NOFRILLS

FLYER PRICES EFFECTIVE
THURSDAY, NOVEMBER 5 TO WEDNESDAY, NOVEMBER 11, 2026.

PRICE CUT EVENT

App exclusive offers

Optimum

HALAL



LEAN GROUND BEEF
grass fed, 2x450 g
bœuf haché maigre
21618300_EA
LIMIT: 4, AFTER LIMIT: $10.88

Member Price $8.88
Non-Members $10.88
Members Save $2

PREPARED IN CANADA



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

Member Price $14.88
Non-Members $19
Members Save $4.12

SAVE UP TO 50%
1.99



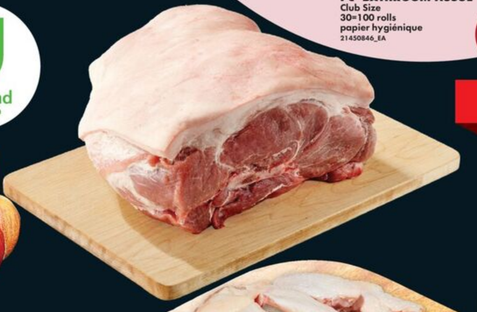
BLACKBERRIES
product of Mexico or U.S.A. or
BLUEBERRIES
product of Peru, no. 1 grade
mûres ou bleuets
20051015001_EA/20152465001_EA

SAVE UP TO 33%
3.99

Foodland ONTARIO



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



ONLY
1.99 LB

WHOLE PORK PICNIC
fresh
porc
4.39/kg
21161819_KG
WHILE QUANTITIES LAST

ONLY
1.98



AVOCADOS
product of Mexico
avocats
21644936001_EA



ONLY
3.49 LB

SPLIT CHICKEN WINGS
frozen
ailes de poulet séparées
7.69/kg
21727221_KG
WHILE QUANTITIES LAST

SAVE 49%
1.25



POMEGRANATES
product of Egypt or Peru
grenades
20134767001_EA



COCA-COLA SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20313741002_C06
LIMIT:6, AFTER LIMIT: $3.48

ONLY
1.99



COCKTAIL TOMATOES
product of Canada or Mexico
tomates cocktail
20062963_EA

WOW!
2.98

$15
Get 2,000 pts
That's $2 value



POWERADE TEAM PACK SPORT DRINKS
selected varieties
24x591 mL
boissons désaltérantes
21773530_C24

App exclusive offer

Optimum

$20
Get 5,000 pts
That's $5 value



PC® GROUND or WHOLE BEAN COFFEE 800-930 g or **PC® PODS** 30's
selected varieties
café moulu ou en grains ou capsules
21038677_EA/21393374_EA

SAVE 20%
$2



CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
soupe
21480447_EA

SAVE 38%
$4



PLANTERS CASHEWS
selected varieties
200 g
noix de cajou
21021618_EA

SAVE 25%
$1



NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
20766719_EA

PRICE DROP
1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA

PRICE DROP
2.97



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

SAVE 31%
12.99



TILDA BASMATI RICE
4.54 kg
riz basmati
20153678_EA

SAVE UP TO 40%
8.99



SWISS CHALET or **MONTANA'S PORK BACK RIBS**
selected varieties, fresh
600/650 g
côtes
21022221_EA/21203458_EA

EXTRA DEALS!

3.33



GRADE A LARGE WHITE EGGS
12 pack
œufs
20812144001_EA

$2



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20308105001_EA

$1



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

NFD 1 ra02/11/2026 ON

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

nofrills.ca

FRESH AT LOW PRICES



3.99

2 LB BAG

6 OZ CLAMSHELL

RASPBERRIES product of Mexico or U.S.A., no. 1 grade or **FARMER'S MARKET™ LEMONS** product of South Africa
framboises ou citrons
20128938001_EA/20795315001_EA

3.99

10 LB BAG

FARMER'S MARKET™ CARROTS, YELLOW ONIONS or **BEETS**
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes ou betteraves
21121329001_EA/20600930001_EA

3.99 EA/LB

3 LB BAG

RED SEEDLESS GRAPES 8.80/kg, product of U.S.A., no. 1 grade or **FARMER'S MARKET™ ORANGES** product of South Africa
raisins sans pépins ou oranges
20159199001_KG/20162945001_EA

.99

RED MANGOES
product of Brazil
each
mangue rouge
20059635001_EA

FRESH GUARANTEE

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

2.99

PKG OF 6

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

1.49 LB

SWEET POTATOES
product of Canada, Canada no. 1 grade
patates douces
3.28/kg
20127708001_KG

$2 LB

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

4.99

1 LB

CANARY MELON product of Brazil, **MINI SEEDLESS WATERMELON** product of Mexico or U.S.A. or **ZESPRI SUNGOLD KIWI** product of New Zealand
melons canari, mini melons d'eau sans pépins ou kiwi
20041212001_EA/20145379001_EA

2.49 EA/LB

BROCCOLI CROWNS each, product of Canada, Mexico or U.S.A. or **TOMATOES** 5.49/kg, product of Canada or Mexico
couronnes de brocoli douces ou tomates
21121560001_EA/20026703001_KG

1.99

KALE
product of Canada or U.S.A.
chou frisé
20138805001_EA

3.99

CANTALOUPE
product of U.S.A., no. 1 grade or **PINEAPPLE** product of Costa Rica
cantaloup ou ananas
20167017001_EA/20160992001_EA

.99

FUYU PERSIMMONS
product of U.S.A.
each
kaki
20139417001_EA

5.99 EA/LB

10 LB BAG

CHESTNUTS 13.21/kg, product of Italy or **FARMER'S MARKET™ RED ONIONS** each, product of Canada, Canada no. 1 grade
châtaignes ou oignons rouges
20061606001_KG/20171965001_EA

4.99

567 G

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

4.99

200/225 G

PC® BLUE MENU® or WONDERFUL PISTACHIOS
selected varieties, product of U.S.A.
pistaches
20940332_EA/20339219_EA

6.99

CLEMENTINES
product of Spain
clémentines
20054023001_EA

4 LB BOX

.99 LB

GREEN CABBAGE
product of Ontario
chou vert
2.18/kg
20793034001_KG

2.49

227 G

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Canada
champignons
20775805_EA/20776239_EA

PRICE DROP

3.99

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

PKG OF 4

$4

PC® LIVE LETTUCE TRIO
product of Canada
laitue
21178850_EA

NFO 2_rad02/11/2026_ON

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

NOFRILLS®
FRESH AT LOW PRICES

$15



PC® WHOLE CHICKEN
air chilled
up to 1.7 kg
poulet entier
21636475_EA

CLUB SIZE

9.99 LB



BONELESS TOP BLADE STEAK
boneless, cut from Canada AA grade beef or USDA select grade
bifteck de haut de palette désossé
22.02/kg
20357989_KG

$14



MARCANGELO CHICKEN ROAST
selected varieties
600 g
rôtis de poulet
21777160_EA

11.49

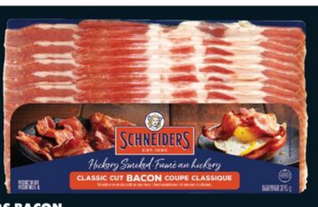


MARCANGELO PORK SAUSAGES, PATTIES or MEATBALLS
selected varieties, frozen
1.2/1.4 kg
saucisses de porc ou galettes ou boulettes de viande
20799697_EA/21088753_EA

RAIN CHECK + pts

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

$6



MAPLE LEAF or SCHNEIDERS BACON, GRILL 'EMS SMOKED SAUSAGES or JUICY JUMBOS WIENERS
selected varieties
375/450 g
bacon ou saucisses fumées
20772671_EA

5.99



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

2.50



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

7.50



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

$9



SEAQUEST® TILAPIA WHOLE FISH 1.36 kg or **WHOLE POMPANO** 800 g
frozen
poisson
21591947_EA/21592084_EA

$6



PC® FREE FROM® SLICED MEATS 175 g, **ZIGGY'S® PEPPERETTES** 300 g or **SMOKED KOLBASSA SAUSAGE** 375 g
selected varieties
viandes tranchées ou bâtonnets de pepperoni ou kolbassa
20682855_EA/21665209_EA

$6



CASTELLO HAVARTI or BLUE CHEESE 125-200 g, **TRE STELLE CHEESE TWIN PACK** 240/280 g
selected varieties
havarti ou bleu ou fromage
20573932_EA/21100063_EA

6.50



GUSTA SAUSAGES 350 g or **REESER'S SALADS** 1.25 kg
selected varieties
saucisses ou salades
20962387_EA/21284431_EA

$4



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

$3



COUNTRY HARVEST BREAD
selected varieties
600 g
pain
21178642_EA

$5



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

NFO 3_rel02/11/2026_OH

† 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.

PRICECUT EVENT

ONLY 4.44



TROPICANA JUICE or **DRINKS** 1.36 L or **PURE LEAF ICED TEA** 1.75 L
selected varieties, refrigerated
jus ou boissons ou thé glacé
20755752002_EA/21622130_EA

ONLY 4.79



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

ONLY 3.75



OIKOS or **ACTIVIA FIBRE+ YOGURT**
selected varieties
4x100 g
yogourt
20419715001_EA/21688261_EA

ONLY $8



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

SAVE 24% 2.50



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

ONLY 4.75



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

3.50



HELLMANN'S MAYONNAISE
selected varieties
340/445 mL
mayonnaise
20008233001_EA/21734594_EA

2.25



MCCAIN FRIES or **HASHBROWNS**
selected varieties, frozen
800 g
frites ou galettes de pommes de terre
21521173_EA

3.99



PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20310546002_C06

$2



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

$12



PC® 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE LIQUID HONEY** 1 kg
selected varieties
sirop d'érable ou miel
liquide
20049221_EA/20724506_EA

1.25



MINUTE MAID or **FRUITOPIA FRUIT BEVERAGE**
selected varieties
1 L
boisson
20336726001_EA/21237911_EA

$3



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source naturelle
20154975_C24

$2



MAPLE LEAF FLAKED MEAT 156 g or **HOLIDAY LUNCHEON MEAT** 340 g
selected varieties
viande en flocons ou pain de viande
20298273001_EA/20618778_EA

Optimum

$3.50
Get 500 pts
That's 50¢ value



PILLSBURY TOASTER STRUDEL PASTRIES
selected varieties, frozen
326 g
pâtisseries
20172664004_EA

$9.99
Get 1,500 pts
That's $1.50 value



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

Member Price $3.50
Non-Members $4
Members Save 50¢



QUAKER CEREAL
selected varieties
350-510 g
céréales
21082500_EA/21219824_EA

$3.50
Get 500 pts
That's 50¢ value



OLD DUTCH POTATO CHIPS 220 g, **RESTAURANTE TORTILLA CHIPS** 275/290 g or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
grignotines ou croustilles
20858758_EA/21445100_EA

Insiders Report™

Optimum App exclusive offer

$10



PC® Our Ultimate Butter-Tart Pie
frozen
497 g
tarte au beurre
21747382_EA

$40



PC® buttermilk-brined young turkey
frozen
5-7 kg
jeune dindon saumuré au babeurre
21757553_EA

$9



PC® black label pizza
selected varieties, frozen
370-440 g
pizza
21531415_EA

$5.99
Get 1,500 pts
That's $1.50 value



252-369 G
PC® Chop salad kit
product of U.S.A.
selected varieties
salades hachées
21378024_EA/21378071_EA

$5



PC® vegetables
selected varieties, frozen
400 g
légumes
21753671_EA

$6



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

Optimum 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
21734458_EA

Optimum App exclusive offer

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



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

NFO 4_md02/11/2026_ON

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 5 TO WEDNESDAY, NOVEMBER 11, 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.

DELI DEALS

7.50

PILLER'S PEPPERONI STICKS or **BITES** 300-500 g, **PIZZA TOPPINGS** 175/250 g or **SLICED MEATS** 300/350 g
selected varieties
bâtonnets de pepperoni ou bouchées ou garnitures pour pizza ou viandes tranchées
21099391_EA/21624509_EA



$10

PC® or **BLUE MENU® SLICED CHEESE** 500 g, **PC® DOUBLE CREAM BRIE CHEESE** 450 g, **CHICKEN BREAST STRIPS** or **BITES** 300/375 g or **MASTRO BABY GENOA SALAMI** 600 g
selected varieties
fromage ou lanières de poitrine de poulet ou bouchées ou salami
20249826_EA/20786418_EA
20787166_EA



$4

PC® NAAN CRISPS 170 g or **FONTAINE SANTÉ HUMMUS** 260/283 g
selected varieties
craquelins ou hummus
20501132_EA/21683470_EA



$5



OLIVIERI TWIN PACK PASTA 450/500 g, **GNOCCHI** 280/300 g or **SAUCE** 300 mL
selected varieties
pâtes ou gnocchi ou sauce
20321512_EA/21021520_EA

NOVEMBER

HIT OF THE MONTH



$5

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



$2.50

Made in Canada

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



$1.88

Prepared in Canada

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



$3

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

LOWEST PRICES
BEST DEALS

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

BRANDS YOU LOVE AT LOW PRICES

$4





PILLSBURY COOKIE DOUGH or **CINNAMON ROLLS** 454-496 g or **KOZY SHACK PUDDING** 624 g/6x113 g
selected varieties
pâte à biscuits ou brioches à la cannelle ou pouding
20301101005_EA/20323829001_EA

NO NAME® PROCESSED CHEESE SLICES
selected varieties
400 g
tranches de fromage fondu
21220995_EA

$3



$5



PC® SCOOP SHOP TUBS
selected varieties, frozen
946 mL
crème glacée
21706455_EA/21706459_EA

3.75



NEILSON CREAM 5%|10% 1 L **18%,35%** 473 mL or **GAY LEA WHIPPED CREAM** 225 g
selected varieties
crème ou crème fouettée
20048223001_EA/20123609_EA

1.50



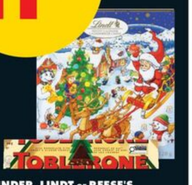
MICHELINA DINNER ENTRÉES
selected varieties, frozen
128-284 g
plats cuisinés
21208614_EA

$6



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

11.99



KINDER, LINDT or **REESE'S ADVENT CALENDARS** 128-212 g or **TOBLERONE CHOCOLATE** 180-360 g
selected varieties
chocolat
21459640_EA/21746767_EA

$5



NESTLÉ TURTLES, AFTER EIGHT or **QUALITY STREET HOLIDAY CHOCOLATE GIFT BOXES**
selected varieties
148-200 g
boîtes-cadeaux de chocolats
21393338_EA/21542944_EA



SUNRYPE CRANBERRY COCKTAILS 1.89 L or **ALLEN'S DRINK BOXES** 8x200 mL
selected varieties
cocktails de légumes ou boissons
21760812_EA/20315996001_EA



HEINZ READY TO SERVE SOUP
selected varieties
370/380 mL
soupe
21765843_EA

$3



CELSIUS ENERGY DRINKS
selected varieties
355 mL
boissons énergisantes
21576466_EA

3.50



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

2.50



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

$4



RIO MARE TUNA SALAD or **TUNA**
selected varieties
160 g
salade de thon ou thon
20971498_EA/20984234_EA

1.50



NO NAME® CANNED BEANS, CHICKPEAS or **LENTILS**
selected varieties
540 mL
haricots ou pois chiches ou lentilles
20325921005_EA/20554593_EA

2.29



BETTY CROCKER POTATOES
selected varieties
141-215 g
pommes de terre
20296518003_EA/21574295_EA

$4



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

3.29



UNICO OLIVES, ROASTED PEPPERS or **PICKLED VEGETABLES**
selected varieties
370-750 mL
olives ou poivrons rôtis ou légumes marinés
20024445_EA/21103533_EA

10.99



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

6.99



BECEL MARGARINE
selected varieties
637/800 g
margarine
21747692_EA

NO NAME® CHEESE BARS
selected varieties
700 g
barres de fromage
20975773_EA

8.79



5.50





BEN & JERRY'S 473 mL or **YASSO GREEK YOGURT** 414 mL **TUBS** or **BARS** 4's
selected varieties, frozen
yogourt grec ou friandises glacées
20950739_EA/21428403_EA/21771896_EA

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

$7



Optimum

$4

Get 1,000 pts That's $1 value



TASTIEZ
selected varieties, frozen
311 g
triangles de macaroni au fromage
21691571_EA

Optimum

$3.75

Get 1,000 pts That's $1 value



SIMPLY LEMONADE, JUICE or **BEVERAGES**
selected varieties, refrigerated
1.54 L
limonade ou jus ou boissons
21170784_EA/21170793_EA

3.79



GOGO SQUEEZ FRUIT SAUCE
selected varieties
4x90 g
purée de fruits
20322697002_EA

$3



SENSIBLE PORTIONS VEGGIE CHIPS
selected varieties
120-142 g
croustilles de légumes
20377204001_EA

$1



NO NAME® GRAVY MIXES
selected varieties
25 g
mélanges à sauce
21687232_EA/21687251_EA

2.50

NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
20304672001_EA
20304672002_EA



$6



JORDANS MORNING CRISP
selected varieties
375/400 g
céréales
21720997_EA

$6



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

3.99



PC® TEA 48's or **RED ROSE TEA** 70's
selected varieties
thé
21403494_EA/21692191_EA

6.44

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

1.50



NO NAME® RICE CRACKERS
selected varieties
100 g
craquelins de riz
20297188002_EA/20297188003_EA

$5



NO NAME® JAM or **MARMALADE**
selected varieties
500 mL
confiture ou marmelade
20032552001_EA/20032552002_EA

1.50



NO NAME® BREADSTICKS, CRACKERS or **PRETZELS SNACKS**
selected varieties
84/87 g
bâtonnets ou craquelins ou bretzels
20889881_EA/20889882_EA

3.99

LINDT SWISS CLASSIC or **LINDOR CHOCOLATE BARS**
selected varieties
100 g
barres de chocolat
20296856001_EA/20296856002_EA

BRANDS YOU LOVE AT LOW PRICES

$6



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



3.50

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

$16



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



$11

TIDE SIMPLY 2.72 L or **DOWNY FABRIC SOFTENER** 1.66/2.63 L
selected varieties
assouplissant textile
21550428_EA/21671020_EA

2.29



PC® DISHWASHING LIQUID
selected varieties
638 mL-1 L
détergent liquide à vaisselle
21012490_EA/21012740_EA

1.29



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

$3



NO NAME® ALL-PURPOSE SPONGE 4's or **HEAVY DUTY SPONGE** 2's, **SPIRAL SCRUBBER, REUSABLE ALL-PURPOSE CLOTHS** 10's, **TOILET BOWL CLEANER** 710 mL or **DISINFECTANT MULTI SURFACE SPRAY** 650 mL
selected varieties
éponge ou chiffons ou nettoyant ou désinfectant
20181003_EA/21464622_EA

3.50



VIM HOUSEHOLD CLEANER 500 mL or **SPRAY** 700 mL
selected varieties
nettoyant ou vaporisateur
20831326_EA/21074891_EA

2.50



NO NAME® FOOD STORAGE BAGS
selected varieties
100's
sacs de rangement pour aliments
20180393_EA

$3



NO NAME® PLASTIC WRAP 60 m, **FOIL** 50 ft or **PARCHMENT PAPER** 10 m
selected varieties
each
pellicule plastique ou papier d'aluminium ou papier parchemin
21119987_EA/21120002_EA/21375917_EA

4.50



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

7.50



VASELINE SKINCARE PRODUCTS
selected varieties
600 mL
soins de la peau
21085011_EA
LIMIT 6, OVER LIMIT $9 EACH

2.50



LADY or MEN'S SPEED STICK DEODORANT
selected varieties
45-85 g
déodorant
20348223001_EA/20847071_EA
LIMIT 6, OVER LIMIT $4 EACH

18.50



HUGGIES BABY WIPES
selected varieties
336-704's
lingettes pour bébé
21401195_EA

32.99



PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's
couches
21551525_EA/21692756_EA

$8



PEDIASURE COMPLETE REDUCED SUGAR
selected varieties
4x235 mL
supplément nutritif
20322414001_EA/20322414002_EA

$6

JAMIESON VITAMINS C or D
selected varieties
75-240's
vitamines C ou D
20299993_EA/20303216001_EA

no name®

tackle every mess. save on every clean.

your home of no name®

(So switch)

shop no name®

2.50



NO NAME® DISINFECTANT WIPES
selected varieties
35's
lingettes désinfectantes
21386778_EA/21386782_EA

$4



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

Optimum

$11 Get **1,000** pts That's **$1** value



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

Get **6,000** pts For every $18* spent That's **$6** value



GLADE CANDLES
selected varieties
bougies
20955453_EA/21761048_EA

Get **20,000** pts For every $100* spent That's **$20** value



ONE OR MORE PURCHASES BETWEEN NOVEMBER 5TH–25TH

PAMPERS DIAPERS, TRAINING PANTS or BABY WIPES
selected varieties and sizes
couches ou culottes d'entraînement ou lingettes pour bébé
21719427_EA/21551567_EA/21089456_EA

EVERYDAY ESSENTIALS

$6



NO NAME® BREADED FISH STICKS, BURGERS or ENGLISH-STYLE FISH
selected varieties, frozen
454 g
bâtonnets de poisson pané ou burgers ou poisson
21672358_EA

2.75



NO NAME® WAFFLES or PANCAKES
selected varieties, frozen
280/310 g
gaufres ou crêpes
20316375001_EA

6.44



NEILSON MILK
selected varieties, 4 L
lait
20188873_EA

$4



PC® or BLUE MENU® FROZEN ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés surgelés
20219758_EA

3.50



NO NAME® PIZZA
selected varieties, frozen
350-411 g
pizza
21541441_EA

$5



PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
beurre d'arachide biologique
20298178_EA

$3



NO NAME® DRINK BOXES
selected varieties
8x200 mL
boîtes de boisson
21717467_EA

$2



NO NAME® CHOCOLATE BAR
100 g
barre de chocolat
21337562_EA

$3



NO NAME® TURNOVERS
selected varieties
300 g
chaussons
21078863_EA/21301584_EA

2.49



PC® MILK CHOCOLATE ALMONDS
70 g
amandes chocolat au lait
21735107_EA

2.25



NO NAME® FROZEN JUICE
selected varieties, frozen
283 mL
jus surgelé
21740292_EA

5.50



T&T POTSTICKER
selected varieties, frozen
567 g
quenelles poulet et légumes
21495805_EA

$1



PC® or BLUE MENU® TACO SEASONING MIX
selected varieties, 24 g
mélange à assaisonnement pour tacos
21311250_EA/21311252_EA

2.50



NO NAME® LASAGNA
selected varieties
375/500 g
lasagne
20093190_EA/20323261_EA

$1



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21757809_EA/21757965_EA

$4



NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
21610174_EA

2.75



FRUITÉ DRINKS
selected varieties, refrigerated
1.36 L
boissons
21741326_EA

AVAILABLE AT SELECT LOCATIONS ONLY

NATURAL FOODS AT LOW PRICES

4.50



ALLERGY SMART COOKIES
selected varieties
140 g
biscuits
21564685_EA/21564704_EA



4.50

SILK NON-DAIRY BEVERAGES
selected varieties
1.74-1.89 L
boissons non laitières
20328231004_EA

$8



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



2.49

RIZOPIA RICE PASTA
selected varieties
340/454 g
pâtes de riz
20304808001_EA

$6



PC® ORGANICS KEFIR
selected varieties
1 L
kéfir
20944278_EA

4.50



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

3.49



EARTH'S OWN OAT NOG
946 mL
nog à l'avoine
21393638_EA

3.50



PC® ORGANICS APPLE SAUCE CUPS 6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g, or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs biologiques
20320493001_EA/21170526_EA

$5

BELSOY PUDDING
selected varieties
4x125 g
pouding
20151398003_EA



$11



RXBAR BARS
selected varieties
208-275 g
barres
21541007_EA

$3



SILK NON-DAIRY BEVERAGES
selected varieties
946 mL
boisson non laitière
20555265002_EA

$2



PC® ORGANICS BROTH
selected varieties
900 mL
bouillon
21190798_EA

$5



YOGI TEA
selected varieties
16's
thé
20309377001_EA

6.50



KIND GRANOLA
selected varieties
312 g
granola
20837713004_EA

$12



SIMPLY PROTEIN STACKED SNACK BARS
selected varieties
4 X 45 g
barres
21707077_EA

$5



ANNIE'S COOKIES, CRACKERS or **GRANOLA BARS**
selected varieties
130/213 g
biscuits ou collations ou craquelins ou barres granola
20944440_EA/20949212_EA

4.50



NATURE'S PATH WAFFLES
selected varieties, frozen
210 g
gaufres
20930671_EA

4.50



NEAL BROTHERS CHIPS
selected varieties
255-300 g
croustilles
21404543_EA

AVAILABLE AT SELECT LOCATIONS ONLY

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More points

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

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Members get over **$30** in value

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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



Save **$1** with digital coupon

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

Optimum™



Save **$1** with digital coupon

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

Optimum™



Save **$1** with digital coupon

PC® SCOOP SHOP ICE CREAM
crème glacée
21706641_EA

Optimum™



Save **$1** with digital coupon

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

More offers. More points.

CLICK FOR THESE COUPONS AND MORE

Optimum



Get 500 pts Until December- 2 - 2026

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

Optimum



Get 500 pts Until December- 2 - 2026

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

Optimum



Get 4,500 pts when you spend $30

That's $4.50 value

ALL FRUITS AND VEGETABLES
all sizes and varieties
fruits et légumes
20667326001_EA

Optimum



Get 1,000 pts Until December- 2 - 2026

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

Optimum



Get 500 pts Until December- 2 - 2026

PC® COLESLAW
397 g
salade de chou
21204248_EA

Optimum



Save $1 with digital coupon

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

Optimum



Get 3,000 pts Until December- 2 - 2026

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

Optimum



Get 3,000 pts for every $15* spent

That's $3 value

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

Optimum



Save $1.50 with digital coupon

PC® TORTILLA BOWLS
300 g
bols en tortillas
21716545_EA

Optimum



Get 1,500 pts Until December- 2 - 2026

PC® CHOCOLATE BARS
300 g
barres de chocolat
21689840_EA

Optimum



Save $1.50 with digital coupon

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

ONL NFO DIG2

NEW LOWER PRICES



$3

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

$3



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

4.50



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

$10



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

$10



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

$9



SCHNEIDERS HAM
selected varieties
700 g
jambon
21094878_EA

5.50



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

6.50



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

$5



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

$6



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

$8



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

1.39



CAMPBELL'S CONSDENSED SOUP
selected varieties
284 mL
soupe condensée
20297246002_EA/21755950_EA

1.88



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

4.50



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

$9



BLACK DIAMOND CHEESTRINGS
selected varieties
504/588 g
fromage effilochable
21742903_EA

$7



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

3.33



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

1.75



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

$3



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

AVAILABLE AT SELECT LOCATIONS ONLY

NEW LOWER PRICES



$5

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



3.50

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



1.50

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



5.50

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



$10

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

5.50



SCHNEIDERS BREAKFAST BITES or **SANDWICHES**
selected varieties, frozen
204-288 g
bouchées déjeuner ou sandwichs
21623323_EA/21623533_EA

$10



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

2.50



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

$5



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

$7



ALFA ROLLINI
selected varieties, frozen
1 kg
rollini
21606986_EA/21606987_EA

5.48



KEWPIE MAYONNAISE
465 mL
mayonnaise
21644268_EA

$8



POPPI LOW-SUGAR SODA
selected varieties
4x355 mL
soda faible en sucre
21606285_EA

$11



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

$4



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

$8



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

$3



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

2.50



QUAKER CRISPY MINIS
selected varieties
90-199 g
mini-galette de riz
20163708002_EA/20303002001_EA

5.25



SIMPLY JUICE
selected varieties, refrigerated
1.36/1.54 L
jus
21735026_EA/21735042_EA

6.99



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

$7



PC® BATHROOM TISSUE 12=24 ROLLS or **FACIAL TISSUE 6X126 SHEETS**
selected varieties
papier hygiénique ou mouchoirs
20181283_EA/21450718_EA

$7



WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
nourriture sèche pour chats
21588889_EA

AVAILABLE AT SELECT LOCATIONS ONLY

LOW PRICES IN STOCK

KELLOGG'S NUTRI-GRAIN BARS 295 g, **POP-TARTS** 384 g, **RICE KRISPIES SQUARES** 154-198 g or **SPECIAL K BARS** 125 g
selected varieties
barres ou pâtisseries ou carrés
20126567001_EA/21290111_EA

$3



2.50



PRINGLES POTATO CHIPS
selected varieties
148/156 g
croustilles
21003823_EA/21003833_EA



3.50

LIBERTÉ MÉDITERRANÉE YOGURT 500 g or **YOPLAIT SOURCE PROTEIN YOGURT** 650 g
selected varieties
yogurt
21547564_EA/21588406_EA

2.50



TOWN HOUSE or **CHEEZ-IT SNAP'D CRACKERS**
selected varieties
213-391 g
craquelins
21107403_EA/21451181_EA



$3

LECLERC GO PURE, MUFFIN MAX or **NÜGABAR BARS**
selected varieties
140-223 g
barres
20950314_EA/21507858_EA

$3



LECLERC CÉLÉBRATION MINI COOKIES
selected varieties
200 g
mini-biscuits
21648530_EA/21648944_EA

$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
240 g
biscuits
21680074_EA/21680155_EA

7.99



NESTEA ICED TEA
selected varieties
12x341 mL
thé glacé
21689167_C12

7.50



NUTELLA SPREAD
selected varieties
725 g
tartinade
20436105_EA/21720910_EA

4.29



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

$4



CHEETOS
selected varieties
180-285 g
grignotines ou maïs soufflé
21370169_EA/21370195_EA

$4



TOSTITOS TORTILLA CHIPS
selected varieties
210-295 g
croustilles de tortillas
21050575_EA

7.50



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

8.25



COCA-COLA SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
20307569004_C12/20318694002_C12

$3



MONSTER ENERGY DRINKS
selected varieties
444-473 mL
boissons énergisantes
20938249_EA

8.99



ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
papier hygiénique
21572800_EA

LOW PRICES IN STOCK

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

2.50



$3

CHRISTIE CHIPS AHOY! or **OREO COOKIES**
selected varieties
240-303 g
biscuits
21358407_EA/21361508_EA



4.50



CHRISTIE PREMIUM PLUS
402-481 g or
RITZ DRIZZLED 226 g
selected varieties
craquelins
21109004_EA/21712595_EA





$4

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

5.44



CARNATION HOT CHOCOLATE
selected varieties
400/450 g
chocolat chaud
21397690_EA

11.99



STARBUCKS GROUND COFFEE 340 g, **K-CUP PODS** 10's or **HOT CHOCOLATE MIX** 300 g
selected varieties
café moulu ou capsules ou chocolat chaud
20548682002_EA/21541288_EA

5.50



KELLOGG'S FAMILY SIZE CEREAL
selected varieties
450-650 g
céréales
20054727_EA/21651640_EA

$4



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

2.79



TWIZZLERS or **JOLLY RANCHER CANDY**
selected varieties
283-454 g
friandises
20022328004_EA/20022328008_EA

$1



HERSHEY'S, REESE'S or **OH HENRY! CHOCOLATE BARS**
selected varieties
39-58 g
barre de chocolat
20581797_EA/20582012_EA

Optimum

$8



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

CAVENDISH FARMS FRIES, HASH BROWNS, WEDGES or **ONION RINGS**
selected varieties, frozen, 1-2.25 kg
rites ou pommes de terre rissolées ou en quartiers ou rondelles d'oignon
20728378_EA

Optimum

Member Price **$2.50**
Non-Members **$3**
Members Save **50¢**



MAYNARDS CANDY
selected varieties
100-154 g
friandises
21545735_EA/21750654_EA

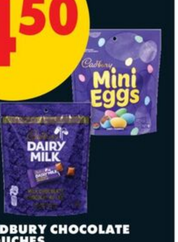
Optimum

Member Price **$2.25**
Non-Members **$3**
Members Save **75¢**



CADBURY CHOCOLATE BAR
selected varieties
80-105 g
barre de chocolat
21648577_EA/21750659_EA

4.50



CADBURY CHOCOLATE POUCHES
selected varieties
144-200 g
chocolat
21648537_EA/21649902_EA

$4



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

4.50



CHRISTIE FAMILY SIZE COOKIES 374-488 g or **CAKESTERS** 285 g
selected varieties
biscuits
21014087_EA/21639135_EA

4.50



NESTLÉ CHOCOLATES
selected varieties
76-203 g
chocolats
21079071_EA/21080077_EA

3.99



NESTLÉ CHOCOLATE BARS
selected varieties
4x42-50 g
barres de chocolat
20176136_EA/20322502_EA

LOW PRICES IN STOCK

DARE BRETON or **VINTA CRACKERS, VEGGIE CRISPS** 100-225 g, **GRISSOL MELBA TOAST** or **BAGUETTES** 120-200 g
selected varieties
craquelins ou croustilles de légumes
21033188_EA/21520666_EA

2.79



$4

GENERAL MILLS CEREAL
selected varieties
310-360 g
céréales
21535225_EA/21535236_EA





2.79

DARE BEAR PAWS 168-210 g, **ULTIMATE COOKIES** 290/300 g, **VIVA PUFFS** 300 g, **WAGON WHEELS** 315/360 g or **WHIPPET COOKIES** 230-285 g
selected varieties
barres ou brownies ou biscuits
20419986001_EA/20974343_EA/21713321_EA

$3



FIBRE 1 BARS or **BROWNIES** 125-175 g, **NATURE VALLEY GRANOLA BARS** or **BISCUITS** 148-190 g
selected varieties
biscuits
20587504001_EA/20686988001_EA



17.99

TIMOTHY'S, DONUT HOUSE or **KRISPY KREME K-CUP COFFEE PODS**
selected varieties
30's
capsules de café
21007380_EA/21433555_EA

15.99



MAXWELL HOUSE GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
café moulu ou capsules
21308076_EA/21606882_EA

5.97



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

3.99



PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g, **KRAFT SINGLES** 410 g or **CHEEZ WHIZ** 450 g
selected varieties
produit de fromage à la crème ou de fromage fondu
20641267_EA/21188654_EA

$13



PURINA ONE DRY CAT FOOD 1.4-1.8 kg or **TIDY CATS CAT LITTER** 2.72 kg
selected varieties
nourriture sèche pour chats ou litière pour chats
21012108_EA

Optimum

$8
Get 1,000 pts
That's $1 value



LYSOL TOILET BOWL CLEANER 2x710 mL **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
gâteries pour chats
21487308_EA/21526714_EA

Optimum

$13
Get 1,000 pts
That's $1 value



PUREX 3.45/3.85 L, **SUNLIGHT** 3.85 L, **PERSIL** 1.86 L **LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
21769748_EA/21770214_EA

Optimum

$21
Get 2,000 pts
That's $2 value



FINISH DISHWASHER TABS
selected varieties
60/72/90/105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA

$6



TEMPTATIONS CAT TREATS 454 g or **GREENIES FELINE CAT TREATS** 130 g
selected varieties
gâteries pour chats
21012108_EA

5.50



LYSOL WIPES 75/84's, **DISINFECTANT SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20314511001_EA/21449826_EA

$11



TIDE LIQUID 1.62/1.86 L or **PODS** 18-31's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.89-2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120-200's
selected varieties
détergent ou assouplissant ou rehausseurs de parfum ou feuilles
21593782_EA

$4



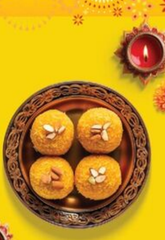
MR. CLEAN ALL PURPOSE CLEANER 1.21 L **FEBREZE AIR** 230 g, **BATHROOM AIR FRESHENER** 7.5 mL, **CAR** 2 mL or **MAGIC ERASER** 2's
selected varieties
nettoyant ou désodorisant ou effaceur magique
21700198_EA/21735410_EA

7.99



CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWEL** 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA

HAPPY DIWALI!
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3.99

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





$4

QUAKER OATS
selected varieties
900 g/1 kg
gruau
20323113001_EA/20323113002_EA

8.59



LINDT LINDOR CHOCOLATE BAG
150 g
chocolat
21390291_EA/21390363_EA



$5

M&M'S, MALTESERS or **MARS CHOCOLATE CANDIES**
selected varieties
155-170 g
friandises
21571768_EA

7.25



NEILSON TRUTASTE MILK
selected varieties
4 L
lait
20091686_EA

3.47



ASTRO YOGURT
selected varieties
650/750 g
yogourt
20165226002_EA/20170533001_EA

10.99



UNICO VEGETABLE OIL
3 L
huile végétale
20098102_EA

5.99



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

$2



DEL MONTE NECTARS or **BLENDS**
selected varieties
960 mL/1 L
nectars ou mélanges
20336722005_EA/21719401_EA

5.49



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

AVAILABLE AT SELECT LOCATIONS ONLY

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2.99 EA/LB

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

LONG EGGPLANT
product of Mexico
aubergine longue
4.39/kg
20159013001_KG



1.99 LB



3.49 LB

OKRA
product of U.S.A., Honduras or Nicaragua
gombo
7.69/kg
20048070001_KG





4.99

DEGLET or **ORGANIC PITTED DATES**
product of Tunisia
dattes
21562279001_EA/21217809001_EA

1.49



COCONUT
product of India or Dominican Republic
each
noix de coco
20005774001_EA

1.49 EA/LB



METHI LEAF each, product of Mexico, **OPO SQUASH** 3.28/kg product of U.S.A., Dominican Republic or Honduras or **RED CARROTS** 3.28/kg, product of India
feuilles de fenugrec ou courge ou carottes rouges
20159689001_EA/20142055001_KG

1.29



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

1.99 LB



PAPAYA
product of Mexico
papaye
4.39/kg
20817066001_KG

2.29



SURAJ® NAAN
selected varieties
5's
naan
21050380_EA

2.99



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

$5



SURAJ® PUNJABI BISCUITS
1.1 kg
biscuits punjabi
21052448_EA

4.49



CRISPY CAKE RUSK
original
550 g
petits gâteaux
21700202_EA

9.99



AMUL PROCESSED CHEESE
200 g
produit de fromage fondu
21564033_EA

6.99



SURAJ® 3.25% DAHI YOGURT
1.8 kg
yogourt
21718724_EA

1.50



SUNRISE TOFU or **TOFU DESSERT**
selected varieties
150/300 g
tofu ou tofu dessert
20569354_EA/20135704_EA

AVAILABLE AT SELECT LOCATIONS ONLY

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3.25



GAGAN PEANUTS ROASTED IN SHELL
750 g
arachides grillées en écale
21716814_EA

1.99



FROOTI MANGO JUICE 1 L or **SURATI SNACKS** 250/341 g
selected varieties
jus de mangue ou collations
20041135_EA/20322576003_EA

5.99



SHER BESAN CHANA FLOUR
1.81 kg
farine
20869922_EA

3.99



SURAJ® DRY BEANS, LENTILS or **PEAS**
selected varieties
1.8 kg
légumineuses sèches
20558755_EA/20558756_EA/20558757_EA

8.99



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

6.99



NANAK GULAB JAMUN
frozen
12's
gulab jamun
20426517_EA

7.99



TEA INDIA TEA
681 g
thé
20177173_EA

1.99



CHING'S SCHEZWAN CHUTNEY
250 g
chutney
21416871_EA

10.99



MOTHER'S MAGIC BASMATI RICE
4.54 kg
riz basmati
21590432_EA

.99



BRITANNIA GOOD DAY 75 g, **PARLE-G BISCUITS** 300 g or **RANI FRUIT DRINK** 240 mL
biscuits ou boisson aux fruits
20840892003_EA/20956495_EA

1.50



BINGO CHIPS
selected varieties
140 g
croustilles
21750217_EA

$2



RUBICON JUICE
selected varieties
4x200 mL/1 L
jus
20296770001_EA/20325890001_EA

6.99



DESI-LICIOUS ICE CREAM
selected varieties, frozen
1 L
crème glacée
20847564001_EA

.30



MAGGI MASALA NOODLES
selected varieties
70 g
nouilles
20802664_EA

22.99



NANAK DESI GHEE
1.6 kg
ghee
20181744_EA

4.99



SURAJ® ALMOND or **COCONUT OIL** 237/500 mL or **DABUR INDIAN MUSTARD OIL** 500 mL
huile d'amande ou noix de coco ou huile de moutarde
20871833_EA/21000535_EA

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, Mexico or U.S.A.
pak-choi ou chou cantonnais ou brocoli chinois ou chou napa
4.39/kg
20082279001_KG/20032454001_KG

1.99



DRAGON FRUIT
product of Vietnam
each
pitaya
20168395001_EA

.99 LB



NAPA or **TAIWANESE CABBAGE**
product of Canada, Mexico or U.S.A.
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

3.88 LB



UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG

$6



T&T® HEAD ON SHELL ON COOKED 21-25 per lb 300 g or **RAW** 30-40 per lb 400 g **SHRIMP**
frozen
crevettes
21689820_EA/21689868_EA

5.48 LB



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

4.50



SURAJ® PAKORA 300 g or **SAMOSAS** 400 g
pakora ou samosa
21763518_EA

3.48



LEE KUM KEE HOISIN SAUCE 445 mL or **PANDA BRAND OYSTER SAUCE** 510 g
sauce hoisin ou sauce aux huîtres
20045048_EA/20139600_EA

1.99



TASTIE DRIED RED CHILI PEPPER
120 g
piment rouge séché
21450309_EA

12.99



SEKKA PREMIUM CALROSE RICE
6.8 kg
riz
21596886_EA

1.99



T&T® ALOE VERA DRINK 1.5 L or **CHACHA SUNFLOWER SEEDS** 260 g
selected varieties
boisson à l'aloès ou graines de tournesol
20593585_EA/20854556002_EA

2.88



HI-CHEW CHEWY CANDY
selected varieties
90/100 g
friandises
21735251_EA

.99



NONG SHIM CUP NOODLES
selected varieties
75 g
nouilles en contenant
20032441002_EA/20032441004_EA

7.99



FRUTEE FROZEN DESSERT BARS
selected varieties
270 mL
barres de dessert glacé
21701514_EA

4.88



SUMM! SPRING ROLLS or **DUMPLINGS**
selected varieties
250-350 g
rouleaux de printemps et dumplings
21114397_EA/21378594_EA

12.99



T&T® CASHEWS
selected varieties
800 g
noix de cajou
20807760_EA

AVAILABLE AT SELECT LOCATIONS ONLY

no name®



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now at your local No Frills® or online

view online

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

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

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