties, frozen
1.5 kg
saucisses sur bâtonnet
20065224002_EA

1⁹⁹

PREPARED IN CANADA

ROGERS LANTIC GRANULATED SUGAR
2 kg
sucre
20145033_EA

11⁹⁷

PREPARED IN CANADA

ROBIN HOOD or
FIVE ROSES ALL PURPOSE FLOUR
club size
10 kg
farine
20134743_EA/20251651_EA

\$9

PREPARED IN CANADA

NO NAME® HONEY 1 kg or
FLOURISH PROTEIN PANCAKE & WAFFLE MIX 430 g
selected varieties
miel liquide ou crémeux ou
mélange à crêpes et gaufres
20033683_EA/21375781_EA

4⁵⁰

PREPARED IN CANADA

PC® THE DECADENT® COOKIES
selected varieties
280/300 g
biscuits
20612257_EA
20612260_EA

1⁷⁵

PREPARED IN CANADA

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

\$1

PREPARED IN CANADA

CLUB HOUSE GRAVY, SAUCE or
SEASONING MIXES
selected varieties
21-47 g
mélange à sauce ou à assaisonnement
20302816004_EA
20323721001_EA

4⁷⁵

PREPARED IN CANADA

NAYA NATURAL SPRING WATER
24 x 500 mL
eau
21631362_EA

\$6

TRE STELLE FETA, BOCCONCINI, CHEDDAR
200 g, **MASCARPONE**
275 g or **RICOTTA CHEESE**
400/475 g
selected varieties
fromage
20024992_EA/20599157_EA

\$5

CASTELLO HAVARTI
170-200 g or **BLUE CHEESE** 125 g
selected varieties
fromage
20428574_EA/20573932_EA

10⁹⁹

10⁹⁹



699



799



1699



649



HAPPY DIWALI!

शुभ दीपावली

2⁹⁹
LB

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

2⁹⁹
LB

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

1⁴⁹
EA/LB

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

340 G

907 G

795 G

4⁹⁹

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

.99

MINT BUNCH
product of Canada
botte de menthe
20139326001_EA

1⁹⁹
LB

LONG EGGPLANT
product of Canada or
PAPAYA product of Mexico
aubergine longue ou papaye
4.39/kg
20159013001_KG/20817066001_KG

5⁵⁰

CRISPY PUNJABI COOKIES
1.1 kg
biscuits
20180817_EA

4⁵⁰

**SURAJ®
NAAN
FLATBREADS**
selected varieties
10's
pains plats naan
20343319_EA

3⁵⁰

CRISPY NAMAK PARA
selected varieties
360 g
namak para
21443491_EA

2⁸⁸

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

4⁵⁰

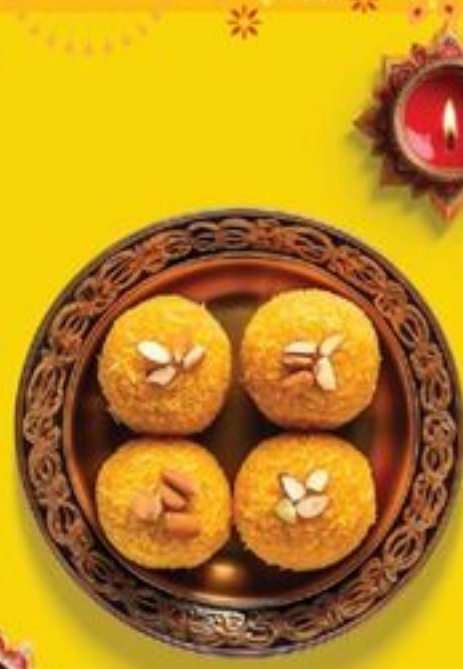
**BRAR'S
MALAI
PANEER**
375 g
paneer
20283164_EA

6⁹⁹

**PELEE
MUMS**
chrysanthèmes
21498343_EA

HAPPY DIWALI!

शुभ दीपावली



9⁹⁹

**WAGH BAKRI
PREMIUM TEA**
907 g
thé
20375231_EA



2⁹⁹

**RUBICON ORGANIC
COCONUT WATER**
1 L
eau de noix de coco
21383084_EA

5⁵⁰

**SURAJ® GROUND
TURMERIC**
1 kg
curcuma moulu
20145962_EA



3⁴⁹

KFI COOKING SAUCE
selected varieties
375 mL
sauces à cuisson
20419490001_EA

\$4

**VEEBA
VEGINNAISE or
TAMARIND
CHUTNEY**
selected varieties
300/500 g
mayonnaise végétane
ou chutney
21632744_EA



\$1

HALDIRAM'S INDIAN SNACKS
selected varieties
90-160 g
collations indiennes
20314667001_EA



1⁹⁹

SHANA PARATHA or CHAPATI
selected varieties, frozen
400 g
paratha ou chapati
20990535001_EA



2²⁹

**SURAJ® DAHI
YOGURT**
selected varieties
750 g
yogourt dahi
20958145_EA/20959052_EA



1⁵⁰

**KURKURE
SNACKS**
selected varieties
115 g
collations
21361077_EA



\$2

**BRITANNIA SUJI
RUSK CRACKERS**
305 g or **SHERBON
JUICE DRINKS** 1 L
selected varieties
craquelins ou boissons
21032472_EA/21603399_EA



7⁹⁹



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

11⁹⁹



**BRAR'S DESI GHEE
COOKING OIL**
800 g
huile à cuisson
20869886_EA

4⁴⁹



**SURAJ® BEANS, PEAS or
LENTILS**
selected varieties
1.8 kg
haricots ou pois ou lentilles
20558755_EA/20558756_EA/20558757_EA

Optimum

\$10

Get **2,000** pts

That's **\$2** value

DOVE BAR WHITE 6x106 g
or **DOVE PEONY ROSE
BODY WASH** 591 mL
pain de savon ou nettoyant
pour le corps
21237519_EA/21760293_EA

KITCHEN ESSENTIALS

AT LOW PRICES

\$5



**EVERYDAY ESSENTIALS™
MEDIUM COOKIE SHEET SET**
2's
20649021_EA

\$5



**EVERYDAY ESSENTIALS™
12-CUP MUFFIN PAN**
20649161_EA

\$5



**EVERYDAY ESSENTIALS™
12 INCH PIZZA PAN AND CRISPER**
2's
20647680_EA

\$5



**EVERYDAY ESSENTIALS™
COOLING RACK**
18x10 inches
21490134_EA

\$5



**EVERYDAY ESSENTIALS™
OBLONG CAKE PAN**
13x9 inches
20797353_EA

\$5



**EVERYDAY ESSENTIALS™
9 INCH LOAF PANS**
2's
20647678_EA

\$9



**PC® COOKIE TURNER or
SPATULA**
21345447_EA

\$20



**EVERYDAY ESSENTIALS™
5 SPEED HAND MIXER**
21701476_EA

\$12



PC® MEASURING CUP SET
4's
21345385_EA

\$5



**SISTEMA SMALL SPLIT TO GO FOOD
STORAGE CONTAINER**
350 mL
20976655_EA

\$9



**SISTEMA TO GO MULTI SPLIT MEAL &
FOOD CONTAINER**
820 mL
21183153_EA

\$12



**SISTEMA BENTO TO GO FOOD
STORAGE CONTAINER**
1.65 L
21073027_EA

\$17



PC® HYDRATOR II BOTTLE
21345540_EA

\$13



PC® 1 L TRITAN BOTTLE
32 oz
21385745_EA

\$17



PC® STAINLESS STEEL TO-GO TUMBLER
24 oz
21464435_EA



Express[™]
Pass

Get your first year
of *PC Express Pass* for

\$2/month*

- Unlimited No Frills[®] delivery or pickup
- Earn 2% back in  with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until October 14, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



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.

ONLY IF PCX

October 1st - October 7th, 2026

Optimum™

Get

7,500

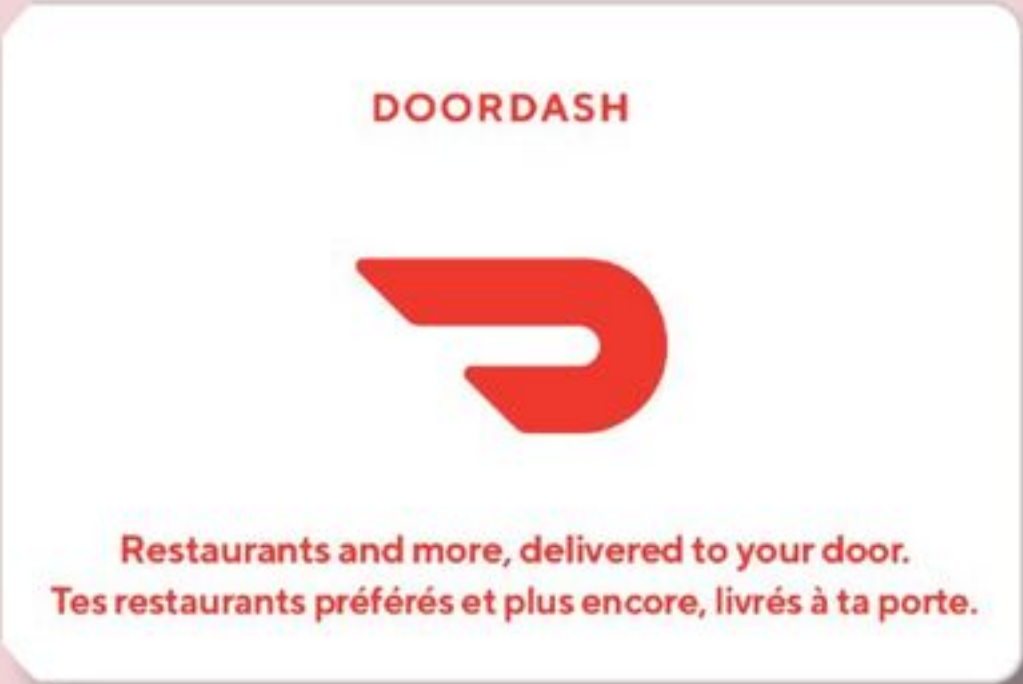
pts

That's

\$750

value

for every \$50 spent on
DoorDash gift cards



*Offer valid in-store only. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$50 spent on DoorDash gift cards in a single transaction at any participating Loblaw banner grocery stores. Cannot be combined w ith any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

What foods are best
for the mind?

Chat now

Ask  Health™

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.

†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.