NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 12 TO WEDNESDAY, NOVEMBER 18, 2026.

2 DAY SALE
THURSDAY AND FRIDAY ONLY!



$3

PC® BACON
selected varieties
375 g
21738792_EA

SAVE 39%

$3.60

3 LB BAG



FARMER'S MARKET™ ORANGES
product of South Africa
20162945001_EA

ONLY

$5

5 LB BAG



FARMER'S MARKET™ AMBROSIA APPLES
product of Western provinces, Canada fancy grade
20630646001_EA

ONLY

$5.88 LB



EYE OF ROUND ROAST
cut from Canada AA grade beef or higher, 12.96/kg
21019594_KG
WHILE QUANTITIES LAST

ONLY

$6

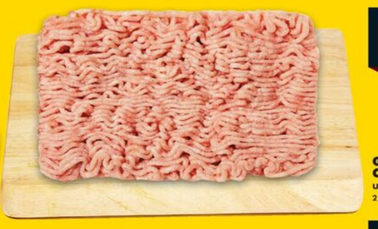
5 LB BAG



BARTLETT PEARS
product of U.S.A. extra fancy grade
21032823001_EA

ONLY

$4



GROUND CHICKEN
up to 454 g
21551582_EA

ONLY

$1.50



UNICO BEANS 540 mL, **TOMATOES** 796 mL or **TUNA** 198 g
selected varieties
20113745_EA/20313447001_EA/20314629001_EA

SAVE 25%

$8.99



JANES BONELESS CHICKEN BITES, TENDERS or **FILLETS**
selected varieties, frozen
710/720 g
21440340_EA

NEW LOWER PRICES

$5.25



SILK COFFEE CREAMER
selected varieties
890 mL
21743501_EA

SAVE UP TO 23%

$6.50



SEAQUEST RAW or **COOKED** 36-55 per lb **SHRIMP** 300 g, **SHRIMP RING** 227 g or **BAY SCALLOPS** 400 g, frozen
21636320_EA/21636352_EA

ONLY

$6.47



OIKOS GREEK YOGURT
selected varieties
650/750 g
21006634_EA/21006647_EA

SAVE 42%

$1.88



I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE
400 g
21747338_EA

SAVE 25%

$2.97



GENERAL MILLS CEREAL
selected varieties
300-430 g
21104047_EA

ONLY

$4.50



PC® FROZEN FRUIT
selected varieties, frozen
300-600 g
20312227_EA

ONLY

$12.99



ROGERS GRANULATED WHITE SUGAR
10 kg
20170195_EA

$5.50



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

SAVE 25%

$3



CRAVE FROZEN MEALS
selected varieties, frozen
200-340 g
21085515_EA

ONLY

$3.66



BREYERS CREAMERY STYLE ICE CREAM 1.4L or **POPSICLE NOVELTIES** 12's
selected varieties, frozen
21651169_EA

ONLY

$10



NO NAME® FLOUR
Club Size, selected varieties
10 kg
20022248_EA

ONLY

$4



ROYALE FACIAL TISSUE
selected varieties
6x100/72 sheets
20702419_EA

$6



SCHNEIDERS BREAKFAST SANDWICH or **EGG BITES**
selected varieties, frozen
204-288 g
21623187_EA/21623288_EA

PRE BLACK FRIDAY DEALS

NO NAME® WINDSHIELD WASH
-35°C
3.78 L
20726461_EA

Member Price $3
Non-Members $4
Members Save $1



SAVE UP TO 45%

$10*



DURACELL AA24 or AAA16 BATTERIES
21697059_EA/21694795_EA

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

App exclusive offers

Optimum™

Get **10,000** pts for every $50* spent

That's a **$10** value

When you spend $50 on Home, Entertainment, Health and Beauty, including apparel

NW 1_rad09/11/2026_W

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.
ADVERTISED AND REGULAR PRICING OR PRODUCT SELECTION MAY VARY BY STORE LOCATION.

nofrills.ca

FRESH AT LOW PRICES

$3.99 6 OZ CLAMSHELL



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



PKG OF 5 OR 6

$4.99

CANTALOUPE product of Guatemala, Honduras or U.S.A., no. 1 grade, **PINEAPPLE** product of Costa Rica or Mexico or **AVOCADOS** product of Mexico
21644936001_EA/20160992001_EA/20167017001_EA

$3.99 LB



RED GRAPES
product of U.S.A., no. 1 grade
8.80/kg
20159199001_KG



PKG OF 3

$4.99

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade or **CAULIFLOWER** product of Canada, Mexico, U.S.A., no. 1 grade
20135377001_EA/20828461001_EA

FRESH GUARANTEE

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

$2.99 LB



BROCCOLI CROWNS
product of Canada, Mexico or U.S.A.
6.59/kg
20026161001_KG

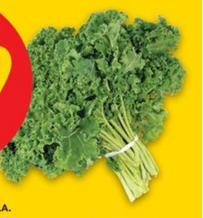
$4.49



PKG OF 4

GREEN or **RED PEPPERS**
product of U.S.A.
20115233001_EA/ 20013208001_EA

$1.99



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

$4



5 LB BAG

NO NAME® NATURALLY IMPERFECT™ CARROTS
product of Canada
20943332001_EA

99¢ LB



ACORN, KABOCHA, BUTTERNUT or **SPAGHETTI SQUASH** product of Canada or **GREEN CABBAGE** product of Canada, Canada no. 1 grade
2.18/kg
20071263001_KG/20793034001_KG

$5.99



567 G

PKG OF 11

FARMER'S MARKET™ MINI CUCUMBERS product of Canada, Canada no. 1 grade or **PC® LITTLE BEAUTS VARIETY TOMATOES** product of Canada, Mexico or U.S.A.
21070679001_EA/21720711001_EA

$6.99 PINT



BLUEBERRIES
product of Peru, no. 1 grade
20080137001_EA

$2.50



POMEGRANATE
product of U.S.A.
20134767001_EA

99¢



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

$5.99 600 G



FARMER'S MARKET™ KIWI
product of Chile
21576167001_EA

$6.99 3 LB BAG



PC® MANDARINS
product of South Africa
20864961001_EA

$2.49 LB



HAMI MELONS
product of U.S.A. or Mexico
5.49/kg
21051297001_KG

$4.99



292-383 G

EAT SMART or **TAYLOR FARMS SALAD KITS**
selected varieties, product of U.S.A.
20674118_EA/21599513_EA

PRICE DROP

$4



PC® LIVE LETTUCE TRIO
product of Canada
21178850_EA

NFW 2_rad09/11/2026_W

*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

$14



PC® BLUE MENU® CHICKEN THIGHS
Air Chilled, boneless, skinless up to 696 g
21606306_EA



$6.99 LB

LEAN GROUND BEEF AND PORK
15.41/kg
20865962_KG

$4.99 LB



PORK SPLIT SIDE RIBS
fresh, cryovac package
11.00/kg
20289619_KG



$5.49

MAPLE LODGE FARMS ULTIMATE DINNER or **BREAKFAST CHICKEN SAUSAGES**
selected varieties
375/500 g
21378310_EA/21539969_EA

RAIN CHECK + pts

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

$3



SCHNEIDERS LUNCHMATES LUNCHKITS or **STACKERS**
selected varieties
75-120 g
21120891_EA

$6.99



BEYOND MEAT PLANT BASED BURGERS, GROUNDS, SAUSAGES, STEAK, or **TENDERS**
selected varieties, frozen
226-400 g
21220674_EA/21527730_EA

$5



PC® GUACAMOLE 227/228 g or **PC® SQUEEZABLE HUMMUS** 255 mL or **SALSA** 430 mL
selected varieties
21448079_EA/20571848_EA/21732733_EA

$3.79



SEAQUEST® RAW 51-70 per lb **SHRIMP** 160 g, **YELLOW FIN TUNA STEAK** 92 g or **GO COOKED** 61-90 per lb **SHRIMP** 160 g
frozen
21694839_EA/21712241_EA

$9



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

$4.50



PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
21206382_EA/21206939_EA

$7



BALDERSON CHEDDAR, HAVARTI or **PRESIDENT LEERDAMMER CHEESE**
selected varieties
170-280 g
21495455_EA/21660745_EA

$3



ZIGGY'S® PASTA 350 g or **RESER'S SALADS** 425/454 g
selected varieties
20962386_EA/21521168_EA

$2.50



DELI WORLD LIGHT RYE BREAD
500 g
20097456_EA

$2.50



WONDER BREAD 570 g or **BUNS** 12's
selected varieties
20305674_EA/20520827_EA

$4



PC® MINI MUFFINS
selected varieties
336 g
21488839_EA



$3.50

MASTRO CAPOCOLLO, PROSCIUTTO COTTO, ROSEMARY HAM 125 g or **SAN DANIELE MORTADELLA** 175 g
selected varieties
20576743_EA/20577341_EA

SOFINA



$7.50

LILYDALE SLICED DELI MEAT
selected varieties
400/500 g
21675604_EA/21675636_EA

$10



MASTRO GENOA SALAMI CHUBS
selected varieties
600 g
20181136_EA

NFW 3 rad09/11/2026 W

† 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.

$1



NESTLÉ CHOCOLATE BARS 33-60 g or **CARNABY SWEET CANDY** 125 g
selected varieties
20066954_EA/21219409_EA





COLGATE or **CREST TOOTHPASTE** 50-100 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
20338731002_EA/20973582_EA



NO NAME® GRAVY MIXES
selected varieties
25 g
21687251_EA



FAMILY BRAND JELLY POWDER
selected varieties
85 g
21756740_EA/21756754_EA



SPARKLING ICE FLAVOURED WATER
selected varieties
503 mL
20883443_EA



NO NAME® PIZZA SAUCE 213 mL **UNICO TOMATO PASTE** 156 mL or **BEN'S ORIGINAL FAST & FANCY RICE** 132 g, selected varieties
20000527_EA/20018020_EA/21397330_EA





MITCHELL'S POT PIES
selected varieties, frozen
190 g
31481653_EA/31481659_EA



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21737809_EA/21737963_EA



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

PC® ORGANICS BABY FOOD POUCHES 128 mL or **BABY BELLIES ORGANIC PUFFS** 8/12 g
selected varieties
20655248002_EA/21539324_EA

$2



ROOSTER® TOFU
selected varieties
454 g
21474719_EA/21474763_EA



SNACK PACK PUDDING
selected varieties
4x99 g
20310707001_EA/20310707006_EA





DEL MONTE READY TO EAT BEAN SALAD or **DICED BEETS**
selected varieties
398 mL
21304264_EA/21604909_EA



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





NO NAME® CHOCOLATE BARS
selected varieties
100 g
20580736_EA/20580737_EA



BEATRICE or **DAIRYLAND CHOCOLATE MILK**
Brand varies by region
946 mL/1 L
20709733_EA



NO NAME® POTATO CRISPS
selected varieties
142/150 g
20946614_EA/20946452_EA

$3



NO NAME® VEGETABLES
selected varieties, frozen
750 g
20314412_EA



RED BULL ENERGY DRINKS
selected varieties
250 mL
20702466_EA/20702497_EA



NO NAME® JUICE
selected varieties, refrigerated
1.75 L
21603640_EA/21671461_EA



FRUITOPIA, PEACE TEA or **MINUTE MAID DRINKS**
selected varieties
1.75 L
20347640002_EA





NO NAME® FRUIT
selected varieties, frozen
300/400 g
21545097_EA/21545106_EA





TETLEY TEA
selected varieties
20/24's
20711158_EA/21663643_EA



PC® SCALLOPED CRACKERS
selected varieties
185 g
20602888003_EA





KELLOGG'S POP TARTS 384 g, **NUTRI-GRAIN** 295 g, **RICE KRISPIES** 176-198 g or **SPECIAL K BARS** 125 g
selected varieties
20136567001_EA/21290111_EA



TRE STELLE CREAM CHEESE
selected varieties, 200 g
fromage à la crème
21316018_EA





BABY MUM-MUM or **MUM-MUM RICE RUSKS**
selected varieties, 50/60 g
20316680001_EA/21291768_EA

GREY CUP DEALS
See nofrills.ca for more offers
CFL
GREY CUP
OFFICIAL GROCERY PARTNER

LIMITED TIME OFFER!
COLLECT & SAVE!
DOUBLE REDEMPTION
~~40~~ 20 STAMPS
=
Redeem 20 stamps and save 60–85% each on up to TWO eligible ZWILLING knife items.*
ZWILLING
ONLY NOVEMBER 12-25

*Offer available at participating Loblaw banner stores and online (excluding Shoppers Drug Mart® online) from September 24, 2026, while supplies last. During the Double Redemption Offer Period of November 12 to November 25 upon collecting and redeeming 20 stamps, customers may receive 60–85% each off up to two (2) eligible ZWILLING knife items in the same transaction, before applicable taxes. Only 20 stamps are required to receive the applicable discount on up to two (2) eligible items. At participating Grocery banner stores, both eligible items must be purchased in the same transaction. At participating Shoppers Drug Mart® stores, each eligible item must be purchased in a separate transaction. Following the Double Redemption Offer Period, the standard redemption offer of 60–85% off one (1) eligible ZWILLING knife item upon redemption of 20 stamps will resume. Receive 1 stamp for every $20 spent before taxes until January 13, 2027. 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.

NFW 4_no09 / 11 / 2026_W

FLYER PRICES EFFECTIVE THURSDAY, NOVEMBER 12 TO WEDNESDAY, NOVEMBER 18, 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.

LIMITED TIME OFFER!

ZWILLING

COLLECT & SAVE!

DOUBLE REDEMPTION

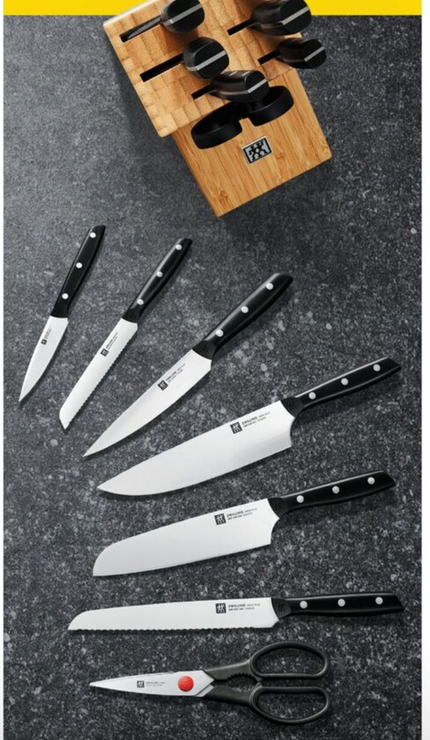
~~40~~ 20

STAMPS

=

Redeem 20 stamps and save 60–85% each on up to TWO eligible ZWILLING knife items.*

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ONL FLAP NFW KNIVES

BRANDS YOU LOVE
AT LOW PRICES

$3.47



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

$5



PC® BLUE MENU® MARGARINE
selected varieties
907 g
20604565_EA

$15.99



OX HEAD FRAGRANT RICE
7 kg
21206686_C01
LIMIT: 6, AFTER LIMIT
RETAIL: $25.88

$2.99



BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
21651628_EA

$2.50



NO NAME® SOUR CREAM
selected varieties
500 mL
20299657_EA

$8.50



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

$6.99



STARBUCKS COFFEE ENHANCERS
selected varieties
800/828 mL
21358473_EA

$1.50



NESTLÉ MILKSHAKES or **MILK 2 GO FLAVOURED MILK**
325/473 mL
20323668001_EA

$7



DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
21437381_EA/21595736_EA

$3



BULL'S-EYE BBQ SAUCE 425 mL or **DIANA SAUCE** 500 mL
selected varieties
20547834005_EA/21184617_EA

$9.49



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

$13.99



COCA-COLA or **PEPSI SOFT DRINKS**
selected varieties
24x355 mL
20306687003_C24/20308197001_C24

$2.50



CLOVER LEAF TUNA 170 g or **SALMON** 80 g
selected varieties
20326358001_EA/21734357_EA

$3.50



KELLOGG'S CEREAL
selected varieties
250-355 g
21430814_EA/21652128_EA

$2.50



PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
156-227 g/6x28 g
20300220_EA/20306994003_EA

$1.50



CLARK BEANS
selected varieties
398 mL
21308478_EA/21756532_EA

$1.38



NO NAME® BROTH
selected varieties
900 mL
21189611_EA

$1
Get 1,500 pts When you buy 4
That's $1.50 value



SWISS CHALET DRY SAUCE MIX 36-52 g or **CANNED SAUCE** or **GRAVY** 284 mL
selected varieties
21080164_EA/21762654_EA

$3



HELLMANN'S MAYONNAISE or **DIP**
selected varieties
340/445 mL
20008233001_EA

$2.39



NO NAME® PURE WHITE VINEGAR
Club Size
4 L
20102756_EA

$10



NO NAME® CANOLA OIL
3 L
20028656_EA

$3.79



PC® BLUE MENU® DRIED BEANS, PEAS or **LENTILS**
selected varieties
900 g
20629153_EA/20629679_EA

BRANDS YOU LOVE
AT LOW PRICES

$4.99



HÄAGEN-DAZS 400-450 mL or **BARS** 3/4's selected varieties, frozen
20302298001_EA/21722352_EA

$2.79



PILLSBURY CRESCENTS or **WIENER WRAPS** selected varieties 200-227 g
21503340_EA

BLACK DIAMOND CHEESE SLICES 410 g or **LACTANTIA CREAM CHEESE** 227 g selected varieties
21232564_EA

$3.33



$2.97



$1.69



CLASSICO SAUCE selected varieties 410/600 mL
20325609001_EA/21618217_EA

ITALPASTA PASTA selected varieties 750 g
20296241001_EA/20296241003_EA

$4



PC® or BLUE MENU® FROZEN ENTRÉES selected varieties, frozen 214-365 g
20219758_EA

$2.25



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

$3.99



FRANK'S RED HOT or **THICK SAUCE** selected varieties 354 mL
20187632001_EA

$6.49



PC® PEANUTS selected varieties 700 g
20057990003_EA

$2.47



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

$3.49



KETTLE BRAND POTATO CHIPS selected varieties 156/198 g
21520692_EA

$2.79



DARE COOKIES selected varieties 168-360 g
20025850001_EA/21713321_EA

$6.99



NO NAME® COCOA POWDER 227 g
21467906_EA

$5.49



PRANA GRANOLOVE ORGANIC GRANOLA selected varieties 300 g
21393188_EA

$5.99



TAZO TEA CONCENTRATE 946 mL or **LIPTON TEA** 200 g selected varieties
21295930_EA/21593297_EA

$12.99



NESCAFÉ TASTER'S CHOICE INSTANT COFFEE selected varieties 198 g
21762508_EA

$8.99



PC® GROUND COFFEE 340 g or **SINGLE SERVE COFFEE PODS** 12's selected varieties
21380579_EA/21742922_EA

$8.99



KIND PROTEIN BARS 4x62 g or **SOFT BAKED SQUARES** 5x40 g selected varieties
21663411_EA/21702796_EA

$4



KELLOGG'S ALL BRAN, RAISIN BRAN, VECTOR, SPECIAL K or **MINI-WHEATS CEREAL** selected varieties 306-525 g
20015041_EA/21607207_EA

$5.99



LOTUS BISCOFF SPREAD 380/400 mL or **SMUCKER'S JAM, MARMALADE** or **JELLY** 310/500 mL selected varieties
20308043001_EA/21238886_EA

$3.79



PEARL MILLING COMPANY PANCAKE MIX 905 g or **SYRUP** 710 mL selected varieties
21384609_EA/21391619_EA

$4



HERSHEY'S, REESE'S, BROOKSIDE, OH HENRY! or **YORK BAGGED CHOCOLATE** selected varieties 160-235 g
21079668_EA/21331874_EA

$7.99



POPPYCOCK POPCORN 300 g or **LINDT TEDDY MILK CHOCOLATE** 100 g selected varieties
20425900002_EA/21541816_EA

$4.99



HERSHEY'S CHOCOLATE BAGS 161-200 g, **ANDES CHOCOLATE BAGS** 241 g, **PC® DUSTED TRUFFLES** 200 g, **CHOCOLATE BALLS IN NET** 200 g or **TOFFIFEE CHOCOLATE BOX** 240 g selected varieties
21393221_EA/21541146_EA

$6.99



MERCI 200 g, **MILANO PANETTONE** 800 g, **HERSHEY'S KISSES CHOCOLATE BOX** 184 g or **PC® CHOCOLATE SEASHELLS** 250 g selected varieties
20639825_EA/21747196_EA

$9.99



PC® CHOCOLATE PRALINES 210 g or **FERRERO ROCHER CHOCOLATE GIFT BOX** 156/200 g selected varieties
20098034_EA/21749279_EA

Optimum

Get 2,500 pts For every $10* spent

That's $2.50 value



MCCAIN PRODUCTS selected varieties, frozen 454 g-1.9 kg
20799529_EA/21691504_EA

BRANDS YOU LOVE AT LOW PRICES

$2.50



PALMOLIVE DISH DETERGENT
selected varieties
828 mL
20861400_EA/21004388_EA

$5



BOUNTY PAPER TOWELS
2=4 rolls
21759599_EA

$9



NO NAME® LAUNDRY DETERGENT
4.43 L or **DRYER SHEETS** 200's
selected varieties
21540283_EA

$2.49



ALCAN ALUMINUM FOIL 25 ft or **GLAD CLING WRAP** 30 m
20003818_EA/20166771_EA

$3.50



PC® PAPER YARD WASTE BAGS
5's
20429980_EA

$6



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

$20



CASCADE AUTO DISHWASHER TABS
selected varieties
51/67/80's
21516545_EA/21518479_EA

$15



GAIN LIQUID 4.25 L or **FLINGS** 48's **LAUNDRY DETERGENT** or **DRYER SHEETS** 240's
21671139_EA

$3.50



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

$5



ALWAYS LINERS 36-72's, **PADS** 10-22's or **TAMPAX TAMPONS** 14-18's
selected varieties
21449992_EA/21707245_EA

$7



PUREX LIQUID LAUNDRY DETERGENT 1.17-1.94 L **SNUGGLE LIQUID FABRIC SOFTENER** 1.16 L or **DRYER SHEETS** 120's
selected varieties
21737524_EA

$16



DOWNY or **GAIN SCENT BOOSTERS**
selected varieties
598-680 g
21552884_EA

$8



PC® HEAVY-DUTY FREEZER BAGS
selected varieties
10-38's
21166679_EA

$6.49



NO NAME® NAPKINS
Club Size
500's
20306897_EA

Optimum

App exclusive offer

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

That's $20 value

BETWEEN NOVEMBER 5TH – NOVEMBER 25TH



PAMPERS DIAPERS, WIPES or **TRAINING PANTS**
selected varieties and sizes
21370843_EA/21393033_EA/21719427_EA

HOT FINDS

Savings like these are kind of a big deal.

$7



EVERYDAY ESSENTIALS™ POLYPROPYLENE CUTTING BOARDS
3 piece set
21705809_EA

$8



EVERYDAY ESSENTIALS™ JACQUARD FAUX FUR THROWS
selected varieties
21760905_EA/21760906_EA

BAKING ESSENTIALS
AT LOW PRICES

$5

PC® INSTANT COFFEE
selected varieties
80/100 g
21499826_EA/21500188_EA



GAY LEA BUTTER 454 g or **PARKAY MARGARINE** 1.28 kg
selected varieties
20279976_EA/20559408_EA

$5.99



$5.25

BURNBRAE FARMS NATUREGG NEST LAID WHITE EGGS
12's
20816075001_EA



$4



TENDERFLAKE PIE SHELLS
selected varieties, frozen
255-397 g
20303840001_EA

$2.79



ROBIN HOOD FLOUR or **ROGERS** or **LANTIC SUGAR**
selected varieties
1 kg
20063446_EA/20169394_EA

$4



COOL WHIP DESSERT TOPPING
selected varieties, frozen
1 L
20030369001_EA

$5



ROBIN HOOD FLOUR
selected varieties
2/2.5 kg
20039497001_EA/20039497005_EA

$1.87



BETTY CROCKER SUPER MOIST CAKE MIX
375/404 g or **FROSTING** 340/450 g
selected varieties
20562641007_EA/21547838_EA

$5



PC® THE DECADENT® CHOCOLATE CHIPS or **CHUNKS**
selected varieties
226-300 g
20011473_EA/20430272_EA

$5.97



KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
20039581001_EA/20311582001_EA

$4



LACTANTIA or **DAIRYLAND WHIPPING CREAM**
selected varieties, brand varies by region
473 mL
20801194_EA/20962887_EA

$4.99



E.D. SMITH PIE FILLING or **PURE PUMPKIN**
selected varieties
540/796 mL
20022361_EA/20297753004_EA

$2.75



PC® SWEETENED CONDENSED MILK
300 mL
20112979_EA

$5



NUTELLA SPREAD 375 g or **B-READY SNACK BARS** 132 g
selected varieties
20435988_EA/21721261_EA



$3.49

TENDERFLAKE PURE LARD
454 g
20027695_EA

Get 500 pts That's 50¢ value



$6

Get 1,000 pts That's $1 value

QUAKER MUFFIN or **COOKIE MIXES**
selected varieties
750/900 g
20301064001_EA
20301064003_EA

$3.49



FLEISCHMANN'S CORN STARCH
454 g or **BAKING POWDER** 340 g
20006692_EA

$5.29



PAM COOKING OIL SPRAY
selected varieties
141/170 g
20178204001_EA

General Mills



$6.50

LÄRABAR BARS
selected varieties
225/240 g
20146380001_EA/20146380003_EA





$5.50

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
21103492_EA/21103495_EA



$3

FIBRE 1 BROWNIES, DELIGHTS or **SOFT BAKED SNACKS** 125/175 g, **NATURE VALLEY PROTEIN BARS** 148 g, **BISCUITS** 190 g or **SWEET & SALTY BARS** 160/175 g
selected varieties
20587504001_EA/20686988001_EA

$9



OLD EL PASO TACO BITES
selected varieties, frozen
368 g
21754635_EA



$2.49

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
20316187001_EA

PURINA

Your Pet, Our Passion.®



FRISKIES 156 g or **FANCY FEAST** 85 g **WET CAT FOOD**
selected varieties
20319657005_EA/20548687001_EA

90¢

$6.50



FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
20142252001_EA



$11.50

PURINA ONE DRY DOG FOOD
selected varieties
1.72/1.81 kg
20946525_EA



$28.99

Get 4,000 pts

That's $4 value

FRISKIES WET CAT FOOD
selected varieties
32's
21186765_C01

Coca-Cola



$7.50

FUZE ICED TEA
selected varieties
12x341 mL
21645563_C12



$9.50

MONSTER ENERGY DRINKS
selected varieties
4x473 mL
20937631_C04

$4



CORE POWER HIGH PROTEIN MILK SHAKE
selected varieties
414 mL
21731564_EA

Saputo



$4.75

DAIRYLAND ULTRAFILTERED MILK
selected varieties
1 L
21184019_EA



$6.50

DAIRYLAND PROTEIN MILK
selected varieties
1.89 L
21554346_ EA/21762138_EA

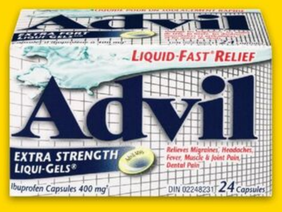


$10.50

DAIRYLAND PROTEIN or **LACTOSE FREE MILK**
4 L
21763309_EA

HALEON

$10



ADVIL or **CHILDREN'S ADVIL PAIN PRODUCTS**
selected varieties and sizes
24/100 ml/20-50's
20316898001_EA



$5.50

TUMS ANTACID CALCIUM CARBONATE TABLETS 60-100's or **CHEWABLE TABLETS** 28-32's
selected varieties and sizes
21223300_EA









$13.50

NEOCITRAN POWDER 10 ct, **BUCKLEY'S SYRUPS** 150-200 mL or **BUCKLEY'S CAPSULES** 24-40's
selected varieties and sizes
20062201002_EA/20062201007_EA

$15

VOLTAREN PAIN RELIEF CREAM 100-150 g or **CENTRUM MULTIVITAMINS**
selected varieties and sizes
21111046_EA/21235884_EA

GET HOLIDAY READY & SAVE

Member Price $10

Non-Members $15

Members Save $5



STEPGUARD CONCORD RUG
21684645_EA

Member Price $7.50

Non-Members $10

Members Save $2.50



STEPGUARD BOOT TRAY
21684700_EA

$10



22" PRELIT PINE WREATHS WITH TIMER
21735459_EA

$7



6' PINE GARLAND
21735732_EA

$5



24' MEMORY WIRE TREE
21735320_EA

$3



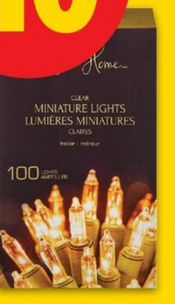
OCG 24CT. BOWS
21737856_EA

$3



OCG 3 ROLL PAPER WRAP
21735628_EA

$10



INDOOR MINI LIGHTS
100's
21098968_EA

$8



8" CHARITY BEAR
21724525_EA

$49



6' UNLIT PINE TREE BALSAM LAKE PINE TREE
21726406_EA

PRE BLACK FRIDAY DEALS

App exclusive offers

Optimum

Get 10,000 pts for every $50* spent

That's a $10 value

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

November 12 - November 18, at participating No Frills stores only. *See in-store for details

$27.99



HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 36-104's
21172500_EA/21371019_EA

$49



ENFAMIL A+ BABY FORMULA POWDER TUBS
selected varieties
550/663 g
20434624_EA/20435214001_EA

$8



HUGGIES BABY WIPES
selected varieties
112-192's
20558604_EA/21086935_EA

$55



SIMILAC POWDER BABY FORMULA
selected varieties
837/859 g
21436985_EA

$2.50



GERBER PUFFS or **LIL' CRUNCHIES TODDLER SNACKS**
selected varieties
42 g
20304618001_EA/20304618007_EA

$4.50



BABY GOURMET MELTIES or **MUSHIES** 23 g, **GOODIES FRUIT SMASH POUCHES** 360 g or **FRUIT FILLED BARS** 5x18 g
selected varieties
20653107002_EA/21740664_EA

$5



VASELINE PETROLEUM JELLY
selected varieties
375 g
20184304001_EA

$4.27



Q-TIPS COTTON SWABS
500's
20323077001_EA

ALWAYS $5



PC® BABY WIPES
scented or unscented
300's
21540716_EA/21550950_EA

AVAILABLE AT SELECT LOCATIONS ONLY

PRE BLACK FRIDAY DEALS

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November 12 - November 18, at participating No Frills stores only. *See in-store for details

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$5.50



LISTERINE MOUTHWASH
selected varieties
1 L
21091218_EA/21091222_EA



$5.50

OLAY BAR SOAP 4x90 g, **OLD SPICE BAR SOAP** 141 g or **BODY WASH** 532 mL
selected varieties
20605927003_EA/21238557_EA

$9



DOVE BAR SOAP 6x106 g or **BODY WASH** 400-710 mL
selected varieties
21237519_EA/21638572_EA



$10

U BY KOTEX PADS 20-44's, **LINERS** 54-120's or **TAMPONS** 30-32's
selected varieties
21291897_EA/21724867_EA

$9



AUSSIE SHAMPOO or **CONDITIONER**
selected varieties
778 mL
21167371_EA/21167373_EA

$10



BENYLIN COUGH SYRUP 100 mL or **COLD & SINUS TABLETS** 20's
selected varieties and sizes
20296733001_EA/20315180001_EA

$7



TRESEMMÉ HAIRCARE or **STYLING PRODUCTS**
selected varieties
198-311 g/168-828 mL
20315303016_EA/21170103_EA

$3



DEGREE DEODORANT or **ANTIPERSPIRANT**
selected varieties
48-85 g
20296452001_EA/20304331002_EA

$12



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

$3.25



HERBAL ESSENCES SHAMPOO or **CONDITIONER**
selected varieties
346 mL
21247098_EA/21247099_EA

$5



LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties
2 L
21357613003_EA/21357613004_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL 07 NFW

Optimum™

App exclusive offers

More offers
More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

CLICK FOR THESE COUPONS AND MORE

Members get over $30 in value



Get 750 pts Until December- 2 - 2026

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



Get 3,000 pts Until December- 2 - 2026

NO NAME® NATURALLY IMPERFECT FROZEN FRUIT
2 kg
21289951_EA



Get 2,500 pts Until December- 2 - 2026

NO NAME® APPETIZERS
frozen 454-900 g
21608591_EA



Get 1,500 pts Until December- 2 - 2026

PC® THICK & CRISPY BREADED CHICKEN BURGERS
700 g
21201257_EA



Get 2,000 pts Until December- 2 - 2026

PC® OLD-FASHIONED STYLE BACON
1 kg
20115704_EA



Get 1,000 pts Until December- 2 - 2026

BREADED SHRIMP, CALAMARI or **SCALLOPS**
240-350 g
21734405_EA



Get 1,000 pts Until December- 2 - 2026

NO NAME® CHEESE BARS
400 g
21289751_EA



Get 1,500 pts Until December- 2 - 2026

PC® BLACK LABEL CHEESE
200-250 g
20816874_EA



Save $1 with digital coupon

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



Save $1 with digital coupon

NO NAME® PIZZA BUSTER
1 L
21748264_EA



Save $1 with digital coupon

PC® SCOOP SHOP ICE CREAM
21706641_EA



Save $1 with digital coupon

PC® BLUE MENU YOGURT BARS
6x80 mL
20538592001_EA

Optimum™

More offers. More points.

CLICK FOR THESE COUPONS AND MORE



Get 500 pts Until December- 2 - 2026

PC® WHOLE WHITE MUSHROOMS
227 g
20776239_EA



Get 500 pts Until December- 2 - 2026

FARMER'S MARKET MINI CUCUMBERS
6 pk
20737570001_EA



Get 4,500 pts when you spend $30

That's $4.50 value

ALL FRUITS AND VEGETABLES
all sizes and varieties
20067326001_EA



Get 1,000 pts Until December- 2 - 2026

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



Get 500 pts Until December- 2 - 2026

PC® COLESLAW
397 g
21204248_EA



Save $1 with digital coupon

NO NAME® FISH FILLETS, BURGERS or STICKS
454 g
21672264_EA/21672371_EA/
21672358_EA



Get 3,000 pts Until December- 2 - 2026

NO NAME® HOT CHOCOLATE MIX
1.8 kg
21703732_C12



Get 3,000 pts for every $15* spent

That's $3 value

PC® SOFT DRINKS or SPARKLING SODA
12x355 mL
21703732_C12



Save $1.50 with digital coupon

PC® TORTILLA BOWLS
300 g
21716545_EA



Get 1,500 pts Until December- 2 - 2026

PC® CHOCOLATE BARS
300 g
21689840_EA



Get 3,000 pts Until December- 2 - 2026

PC® SUPER SOFT BATHROOM TISSUE
30 = 100 rolls
21450846_EA



Save $1.50 with digital coupon

DOVE CLINICAL PROTECTION ANTIPERSPIRANT DEODORANT
6x80 mL
20317764001_EA

PRE BLACK FRIDAY DEALS

App exclusive offers

Optimum

Get 10,000 pts for every $50* spent

That's a $10 value

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

November 12 - November 18, at participating No Frills stores only. *See in-store for details

---

$22



ORAL-B PRO 300 RECHARGEABLE TOOTHBRUSH or **BRUSH HEAD REFILLS** 3's
selected varieties
20346231001_EA/21475139_EA

$7



Get 1,500 pts That's $1.50 value

COLGATE TOOTHPASTE 70-133 mL, 2x120/150 mL or **MANUAL TOOTHBRUSH** 2's
selected varieties
20110327002_EA/21166650_EA

$4.50



ST. IVES BODY LOTION
selected varieties
600 mL
21086101_EA/21086107_EA

$6.50



Get 500 pts That's 50¢ value

NIVEA HAND AND BODY LOTION
selected varieties
200-625 mL
21722989_EA/2070027_EA

$3.50



AMARA ORGANIC SMOOTHIE MELTS or **FRUIT BITES**
selected varieties
23 g
21426267_EA/21703352_EA

$4.50



Get 500 pts That's 50¢ value

IRISH SPRING BAR SOAP 6x104 g or **BODY WASH** 591 mL
selected varieties
SOFTSOAP BODY WASH 591 mL
selected varieties
21219375_EA/21430477_EA

$17



Get 3,000 pts That's $3 value

POISE PADS or **DEPEND UNDERWEAR**
selected varieties and sizes
12-66's
21023579_EA/21302119_EA

$54



Get 4,000 pts That's $4 value

GOOD START BABY FORMULA
selected varieties and sizes
942 g-1.02 kg
21599587_EA/21599614_EA

$22.50



Get 4,000 pts That's $4 value

HUGGIES 16 X WIPES
selected varieties
560-1152's
21341191_EA

15% OFF



Get 2,000 pts That's $2 value

U BY KOTEX PADS 20-44's, **LINERS** 54-120's or **TAMPONS** 30-32's
selected varieties
21291897_EA/21724867_EA

$22



Get 4,000 pts That's $4 value

BRITA DENALI WHITE PITCHER
21524887_EA

$22



Get 4,000 pts That's $4 value

BRITA 3 PACK FILTER
20094145_EA

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



LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties, 6-16's
21592444_EA/21592485_EA

$10



MEGA BLOCKS BUILD & COUNT BUS
45 piece set
21709758_EA

$15



BARBIE TRAVEL SET WITH DOG & ACCESSORIES
21502869_EA

$10



Get 1,500 pts That's $1.50 value

SISTEMA NEST IT SET
5 pack
21697363_EA

Get 7,000 pts For every $25* spent

That's $7 value



PARTICIPATING KENVUE PRODUCTS
selected varieties and sizes
20102023001_EA/21091222_EA/21113221_EA

Aveeno. BAND-AID Benadryl Children's Benadryl Clear Clear Desitin Imodium Johnson's baby Lactaid LISTERINE Maui Moisture Motrin Neutrogena nicorette NicoDerm Oasis PENATEN Pepcid Plax Polysporin REACTINE Rogaine Sinutab SUDAFED TYLENOL Visine ZARBEE'S Children's

*For every $50 spent on the item(s) indicated before applicable taxes and after all coupons and discounts are deducted, in a single transaction at any participating store location, you will earn the points indicated. Product availability may vary by store. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points.
See terms & conditions for redemption restrictions

ONL OB NFW P

Insiders Report™

Snack. Serve. Save.

$3.99

PC® Little Gems™ red, yellow or mixed mini potatoes
Product of Canada, Canada No. 1 grade
21247301001_EA/ 21247299001_EA/ 21247300001_EA



PC® Whole white or cremini mushrooms
Product of Western Provinces
20761372_EA/ 20738571_EA

$3.99



$6.50



PC® Free run large brown eggs
12 pack
20813628001_EA

$10



PC® Mini Beef Wellington bites
frozen
288 g
21742294_EA

$6



PC® Protein muffins
select varieties, 4's
21739320_EA/21739396_EA

$1.59



PC® Soft drinks
selected varieties
2 L
20311645003_EA/20311645012_EA

$7.44



PC® Orange juice
selected varieties, refrigerated
2.5 L
21531644_EA

$6



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

$5



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

$6



PC® Shredded or crumbled cheese
selected varieties
250-320 g
21060183_EA

$5.75



PC® Blue Menu® Sparkling Water
selected varieties
12x355 mL
21717425_C12

$3



PC® Potato chips
selected varieties
200 g
20840911004_EA/21422931_EA

$3.50



PC® Blue Menu® cottage cheese dip
selected varieties, 200 g
21742229_EA/21742273_EA

$4.75



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

$5



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

$5



PC®
Hot chocolate
selected varieties
450/500 g
21549129_EA

App exclusive offer

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



PC® our ultimate Butter-Tart Pie
frozen, 497 g
21747382_EA

App exclusive offer

$10 Get 3,000 pts That's $3 value



PC® chicken wings
selected varieties, frozen
907 g
20708932_EA

App exclusive offer

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



PC® mozza & pesto bombas
frozen
240 g
21742930_EA

ONL NFW HIR

GREY CUP DEALS



OFFICIAL GROCERY PARTNER

CFL | GREY CUP CALGARY 113

Mondelēz International



$2.50

CHRISTIE CRACKERS
selected varieties
180-200 g
21030647_EA/21547034_EA



$2.50

CHRISTIE CRISPERS or **BITS & BITES SNACK MIX**
selected varieties
145 g
21358333_EA/21395350_EA



$4

CADBURY FINGERS
selected varieties
114-125 g
21631880_EA

DANONE



$3

OIKOS PRO YOGURT DRINKS
selected varieties
300 mL
21652096_EA



$6.50

ACTIVIA YOGURT
selected varieties
12x100 g
20303412001_EA/20608924_EA

PEPSICO



$12.99

BUBLY SPARKLING WATER
24x355 mL
21731819_C24



$3

ALANI 355 mL or **ROCKSTAR ENERGY DRINKS** 473 mL
selected varieties
21597637_EA/20368415011_EA



$8.50
Get 1,000 pts
That's $1 value

PEPSI SOFT DRINKS
selected varieties, 12x355 mL
20322361002_C12

HERSHEY'S



$2.50

TWIZZLERS CANDY PACK 311-454 g or **JOLLY RANCHER ROPE** 283 g
selected varieties
20022328004_EA/21765414_EA

CLIF BAR



$7.50

CLIF BAR
selected varieties
5x68 g
21664843_EA

CHAPMAN'S



$3.99

CHAPMAN'S YUKON NOVELTIES 5-8's or **SUPER PREMIUM PLUS** 500 mL
selected varieties, frozen
21012283_EA/21511147_EA

TACO BELL



$4

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

AYLMER Accents / RO*TEL



$2

AYLMER ACCENTS 540 mL or **RO TEL TOMATOES** 283/284 g
selected varieties
21154450_EA/21207587_EA

NOVEMBER

HIT OF THE MONTH



Fruit of the Loom
Men's or Women's, 3 pk socks
Selected varieties
W6MR078691/ W6WR078690



Made in Canada

Pillsbury Pizza Pops 4's
Frozen
Selected varieties
21435996_EA / 21436023_EA



Prepared in Canada

Christie Mini Cookies
Selected varieties, 144 - 200 g
21584976_EA / 21585155_EA



Cook's Boneless Ham Steak
227 g
21769703_EA

See in-store for retails

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. See in store for limits. No rainchecks.

Express™ Pass

BLACK FRIDAY DEAL
ENDS DECEMBER 2ND

Unlimited delivery with *PC Express* Pass*

$1/month for your first year*

Use code
BFPASS
to sign up.

Learn more



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

ONL NFW FLAP PCX

Express™ Pass

Unlimited FREE delivery

Same low No Frills® prices.

Get your first year of *PC Express* Pass for **$2.50/month***.

Learn more



Use code **PASS**

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

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