



FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 8 TO
WEDNESDAY, OCTOBER 14, 2026.

BIG
THANKSGIVING
DEALS!

4 DAY SALE

THURSDAY TO SUNDAY ONLY!

SAVE 45%

6⁸⁸
LB

SIRLOIN TIP ROAST
Canada AA or USDA Select
grade beef or higher
rôti de pointe de surlonge
15.17/kg
20747774_KG

WHILE QUANTITIES LAST

SAVE 62%

1⁴⁹
LB

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

SAVE UP TO 50%

.99
LB

SWEET POTATOES product of
Canada or **ACORN, BUTTERNUT,**
BUTTERCUP or SPAGHETTI
SQUASH product of Canada
patates douces, courge poivrée ou
musquée ou buttercup ou spaghetti
2.18/kg
20071363001_KG/20325274001_KG/
20307900001_KG/20127708001_KG

SAVE UP TO 25%

2⁹⁹

2 LB BAG

FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20795315001_EA

ONLY

.99

RED MANGOES
product of Brazil
mangues rouges
20059635001_EA



SAVE 50%

1⁹⁹
LB

CHICKEN DRUMSTICKS
fresh
pilons de poulet
4.39/kg
20654051_KG

ONLY

8⁹⁹
LB

ATLANTIC SALMON FILLET
fresh
filet de saumon de
l'Atlantique
19.82/kg
20339767_KG

SAVE UP TO 20%

7⁹⁹

LOU'S or BUTCHER'S SELECTION PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos de porc
21530551_EA/21669038_EA

WOW!

2⁹⁹

PC® FROZEN FRUIT 300-600 g
or **BREYERS CLASSIC FROZEN DESSERT 1.41 L**
selected varieties
fruits surgelés ou dessert glacé
20312227_EA/21651628_EA



Member Price
\$5

Non-Members
\$7

Members Save
\$2

BALDERSON CHEDDAR or HAVARTI CHEESE
selected varieties
170-280 g
fromage
21495455_EA/21511748_EA

App exclusive offer

Member Price
\$5

Non-Members
\$6⁵⁰

Members Save
\$1⁵⁰



PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
jus d'orange
21531644_EA



\$16

Get
2,000
pts

That's
\$2
value

NESTLÉ QUALITY STREET TIN
650 g
boîte de friandises
21548444_EA

App exclusive offer

\$7⁹⁹

Get
2,000
pts

That's
\$2
value



NO NAME® HONEY
1 kg or **RED ROSE TEA BAGS 210's**
selected varieties
miel ou sachets de thé
20033683_EA/21692175_EA



\$2⁹⁷

Get
500
pts

That's
50¢
value

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

ONLY

1⁶⁹



BARILLA PASTA
selected varieties
340/410 g
pâtes
21404904_EA/21405047_EA

ONLY

2⁷⁵



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

SAVE 38%

1⁶⁹



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

SAVE UP TO 40%

2⁹⁹



NEILSON CREAM
5/10% 1 L or
18/35% 473 mL
selected varieties
crème
20123609_EA/20774325_EA

SAVE 44%

1²⁵



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or FRUITE BEVERAGES 2 L
selected varieties
boissons
20340058005_EA/20894117004_EA

SAVE 20%

\$2



DARE CRACKERS 100-225 g or CHRISTIE CRACKERS 175-200 g
selected varieties
craquelins ou grignolines
21547034_EA/21520666_EA

SAVE 43%

7⁹⁹



QUALITY BASMATI RICE
3.63 kg
riz basmati
20787290_EA

PRICE DROP

8⁵⁰



UNICO VEGETABLE OIL
3 L
huile végétale
20098102_EA

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21584850_EA

\$2



CHRISTIE CRISPS or BITS & BITES SNACK MIX
selected varieties
145 g
mélange à collation
21358333_EA

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_mrd05/10/2026_ON

FRESH AT LOW PRICES

3⁹⁹

CANTALOUPE product of U.S.A., no. 1 grade,
PINEAPPLE product of Costa Rica or
FARMER'S MARKET™ RED GRAPEFRUIT product of South Africa
cantaloup, ananas ou pamplemousse rouges
20167017001_EA/20160992001_EA

3 LB BAG

3⁹⁹

WHITE or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre blanches ou jaunes
20600997001_EA/20601017001_EA

10 LB BAG



PKG OF 5

3⁹⁹

CAULIFLOWER
product of Canada, Canada no. 1 grade or
AVOCADOS
product of Mexico
chou-fleur ou avocats
20135377001_EA/21644936001_EA

6 OZ CLAMSHELL

3⁹⁹

BLACKBERRIES product of Canada, Mexico or U.S.A., **RASPBERRIES**
product of Canada or Mexico, no. 1 grade or
BLUEBERRIES product of Peru, no. 1 grade
mûres, framboises ou bleuets
20152465001_EA/20128938001_EA

FRESH GUARANTEE

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

3⁹⁹

PKG OF 4

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



1⁴⁹

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



5⁹⁹

10 LB BAG

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



2⁴⁹

227 G

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



2⁹⁹

EA/LB

283 G

PKG OF 6

FARMER'S MARKET™ GRAPE TOMATOES each, product of Canada, Mexico or U.S.A. or **FARMER'S MARKET™ MINI CUCUMBERS** each, product of Canada, Canada no. 1 grade or **BRUSSELS SPROUTS** 6.59/kg, product of Canada or U.S.A.
tomates raisins, mini-concombres ou choux de Bruxelles
21367888001_EA/20737570001_EA/20036155001_KG

5⁹⁹

567 G

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



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



4⁹⁹

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES product of Ontario, Canada fancy grade or **ORANGES** product of South Africa
oranges ou pommes
20162945001_EA/20767998001_EA

3 LB BAG

1⁴⁹

PIE PUMPKINS
product of Canada
citrouilles à tarte
20101185001_EA



6⁹⁹

4 LB BAG

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

5⁹⁹

600 G

KIWI
product of Chile
kiwi
21099138001_EA



\$2⁰⁰

LB

BEEFSTEAK TOMATOES
product of Canada or Mexico, no. 1 grade
tomates beefsteak
4.41/kg
20426141001_KG

4⁹⁹

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

1 LB CLAMSHELL



PRICE DROP

.99⁰⁰

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



1⁹⁹

BROCCOLI CROWNS
product of Canada
each
couronnes de brocoli
21121560001_EA



1⁹⁹

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



NFO 2_rnd05/10/2026_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

22⁹⁹



BUTTERBALL BONELESS STUFFED TURKEY BREAST ROAST
selected varieties, frozen
1.2 kg
rôti de poitrine de dinde farci
21669920_EA

LEAN GROUND BEEF AND PORK
fresh
bœuf et porc hachés
maigres
15.43/kg
20861188_KG



\$7⁹⁹
LB

\$14



PC® WORLD OF FLAVOURS PORK ROASTS
selected varieties, fresh
730/900 g
rôti de porc
21603234_EA

PC® SAUSAGES or ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES
selected varieties
375/500 g
saucisses
21539969_EA/21584342_EA



6⁴⁹

6⁹⁹
LB



SCHNEIDERS ORIGINAL HAM
selected varieties
15.41/kg
jambon fumé
21194338_KG

RAIN CHECK
+ pts

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

5⁹⁹



WONG WING or ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen
400 g
plats cuisinés
20507138_EA/21047378_EA

7⁵⁰



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

\$9



SEAQUEST® WHOLE TILAPIA
1.36 kg
tilapia entier
21592084_EA

\$5



PC® DOUBLE BRIE or CAMEMBERT 165-200 g or **GOAT CHEESE LOGS** 140 g
selected varieties
fromage
20787327_EA/21722565_EA

\$6



ZIGGY'S® SLICED DELI MEAT TRIO 300 g, **PEPPERETTES** 300 g, **BOLOGNA** 600 g or **KOLBASSA SAUSAGE** 375 g
selected varieties
charcuteries tranchées ou bologna ou kolbassa
21665209_EA/21668435_EA

8⁵⁰



PC® CHICKEN POT PIE or QUICHE
selected varieties
550-575 g
pâte ou quiche
21682000_EA/21682154_EA

2⁵⁰



SUNRISE TOFU
selected varieties
350-500 g
tofu
20570507_EA
20022239_EA

2²⁵



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

\$3



COUNTRY HARVEST BREAD 400 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178397_EA/21178642_EA

4⁵⁰



FARMER'S MARKET® LOAF CAKES 344-400 g or **CROISSANTS** 260-336 g
selected varieties
gâteaux quatre-quarts ou croissants
20565382_EA/20975943_EA

\$3



WONDER BALLPARK BUNS
selected varieties, 6/8's
pains
21022027_EA

3⁹⁹



KUHNE SAUERKRAUT
796 mL
choucroute
20068748_EA

5⁵⁰



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES
375-450 g or **SCHNEIDERS BOLOGNA** 375/500 g
selected varieties, fresh
saucisses fumées ou bologna
20105611_EA/20005135_EA

† 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.

BIG THANKSGIVING DEALS!

SAVE 42%
\$2

NO NAME® DINNER ROLLS
12's
petits pains
21431228_EA



App exclusive offer



\$6
Get
1,000
pts
That's
\$1
value



FARMER'S MARKET® PIES
selected varieties
580 g-1 kg
tartes
21297365_EA/21297367_EA

SAVE 42%
\$6

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



ONLY
4.77

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



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



SAVE 24%
2.50

6.50
iöGO 16x100 g or SIGGI'S SKYR YOGURT 650/750 g
selected varieties
yogourt
20606778001_EA/21353865_EA



6.99
STARBUCKS COFFEE ENHANCERS
selected varieties
800/828 mL
rehausseurs pour café
21358473_EA



\$8
PC® or BLUE MENU® ENTRÉES
selected varieties, frozen
770 g-1.13 kg
plats cuisinés
20314880_EA



\$3
NO NAME® WHOLE GRAIN, LARGE FLAKES or ONE MINUTE OATS
900 g-1 kg
gruau à grains entiers
20923828_EA/20923994_EA



\$8
PC® BLACK LABEL PIZZA
selected varieties, frozen
370-440 g
pizza
21531415_EA



7.99
KAWARTHA DAIRY ICE CREAM
selected varieties, frozen
1.5 L
crème glacée
21591653_EA/21591725_EA



\$3
CHRISTIE COOKIES 251-303 g or PEEK FREANS 290-350 g
selected varieties
biscuits
21358407_EA/21361308_EA



\$3
DORITOS TORTILLA CHIPS
selected varieties
210/235 g
croustilles de tortillas
21693042_EA/21693053_EA



\$4
OLD EL PASO DINNER KIT
selected varieties
250-510 g
trousses-repas
20795534_EA



\$4
OCEAN SPRAY COCKTAILS or MOTT'S CLAMATO
selected varieties
1.89 L
cocktails ou jus de palourdes
203000046008_EA/20318955002_EA



15.99
CHOSEN FOODS AVOCADO OIL
750 mL
huile d'avocat
20967759_EA



1.50
OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
20022893001_EA/20022893002_EA



1.29
STOVE TOP STUFFING
selected varieties
120 g
farce
20310507001_EA



\$6
HELLMANN'S REAL MAYONNAISE or SPREAD
selected varieties
710-890 mL
mayonnaise ou tartinaide
20618579001_EA



\$22
PC® PODS 30's, GROUND or WHOLE BEAN COFFEE 800-930 g or PRIDE OF ARABIA WHOLE BEAN COFFEE 907 g
selected varieties
capsules ou café moulu ou en grains
21592334_EA/21592373_EA



5.97
KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA



App exclusive offer

\$1.38
Get
500
pts
That's
50¢
value

NO NAME® BROTH
selected varieties
900 mL
bouillon
21189607_EA/21189611_EA

\$5
Get
300
pts
That's
30¢
value

CREST GUM TOOTHPASTE
63-90 mL or **SCOPE MOUTHWASH** 1 L
selected varieties
dentifrice ou rinçage-bouche
20948747_EA/21354690_EA

App exclusive offer

OCTOBER 8TH TO NOVEMBER 6TH

20,000
pts
Get
That's
\$20
value

PARTICIPATING PROCTER & GAMBLE PRODUCTS
produits
21551567_EA

3,000
pts
Get
For every \$10* spent on

OLD EL PASO PRODUCTS
all sizes and varieties
ensembles à repas
20795534_EA/21049505_EA



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.

DELI
DEALS

\$5

PC® or BLUE MENU® SLICED
CHEESE 140-170 g or
MARCANGELO
SLICED MEATS 85 g
selected varieties
fromage tranché ou
viandes tranchées
20217853_EA/21706089_EA



4⁶⁷

BOURSIN SOFT CHEESE
selected varieties
150/220 g
fromage à pâte molle
20116794_EA



2⁵⁰

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



\$4

PC® TOPPED HUMMUS
selected varieties
280 g
hummus garni
20811384_EA/20811328_EA



OCTOBER

HIT
OF THE
MONTH



\$1.75

🍁 Made in Canada

Dare Bear Paws

Selected varieties, 168 - 210 g

Limit: 6, over limit retail \$3.00

21713321_EA



\$3

🍁 Made in Canada

Cedar Valley Pita Chips

selected varieties 180 g

Limit: 6, over limit retail \$4.00

21566354_EA



\$1

KD Macaroni and Cheese

Selected varieties, 156 - 175 g

Limit: 6, over limit retail \$2.00

21549589_EA / 21549590_EA



\$2

Smoked Steelhead Salmon 50 g
or **Yellowfin Tuna Steak**, 92 g, frozen

Limit: 6, over limit retail \$3.00

21694839_EA / 21754823_EA

LOWEST PRICES
BEST DEALS

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

BRANDS YOU LOVE
AT LOW PRICES

3²⁷

**iÖGO NANO DRINKABLE
YOGURT** 6x93 mL or **SIGGI'S
SKYR YOGURT** 4x100 g
selected varieties
yogourt

20609687001_EA/21590027_EA



KRAFT SINGLES
selected varieties
410 g
tranches de fromage

21188654_EA

\$4



\$6

**KELLOGG'S EGGO
WAFFLES** or **PANCAKES**
selected varieties, frozen
240-560 g
gaufres ou crêpes

20099730004_EA/21639330_EA



CRAVE FROZEN MEALS
selected varieties, frozen
200-340 g
plats cuisinés surgelés

21085515_EA/21553329_EA



4⁵⁰

.97

**YOPLAIT YOP
DRINKABLE YOGURT**
selected varieties
200 mL
yogourt à boire

21757809_EA/21757965_EA



6²⁵

**NEILSON TRUTASTE
MICROFILTERED MILK** 4 L
or **PROTEIN MILK** 1.89 L
selected varieties
lait

20148677_EA



2⁵⁰

NO NAME® LEMONADE or **ICED TEA**
selected varieties, refrigerated
1.75 L
limonade ou thé glacé

21666536_EA/21666561_EA



3⁷⁵

**GAY LEA
WHIPPED CREAM**
selected varieties
225 g
crème fouettée

20048223001_EA



\$4

OASIS, ARIZONA or
DEL MONTE DRINK BOXES
selected varieties
8x200 mL
boissons en boîte

20315764002_EA/21649074_C08



9⁵⁰

MONSTER 4x473 mL or **RED BULL**
4x250 mL **ENERGY DRINKS**
selected varieties
boissons énergisantes

20166737001_C04/20937631_C04



13⁹⁹

**FERRERO ROCHER
CHOCOLATE BOX**
fine hazelnut chocolates
30's
boîte-cadeau de chocolat

20104917_EA



\$4

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

21050575_EA



2⁵⁰

**PEPPERIDGE FARM
GOLDFISH CRACKERS**
selected varieties
156-227 g/6x28 g
croquelins

20300320_EA/20306994003_EA



3⁴⁸

SPAM LUNCHEON MEAT
selected varieties
340 g
pain de viande

20858330_EA/20968255_EA



\$2

AYLMER ACCENTS 540 mL or
RO TEL DICED TOMATOES 283/284 g
selected varieties
tomates en dés

21154452_EA/21207587_EA



.88

MR. NOODLES CUP
selected varieties
64 g
contenant de nouilles

20296506002_EA



3⁵⁰

HEINZ MAYONNAISE or
MAYONNAISE STYLE SAUCE
selected varieties
340 mL
mayonnaise ou sauce de style mayonnaise

21686231_EA



3²⁹

**UNICO OLIVES, ROASTED
PEPPERS** or **PICKLED VEGETABLES**
selected varieties, 370-750 mL
olives ou poivrons rôtis
ou légumes marinés

20024445_EA/21103523_EA



11⁹⁹

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive

20156182001_EA



Optimum™

\$1⁹⁹

Get
250
pts
That's
25¢
value

BETTY CROCKER POTATOES
selected varieties
141-215 g
pommes de terre

20296518003_EA/21574295_EA



BRANDS YOU LOVE
AT LOW PRICES

3⁹⁹

BECEL 400/454 g or BECEL PLANT BASED BRICKS 454 g or I CAN'T BELIEVE IT'S NOT BUTTER! 800 g
selected varieties
margarine ou beurre à l'ail à base de plantes
21747598_EA/21747653_EA



3⁹⁹

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
20659606001_EA

\$10

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



\$4

HEALTHY CHOICE GOURMET STEAMERS, SIMPLY STEAMERS or POWER BOWLS
selected varieties, frozen
255-306 g
plats cuisinés
20974538_EA/21406269_EA

\$5⁵⁰

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



MCCAIN CAKE
selected varieties, frozen
510 g
gâteaux
20310132002_EA

Get 2,500 pts

For every \$10* spent on
That's \$2⁵⁰ value



SKITTLES CANDY or WRIGLEY'S GUM
selected varieties
friandises ou gomme
20310919002_EA/20686198001_EA

Get 5,000 pts

For every \$20* spent on
That's \$5 value



BOB'S RED MILL PRODUCTS
selected varieties
produits
21127335_EA/21127426_EA

\$3

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



\$6

NO NAME® BOUILLON CONCENTRATE 500 mL or CHOPPED GARLIC 1 kg
selected varieties
concentré de bouillon ou ail haché
20312337001_EA/21013899_EA



3⁵⁰

VITA COCO COCONUT WATER
selected varieties
1 L
eau de noix de coco
20332922_EA



3⁴⁹

EAGLE BRAND SWEETENED CONDENSED MILK
selected varieties
300 mL
lait condensé
21012618_EA



9⁹⁹

JUAN VALDEZ GROUND or WHOLE BEAN COFFEE
selected varieties
284 g
café moulu ou en grains
21755937_EA



\$5

NO NAME® INSTANT COFFEE
selected varieties
150 g
café instantané
21180125_EA



\$4

PC® ORGANICS SQUEEZABLE FRUIT SNACKS 360 g, or JUMBO RAISIN SNACK PACK 196 g
selected varieties
collations aux fruits ou raisins secs biologiques
21170526_EA/21310368_EA



\$4

KELLOGG'S CEREAL
selected varieties
306-525 g
céréales
20015041_EA/21607207_EA



\$5

NUTELLA HAZELNUT or PEANUT SPREAD
selected varieties
375 g
tartinade de noisettes ou arachides
20435988_EA/21721261_EA



\$13

PC® 100% PURE MAPLE SYRUP
500 mL
sirop d'érable
20049221_EA



\$6

JACK LINK'S or GOLDEN ISLAND JERKY
selected varieties
65-81 g
viande séchée ou collations de viande
20501983002_EA



TACKLE EVERY MESS.
SAVE ON EVERY CLEAN.

3⁵⁰

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



4⁵⁰

**LYSOL MULTI SURFACE
CLEANER 1.2 L, BATHROOM
SPRAY 950 mL, TOILET BOWL
CLEANER 710 mL or
BATHROOM AEROSOL 680 g**
selected varieties
nettoyant ou vaporisateur ou
aérosol pour salle de bains
20310677001_EA/21193411_EA



\$22

**TIDE LIQUID 3.46/3.9 L, or PODS or
FLINGS 45-76's LAUNDRY
DETERGENT or CASCADE AUTO
DISHWASHER TABS 51-80's**
selected varieties
détergent à lessive ou capsules de
détergent pour lave-vaisselle
21518479_EA/21593670_EA/21594986_EA



**NO NAME® WET
MOPPING REFILLS**
12's
linges humides de rechange
20725293_EA



\$5

\$11

**DOWNY FABRIC SOFTENER 1.66-2.63 L,
DOWNY or GAIN SCENT BOOSTERS
303-379 g, BOUNCE DRYER SHEETS
120-200's, TIDE LIQUID 1.62/1.86 L or
PODS 18-31's LAUNDRY DETERGENT**
selected varieties
assouplissant textile ou rehausseurs de parfum
ou feuilles pour sècheuse ou détergent à lessive
21549966_EA/21550428_EA



4⁵⁰

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



2⁵⁰

**LADY or MEN'S
SPEED STICK DEODORANT**
selected varieties
45-85 g
déodorant
20348223001_EA/20847071_EA
\$2.50 LIMIT 6, OVER LIMIT PAY \$4.00 EACH



4⁵⁰

GLADE SMALL JAR CANDLE
selected varieties
116 g
petites bougies en pot
20628371004_EA



\$8

PC® 2-PLY DINNER NAPKINS
180's
serviettes de tables
20084398_EA



7⁹⁹

GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
20297334001_EA/21359461_EA



\$5

HALLOWEEN DECORATIONS
selected varieties and sizes
décoration
21176280_EA/21736484_EA



Get
2,500
pts

For every \$10*
spent

That's
\$2.50
value

**DOVE BAR SOAP 3x106 g,
BODY WASH 325 mL,
DEODORANT 45-76 g,
HAIR CARE 142-198 g/195-355 mL**
selected varieties
pain de savon ou
nettoyant pour le corps ou
déodorant ou soins capillaires
21220717_EA/21644833_EA



App exclusive offer

Get
20,000
pts

Spend \$100*
on any

That's
\$20
value

**ON PARTICIPATING
PROCTOR & GAMBLE BRANDS**
*before taxes
**see PC Optimum app for details
***Exclusions apply
20046274_EA/21658961_EA



**VALID ON PURCHASES
EFFECTIVE
OCTOBER 8 THROUGH NOVEMBER 6**

Get
5,000
pts

Spend \$14*
on any

That's
\$5
value

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



no name®

tackle every mess.
save on every clean.

your
home of
no name®

(So switch)

shop no name®

\$3

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



\$4

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



\$9

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



HOT
FINDS

Savings like these are kind of a big deal.

\$8

**EVERYDAY ESSENTIALS™
SALAD SPINNER**
essoreuse
21732703_EA



FLORAL DEALS

6⁹⁹

PELEE MUMS
chrysanthèmes
21498343_EA



\$10

SMALL MIXED BOUQUET
petit bouquet varié
21619952_EA
SELECTED STORES
WHILE QUANTITIES LAST



\$20

DELUXE BOUQUET
bouquet de luxe
21397546_EA



\$10

ROSES
9 stems
roses
21619893_EA



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



Get
2,500
pts
Until November - 4 - 2026

**PC® SPLENDIDO®
PARMESAN REGGIANO**
250 g
fromage
21053434_EA



Get
1,000
pts
Until November - 4 - 2026

PC® NAAN ROUNDS
480 g
naan
20757871_EA



Get
1,250
pts
Until November - 4 - 2026

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



Get
2,500
pts
Until November - 4 - 2026

NO NAME® SHREDDED CHEESE
900 g
fromage râpé
20317943_EA



Get
3,000
pts
Until November - 4 - 2026

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



Get
1,000
pts
Until November - 4 - 2026

PC® GREEK YOGURT
1 kg
yogourt
21518400_EA



Get
1,000
pts
Until November - 4 - 2026

NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EA



Get
2,000
pts
Until November - 4 - 2026

NO NAME® HONEY
1 kg
miel
20033683_EA



Get
500
pts
Until November - 4 - 2026

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



Get
500
pts
Until November - 4 - 2026

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



Get
500
pts
Until November - 4 - 2026

PC® KETTLE CHIPS
200 g
croustilles
21422931_EA



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



Save
\$1.50
with digital
coupon

**NESTLÉ
SNACK PACK**
12's
collations
21719355_EA



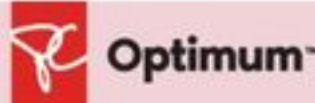
Save
\$3.00
with digital
coupon

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



Save
\$1.00
with digital
coupon

PC® BLACK LABEL ICE CREAM
500 mL
crème glacée
21358948_EA



Save
\$1.50
with digital
coupon

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



Save
50¢
with digital
coupon

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



Get
1,500
pts
Until November - 4 - 2026

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



Get
500
pts
Until November - 4 - 2026

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



Get
5,000
pts
Until November - 4 - 2026

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

NEW
LOWER
PRICES

\$5

**LA FOURNÉE DORÉE
SLICED BRIOCHE
BREAD**
500 g
pain brioché tranché
20978205_EA

\$4

MARZETTI DIPS
selected varieties
product of U.S.A.
trempelettes

20304684_EA/20039279_EA

340 G

\$5

SAPUTO TUB CHEESE 125-200 g or
BARI RICOTTA 500 g
selected varieties
125-500 g
fromage

20573931_EA/20573975_EA

\$6

**MAPLE LEAF
CHICKEN DRUMSTICKS**
up to 872 g
pilons de poulet

20633026_EA

6⁵⁰

SCHNEIDERS PEPPERETTES
selected varieties
225-375 g
bâtonnets de saucisson

21738518_EA/21741260_EA

\$4

OLIVIERI SKILLET GNOCCHI
selected varieties
280/300 g
gnocchi à poêler

21021520_EA/21022065_EA

2⁵⁰

**LUNCHMATE LUNCH KITS or
STACKERS**
selected varieties
75-120 g
frousses-repas

21309931_EA/21310034_EA

\$8

BASA STEAKS
frozen
1 kg
biftecks

20910469_EA

1⁷⁵

PEDIGREE WET DOG FOOD
selected varieties
375 g
nourriture humide pour chiens

21359778_EA

1²⁵

PALDO ROASTED SEAWEED
15 g
algues rôties

20431251_EA

\$4

**KIND HEALTHY GRAINS
BARS** 175 g or
BREAKFAST BARS 200 g
selected varieties
barres

20926433_EA/21726010_EA

\$2

**NEILSON
FLAVOURED MILK**
selected varieties
1 L
lait aromatisé

20062332001_EA

3⁷⁵

**MINUTE MAID ZERO
SUGAR DRINKS** 1.54 L or
FUZE ICED TEA 1.75 L
selected varieties, refrigerated
boissons zéro sucre ou thé glacé

21434119_EA/21652207_EA

\$5

**PC® BLUE MENU®
MARGARINE**
selected varieties
907 g
margarine

20604565_EA

\$6

**BLACK DIAMOND
CHEESTRINGS or
SNACKS** 252/336 g or
**CRACKER BARREL
CHEESE SHREDS** 250-320 g
selected varieties
fromage

20763661_EA/21290616_EA

3²⁵

**JELL-O REFRIGERATED
DESSERTS**
selected varieties
4x89-106 g
desserts réfrigérés

21019795_EA/21019805_EA

\$6

PC® ORGANICS KEFIR
selected varieties
1 L
kéfir biologique

20944278_EA

\$8

**DAIYA GLUTEN-FREE &
DAIRY FREE PIZZA**
selected varieties, frozen
363-550 g
pizza

20923827_EA

NEW
LOWER
PRICES



4⁷⁵

SMUCKER'S UNCRUSTABLES
selected varieties, frozen
4 x 58 g
pâtisseries
21543057_C04

\$3



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

3⁵⁰

2²⁵



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



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

4⁵⁰



BREYERS CREAMERY STYLE ICE CREAM
selected varieties, frozen
1.4/1.41 L
crème glacée
21651382_EA

\$5



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

\$4



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

\$5



ROYALE BATHROOM TISSUE 8x16 rolls or **FACIAL TISSUE** 6x100 sheets
selected varieties
mouchoirs ou papier hygiénique
20702419_EA/21378574_EA

3⁵⁰



ALPHONSO REAL FRUIT BEVERAGE
selected varieties
1.75 L
boisson aux fruits
21128528_EA/21128530_EA

7⁵⁰



BIBIGO MANDU or MINI WONTONS
selected varieties, frozen
680 g
mandu ou mini-wontons
21591982_EA/21592031_EA

4⁵⁰



HERSHEY'S, REESE'S or BROOKSIDE CHOCOLATE POUCHES
selected varieties
160-235 g
chocolat
20303970004_EA/21079668_EA

\$2



CHEEZ-IT CRACKERS
selected varieties
191/200 g
craquelins
21214559_EA/21214560_EA

4⁵⁰



EARTH'S OWN BARISTA NON-DAIRY BEVERAGES
selected varieties
946 mL
boissons non laitières
21179478_EA

\$3



VH COOKING or DIPPING SAUCES
selected varieties
341-380 mL
sauces à cuisson ou à trempette
20984013_EA

3⁵⁰



EXCEL GUM MULTIPACK
selected varieties
3x18's
gomme
21435037_EA/21435038_EA

7⁵⁰



NONGSHIM PREMIUM NOODLE SOUP or RAMYUN
selected varieties
388-548 g
soupe aux nouilles
21504274_EA

\$6



LAVAZZA CREMA E GUSTO, QUALITÀ ORO or QUALITÀ ROSSA GROUND COFFEE
selected varieties
250 g
café moulu
21553695_EA/21553714_EA

\$8



CLIF ENERGY BARS
selected varieties
5x68 g
barres d'énergie
21664766_EA/21664843_EA

4⁵⁰



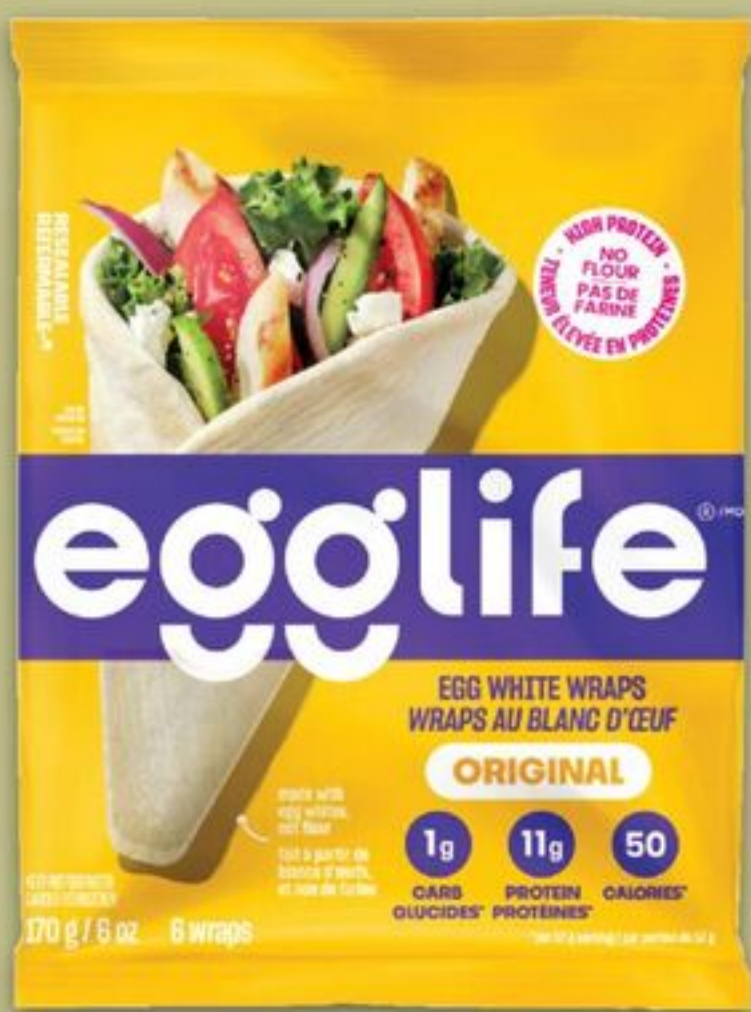
WINDEX GLASS CLEANER
765 mL
SCRUBBING BUBBLES
946/950 mL or
FANTASTIK 650 mL
selected varieties
nettoyant
20125323001_EA/21666832_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL 05 NFO

NATURAL FOODS AT LOW PRICES

\$9



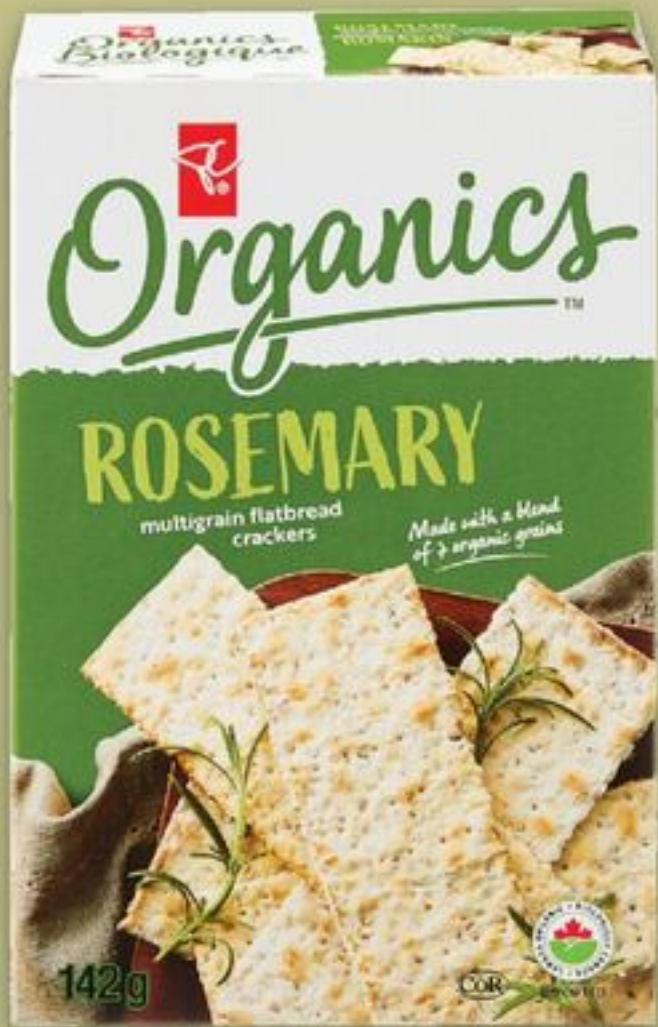
EGGLIFE EGG WHITE WRAPS
selected varieties
170 g
wraps aux blancs
d'œufs
21653472_EA



\$5

OLYMPIC ORGANIC YOGURT
selected varieties
650 g
yogourt
20316485005_EA

4⁵⁰



PC® ORGANICS FLATBREAD CRACKERS
selected varieties
142 g
craquelins
20978831_EA



6²⁹

PC® ORGANICS PASTA SAUCE
selected varieties
700 mL
sauce pour pâtes
20085773001_EA

\$5



VIOLIFE DAIRY FREE CHEESE ALTERNATIVES
selected varieties
150/200 g
simili-fromage
21339330_EA

4⁵⁰



PC® ORGANICS TEA
selected varieties
20's
thé
21411145_EA

4⁷⁹



CHA'S ORGANIC COCONUT MILK
400 mL
lait de coco
21397563_EA

6⁵⁰



ANNIE'S ORGANIC GRAHAM SANDWICHES or FRUIT SNACKS
selected varieties
198/226 g
sandwichs graham ou
collations aux fruits
21547875_EA/21674381_EA

5⁵⁰



BELSOY PUDDING
selected varieties
4x125 g
pouding
20151398003_EA

\$6



KINNIKINNICK KINNI-TOOS GLUTEN-FREE COOKIES
selected varieties
220 g
biscuits sans gluten
20085653001_EA

29⁹⁹



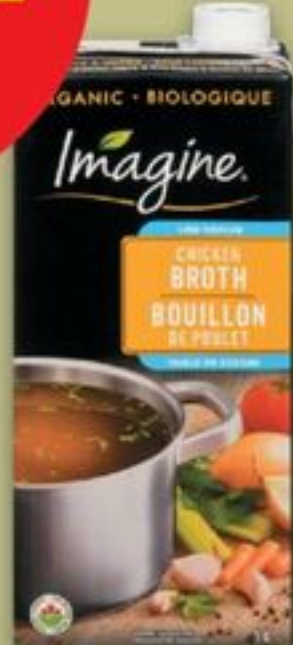
KICKING HORSE ORGANIC WHOLE BEAN COFFEE
850 g
café en grains
21588558_EA

2⁷⁹



GOOD DRINK TEA
selected varieties
473 mL
thé
20346591003_EA

3⁷⁹



IMAGINE ORGANIC BROTH
selected varieties
1 L
bouillon
20321614001_EA

8⁹⁹



BUBLY POP LOW-SUGAR SODA
selected varieties
6x355 mL
soda faible en sucre
21741348_C06

5⁹⁹



GREEN & BLACK'S ORGANIC CHOCOLATE BAR
selected varieties
90 g
barre de chocolat
21219438_EA

\$5



FREEYUM COOKIES or BARS
selected varieties
135/154 g
biscuits ou barres
21048233_EA/21048240_EA

8⁵⁰



PC® GLUTEN-FREE PIE CRUST
frozen
380 g
crouûte à tarte
21311742_EA

\$8



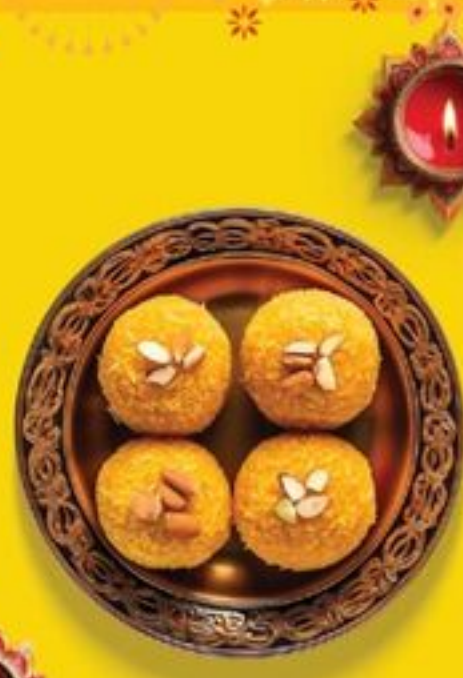
PC® ORGANICS FLOUR 2.5 kg or BITTERSWEET CHOCOLATE CHIPS 205 g
selected varieties
farine ou brisures de chocolat
20069335_EA/21309604_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL INFO NV

HAPPY DIWALI!

शुभ दीपावली



2⁹⁹
EA/LB

OKRA
6.59/kg, product of U.S.A.,
Honduras or Nicaragua or
RAPINI
each, product of U.S.A.
gombo ou rapini
20091263001_KG/20048070001_EA



CHAYOTE SQUASH
product of Mexico or
Costa Rica
chayote
20167837001_EA

.99



.99
EA/LB

BUNCH MINT each or
DAIKON 2.18/kg, product of Canada
menthe en botte ou daikon
20139326001_EA/20082109001_KG



1²⁹



CILANTRO
product of Canada
coriandre
20091825001_EA

1⁹⁹
LB



LONG EGGPLANT
product of Dominican Republic, Mexico, Honduras or U.S.A.
aubergine longue
4.39/kg
20159013001_KG

1⁴⁹
EA/LB



METHI LEAF each, product of Canada,
Mexico or U.S.A. or **RED CARROTS**
3.28/kg, product of Canada
feuilles de fenugrec ou carottes rouges
20159689001_EA/21618319001_KG

2⁹⁹
LB



INDIAN KARELA
product of Mexico, Honduras or
Dominican Republic
karela
6.59/kg
20028046001_KG

\$5



PC® MEDJOOOL DATES product of Israel,
PC® SAFAWI or **SUKKARI DATES**
product of Saudi Arabia
dattes
21715402001_EA/21706738001_EA

4⁴⁹

**CRISPY
CAKE RUSK**
original
550 g
petits gâteaux
21700202_EA



\$5

**SURAJ®
PUNJABI
BISCUITS**
1.1 kg
biscuits punjabi
21052448_EA



2⁹⁹

**CRISPY
POUND CAKE**
selected varieties
368 g
quatre-quarts
20814268_EA



2²⁹

**SURAJ® NAAN
FLATBREADS**
selected varieties
5's
pains plats naan
21050380_EA



2⁴⁸

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



4⁵⁰

**TRE STELLE
PANEER**
300 g
paneer
21664545_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 INFO

HAPPY DIWALI!

शुभ दीपावली



3⁹⁹

SURAJ® WHOLE or SLICED OKRA
selected varieties, frozen
1 kg
gombo
20379701_EA



\$6

SURAJ® GROUND TURMERIC
1 kg
curcuma moulu
20145962_EA

1⁹⁹

SHANA PARATHAS or CHAPATTIS
selected varieties, frozen
400 g
paratha ou chapati
20990535001_EA



14⁹⁹

AASHIRVAAD ATTA or FLOUR
4.55/9.07 kg
farine
21359688_EA

.99



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

\$2



SURATI SNACKS 250/341 g or **ROYALTY DIGESTIVE COOKIES** 400 g
selected varieties
grignotines ou biscuits
20322576003_EA/20875669_EA

.50



BRITANNIA FIFTY FIFTY BISCUITS
55 g
biscuits
20755577_EA

10⁹⁹



QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452_EA

8⁹⁹



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

6⁹⁹



NANAK GULAB JAMUN
frozen
908 g
gulab jamun
20426517_EA

7⁹⁹



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

2⁵⁰



RUBICON JUICES
selected varieties
1 L
jus
20029236001_EA

7⁹⁹



QUALITY BASMATI RICE
3.63 kg
riz basmati
20787290_EA

5⁹⁹



CADBURY CELEBRATIONS GIFT BOX CHOCOLATES
121/126 g
chocolats
21746730_EA/21746778_EA



\$2⁷⁹

500 pts

That's 50¢ value

KHAAS HALAL or PARMALAT DAHI YOGURT
selected varieties
750 g
yogourt
21157873_EA

5⁹⁹



SHER BESAN FLOUR
1.81 kg
farine
20869922_EA

5⁹⁹



BRAR'S SAMOSAS
selected varieties, frozen
624 g
samosas
21000033_EA

2⁹⁹



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

1⁹⁹



CHING'S CHILI SAUCE
selected varieties
170 mL
sauce chili
21445735_EA

BEER AND CIDER

\$10

BUDWEISER, COORS LIGHT, BUD LIGHT or MOLSON CANADIAN BEER
cans
6x473 mL
bière
20944739_C06/20946471_C06



\$18

CORONA EXTRA or STELLA ARTOIS BEER
cans
6x473 mL
bière
21347368_C06/21377481_C06

\$16

MICHELOB ULTRA LIGHT BEER or COORS ORIGINAL
cans
6x473 mL
bière
21097258_C06/21294687_C06



\$18

STEAM WHISTLE PILSNER or BEAU'S LUG TREAD LAGERED ALE
cans
6x473 mL
bière
21122513_C06/21392266_C06

\$12

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



\$12

GUINNESS DRAUGHT STOUT 4x440 mL or BLUE MOON BELGIAN WHITE BEER 4x473 mL
cans
bière
20035374_C04/21210772_C04

\$18

SIMPLY SPIKED BOLD
cans, variety pack
8x355 mL
boisson à la vodka
21738927_C08

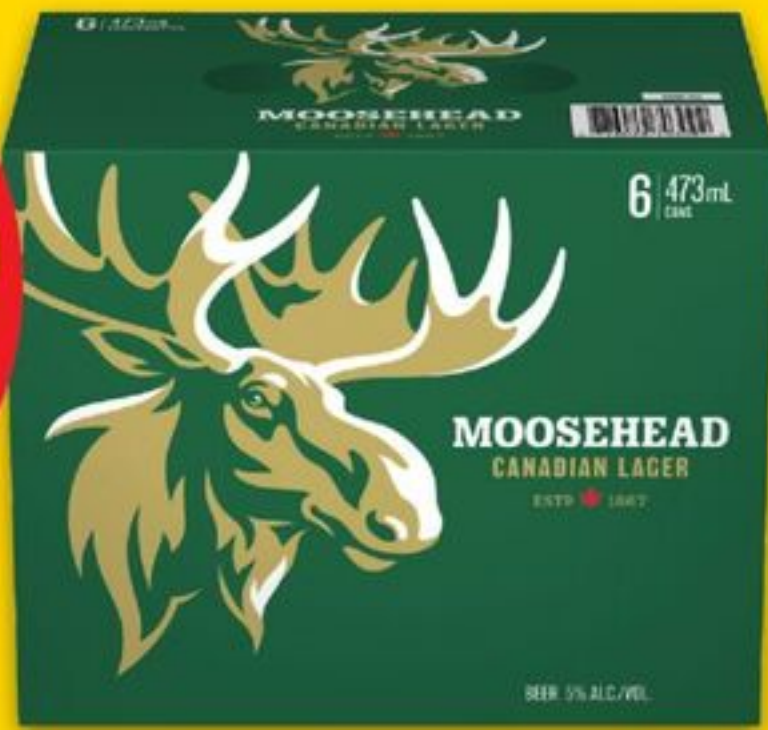


\$26

WHITE CLAW HARD SELTZER
variety pack, cans,
selected varieties
12x355 mL
seltzer alcoolisé
21308871_C12

15⁵⁰

MOOSEHEAD LAGER
cans
6x473 mL
bière
20955220_C06



\$27

DILLON'S GIN COCKTAILS
variety pack, cans
12x355 mL
cocktails au gin
21464792_C12

8⁵⁰

PC® DEALCOHOLIZED WINE
selected varieties
750 mL
vin désalcoolisé
21045602_EA/21045800_EA



9⁴⁹

PC® DEALCOHOLIZED BEER
selected varieties
12x355 mL
bière désalcoolisée
20121729_C12

PLEASE DRINK RESPONSIBLY.

SEE IN-STORE FOR PRODUCT OFFERING AND PRICING

Prices do not include tax and deposit fees.

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO ALC

KITCHEN ESSENTIALS AT LOW PRICES

\$2



**EVERYDAY ESSENTIALS™
BASTING BRUSH**

21421692_EA

\$2



**EVERYDAY ESSENTIALS™
MEASURING CUP SET**

4 piece
21351355_EA

\$2



**EVERYDAY ESSENTIALS™
BALLOON WHISK**

10" or 12"
21416727_EA

\$2



**EVERYDAY ESSENTIALS™
COOKING TWINE**

200 ft
21447517_EA

\$3



**EVERYDAY ESSENTIALS™
MIXING BOWL**

4 L
21455782_EA

UP TO 20%
OFF



**EVERYDAY ESSENTIALS™
METAL BAKEWARE**

selected varieties
20649021_EA / 20649161_EA

\$4



**EVERYDAY ESSENTIALS™
GARLIC PRESS**

21213660_EA

\$4



**EVERYDAY ESSENTIALS™
POTATO MASHER**

21214379_EA

4⁵⁰



PC® SILICONE SPATULA

21345441_EA

\$5



**EVERYDAY ESSENTIALS™
INSTANT READ or
LEAVE IN MEAT
THERMOMETER**

21218245_EA / 21218246_EA

\$7



**EVERYDAY ESSENTIALS™
NON-STICK SKILLET**

9.5"
21345662_EA

\$7



PC® LARGE COOKIE SCOOP

21412119_EA

\$10



**PC® PRECISION PRO CHEF'S
KNIFE**

21635143_EA

\$20



**PC® ULTIMATE
ROASTING PAN**

21570696_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY INFO HERE

BACK TO SCHOOL
AT LOW PRICES

\$16

EVERYDAY ESSENTIALS™
CORDLESS KETTLE
black or white
1 L
bouilloire sans cordon
21701467_EA/21701485_EA



\$24

EVERYDAY ESSENTIALS™
COFFEE MAKER
black or white
12 cup
cafetière
21701350_EA/21701471_EA



\$16

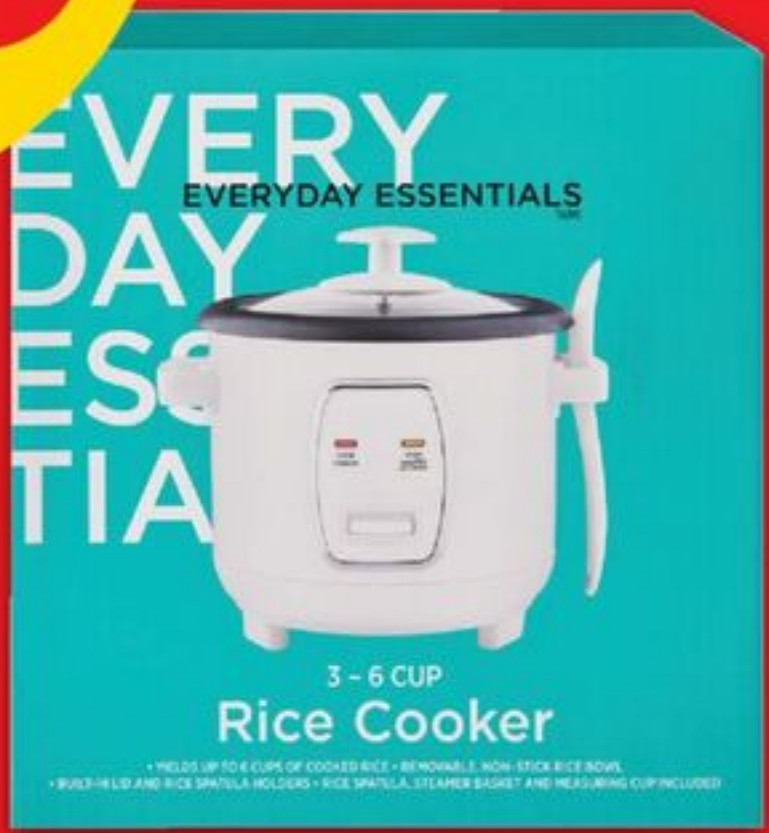


EVERYDAY ESSENTIALS™
2 SLICE TOASTER
black or white
grille-pain à 2 tranches
21701384_EA/21701385_EA



\$16

EVERYDAY ESSENTIALS™
RICE COOKER
3-6 cup
cuisreur à riz
21701475_EA



\$36

EVERYDAY ESSENTIALS™
AIR FRYER
4.2 L
friteuse à air
21701425_EA





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



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*Standard message and data rates may apply.

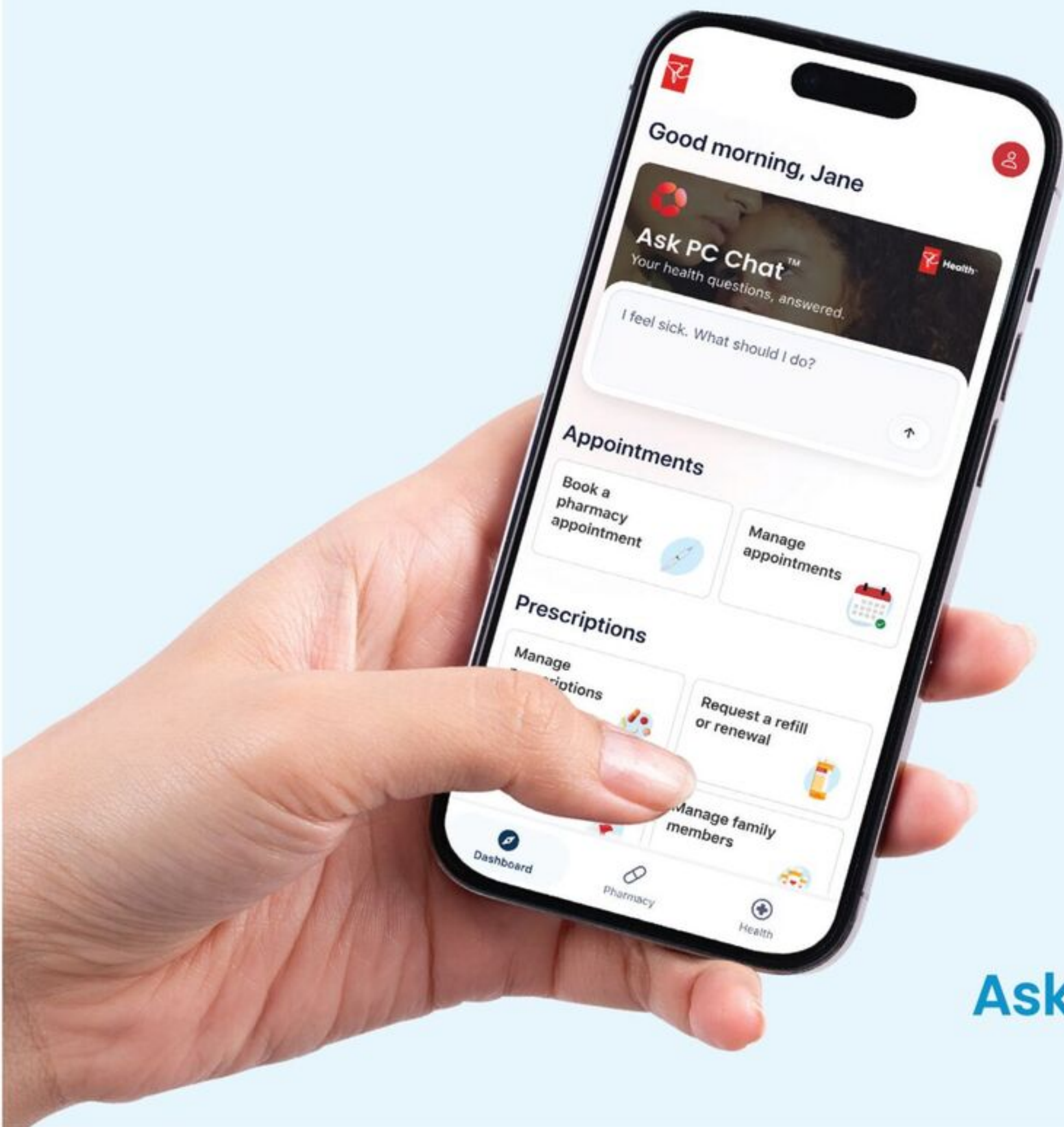
†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when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

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

ONL NF PCX

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MORE WAYS TO SAVE



Enjoy these price drops for longer.



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



Count on low everyday prices.



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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