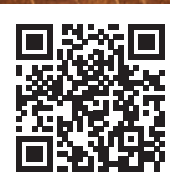


FROM THURSDAY, APRIL 18<sup>TH</sup>  
TO WEDNESDAY, APRIL 24<sup>TH</sup>, 2024

# Freshmart<sup>®</sup>

Super Valu<sup>®</sup>  
value and freshness

SHOP EASY<sup>®</sup>  
F · O · O · D · S



See our flyer online  
visit freshmart.ca



**5.99**  
lb

boneless skinless chicken thighs  
club size, fresh  
13.21/kg



**2.99**  
lb

pork side ribs  
club size  
6.59/kg



**3.49**

Farmer's Market<sup>™</sup> English cucumbers 3's  
or French beans 400 g, product of Mexico  
or PC<sup>®</sup> mushrooms 454 g, product of Canada,  
selected varieties



**3.29**  
lb

PC<sup>®</sup> red or green seedless grapes  
or black grapes  
product of Chile or South Africa  
7.25/kg



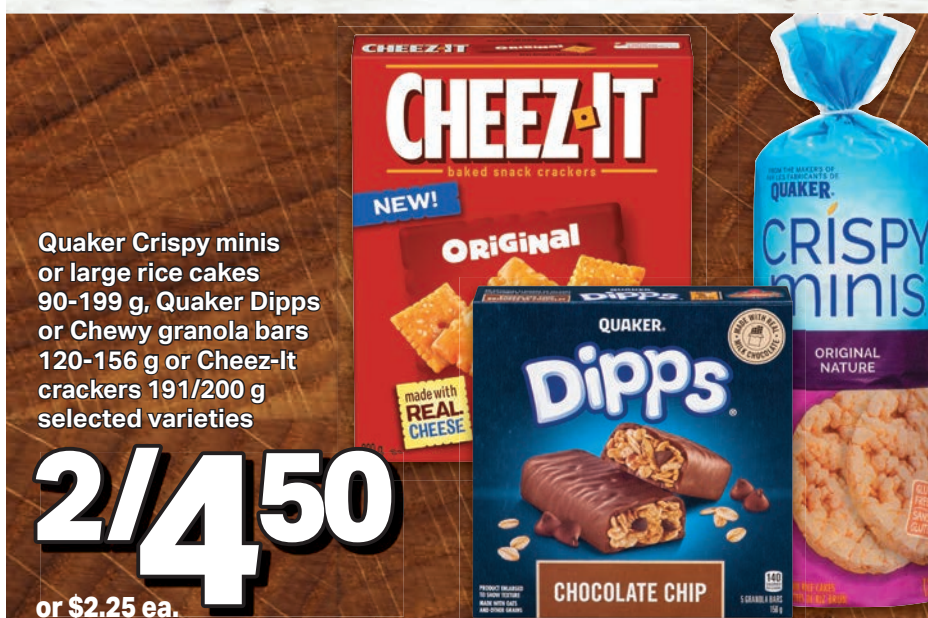
Castello Havarti  
170/200 g  
or no name<sup>®</sup>  
sliced deli meat  
375/500 g  
selected varieties

**3.99**



8 inch pies  
selected varieties  
635-750 g

**4.99**



Quaker Crispy minis  
or large rice cakes  
90-199 g, Quaker Dipps  
or Chewy granola bars  
120-156 g or Cheez-It  
crackers 191/200 g  
selected varieties

**2/4.50**  
or \$2.25 ea.



Becel margarine  
selected varieties  
637/850 g

**6.99**



**3/\$5**  
or \$1.67 ea.

Knorr Sidekicks side dishes  
120-167 g, Green Giant  
vegetables 341/398 mL or  
Le Sieur tender peas 398 mL  
selected varieties



Minute Rice ready-to-serve  
cups 2 x 125 g or VH cooking  
sauce 341-380 mL  
selected varieties

**2.29**



Dawn 431/473 mL  
or Palmolive  
591/828 mL  
dish soap  
selected varieties

**1.99**

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# Meat & Seafood



**6<sup>49</sup>**  
lb

beef outside round  
roast or steak\*  
club size  
14.31/kg

**2<sup>99</sup>**  
lb

pork butt roast bone-in  
club size  
6.59/kg

**7<sup>99</sup>**  
lb

boneless skinless  
chicken breasts  
fresh  
17.61/kg



**3<sup>49</sup>**

Schneiders Lunchmate  
lunch kits or stackers  
selected varieties  
75-120 g

**7<sup>49</sup>**

Beyond meat plant-based  
burgers, grounds or sausage  
selected varieties  
226-400 g

**6<sup>49</sup>**

SeaQuest® colossal Pacific  
white raw shrimp Zipperback®  
16-20 per lb or cooked peeled  
shrimp 70/90 per lb, 300 g  
or Bay scallops 400 g, frozen

# Deli Meat & Cheese



**2<sup>79</sup>**  
/100 g

PC® Natural Choice®  
turkey or chicken breast  
deli service sliced,  
selected varieties

**11<sup>99</sup>**

Freybe pepperoni sticks  
selected varieties  
500 g

**5<sup>49</sup>**

Reser's Main St. Bistro sides  
selected varieties  
340-680 g



**3<sup>49</sup>**

no name® cream  
cheese 227/250 g or  
cottage cheese 500 g  
selected varieties



**3<sup>99</sup>**

Liberté Greek or  
méditerranée 2/4's,  
Danone Too Good or  
Oikos Greek or Yoplait  
Source 4's yogurt  
selected varieties



**4<sup>99</sup>**

PC® or no name®  
cheese slices  
selected varieties  
210/230 g



**7<sup>99</sup>**

PC® Organics free-range  
large brown eggs  
12's



**7<sup>99</sup>**

Marie Callender's  
entrées 680 g or  
Swanson family size  
skillet meal 1.19 kg  
selected varieties,  
frozen



**6<sup>99</sup>**

PC® Wood-Fired pizza  
selected varieties,  
frozen, 351-413 g



**3<sup>99</sup>**

PC® butter puff or phyllo  
pastry 450/454 g or  
no name® waffles 16's  
frozen



**6<sup>49</sup>**

PC® Cream First™  
or Loads of ice cream  
selected varieties,  
frozen, 1.5 L



**3<sup>79</sup>**

no name® honey graham  
wafer 400 g or Quaker  
steel cut oats 709 g  
or oats 900 g/1 kg  
selected varieties



**4<sup>99</sup>**

Nature's Path organic  
or Post family size cereal  
selected varieties  
300-650 g



**6<sup>99</sup>**

Maxwell House instant  
coffee 150 g or Lipton  
yellow label tea 200 g  
selected varieties



**5<sup>99</sup>**

Nesquik syrup  
510/700 mL or  
powder 540 g  
selected varieties

# Fruits & Vegetables



**1.79**  
lb

Royal Gala apples, product of Western provinces or U.S.A. or Fuji or Granny Smith apples, product of U.S.A. 3.95/kg



**9.99**

no name® Naturally Imperfect™ red or russet potatoes product of Canada or U.S.A., 20 lb



**5.99**

blueberries pint, product of Mexico or Farmer's Market™ kiwis 600 g, product of Greece



**2.99**

Farmer's Market™ carrots 2 lb or broccolini or celery hearts, each product of U.S.A.



**1.99**  
lb

Anjou, product of Western provinces, Bosc, product of U.S.A., Bartlett, product of Argentina or yellow Asian, product of China, pears 4.39/kg



**5.49**

Farmer's Market™ Roma tomatoes 3 lb or no name® Naturally Imperfect™ zucchini 2.25 lb, product of Canada or Mexico or PC® Organics cauliflower, each, product of U.S.A.

# Bakery



**5.49**

Farmer's Market™ butter croissants selected varieties 260-336 g



**2/\$3**  
or \$1.50 ea.

baked in-store baguette, white or whole wheat 255 g or Golden Happiness specialty buns 100 g selected varieties



**1.99**

Byblos Bakery pita bread white or whole wheat 300 g



**1.99**

no name® snacks 142-200 g or apple or orange juice 1 L selected varieties



**6.49**

Coca-Cola or Pepsi soft drinks selected varieties 6 x 710 mL



**4.99**

Vita Coco 100% Coconut water 1 L, Terra vegetable chips 141 g or Earth's Own oat barista 946 mL selected varieties



**9.99**

no name® honey or trail mix selected varieties 1 kg



**4.29**

no name® sauerkraut 796 mL/1 L or Heinz chili sauce 455 mL selected varieties



**4.49**

SPAM luncheon meat selected varieties 340 g



**1.99**

Clover Leaf oysters spicy chili or smoked 85 g



Gold Seal sardines selected varieties 125 g

**3/\$4**  
or \$1.33 ea.



**2.49**

no name® marshmallows 400 g, selected varieties or Kraft Jet-Puffed marshmallow creme 198 g



**3.99**

Arm & Hammer baking soda 2 kg or PC® The Decadent® chocolate chip cookie 900 g



**2.99**

Dole fruit selected varieties 540 mL



**1.99**

no name® olives 398 mL or soya sauce 450 mL selected varieties

# Grocery



iöGO yogurt 16's or Black Diamond Cheestrings 16's or sticks 12's selected varieties

**6<sup>99</sup>**



Silk ALMOND UNSWEETENED  
Minute Maid ORIGINAL 100% ORANGE JUICE  
OASIS SMOOTHIE STRAWBERRY BANANA

Oasis or Minute Maid orange juice or juice blend 1.5-1.75 L or Silk dairy-free beverage 1.74-1.89 L selected varieties

**3<sup>99</sup>**



Goldfish CRISPS CROUSTILLANT CHEDDAR  
Dare Bear Paws Chocolate Chip

Dare Bear Paws cookie or crunchy 168-240 g or Pepperidge Farm Goldfish crackers or crisps 156-227/6 x 28 g selected varieties

**2<sup>79</sup>**



Pogo Original

Pogo selected varieties, frozen 8/10's

**6<sup>99</sup>**



Chapman's Collection  
Lolly Assorti

Chapman's Collection 8's or Lolly novelties 28's selected varieties, frozen

**3<sup>99</sup>**



Kool-Aid Jammers Cherry

Kool-Aid Jammers selected varieties 10 x 180 mL

**3<sup>99</sup>**



Minute Maid  
Nestea

Minute Maid, Five Alive or Nestea iced tea drink boxes selected varieties 8/10 x 200 mL

**3<sup>49</sup>**



PC TORTILLA RESTAURANT  
LOADS OF BARBECUE PLEINES DE SAUCE BARBECUE

PC® potato 200 g or tortilla 320-350 g chips selected varieties

**2<sup>29</sup>**



no name® crackers 100 g or cheese snacks 3's selected varieties

**1<sup>49</sup>**



no name® cookies selected varieties 907 g

**4<sup>29</sup>**



Jolly Rancher  
Jelly Belly

Jolly Rancher or Jelly Belly gummies or candies selected varieties 182/198 g

**2<sup>49</sup>**



no name® jam or marmalade 500 mL or PC® Blue Menu® peanut butter 750 g selected varieties

**3<sup>79</sup>**



Tetley  
Smucker's Uncrustables

Tetley or Red Rose tea 60/72's or Smucker's Uncrustables 4's selected varieties

**4<sup>99</sup>**



MAMA Oriental Style Instant Noodles

Mama noodles 55 g or Mr. Noodles instant noodle soup 85 g selected varieties

**2/\$1** or 50¢ ea.



Stagg Chili

Stagg chili selected varieties 425 g

**2<sup>49</sup>**



no name® ketchup 1 L

**3<sup>49</sup>**



no name® broth selected varieties 900 mL

**1<sup>49</sup>**



no name® raisins or currants selected varieties 375 g

**3<sup>49</sup>**



no name® evaporated milk selected varieties 354 mL

**3/\$5** or \$1.66 ea.

## HAPPY EARTH DAY

APRIL 22<sup>ND</sup>



PC® Planet First™ bathroom tissue 12=24 rolls or paper towels 6 rolls selected varieties

**5<sup>99</sup>**



PC® Planet First™ garbage bags 40's

**6<sup>49</sup>**



PC® Planet First™ all purpose cleaner selected varieties 700 mL

**2<sup>49</sup>**



PC® yard bags 5's

**3<sup>49</sup>**

Freshmart

SuperValu SHOP EASY value and freshness FOODS

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2024 Loblaws Inc.

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PF01-51-106  
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# Hot Deals of the WEEK



**2.29**

SeaQuest® crab or lobster flavoured pollock 227 g, selected varieties, ready-to-eat or DOM Specialty smoked steelhead salmon 50 g



Farmer's Market™ donuts selected varieties 204-600 g

**3.99**



**3/\$10**  
or \$3.33 ea.

General Mills cereal selected varieties 297-437 g



PC® roast & ground 875/930 g or whole bean 907 g coffee selected varieties

**12.99**

# Salads



**449**

PC® chopped salad kits  
product of U.S.A.,  
selected varieties  
285-369 g



PC® feta cheese in brine 400 g  
or Ziggy's®  
chicken or turkey  
breast strips 150/200 g  
selected varieties

**579**



**249**

Unico pasta  
selected varieties  
900 g



no name® beans  
540 mL or Ocean's®  
flaked light tuna 85 g  
selected varieties

**2/\$3**  
or \$1.50 ea.

