

# Fresh

PROUDLY CANADIAN

## Hot Deals of the WEEK



**2/\$5**  
OR  
\$2.50 EA.

**PC® KETTLE, LOADS OF™ OR  
WORLD OF FLAVOURS POTATO CHIPS  
SELECTED VARIETIES  
200 G**

20840911007\_EA/213159595\_EA/21576276\_EA



**3.49**

**ZIGGY'S® SLICED MEAT  
SELECTED VARIETIES, 175 G**

21592461\_EA/21599921\_EA



**4.49**

**INTERNATIONAL DELIGHT COFFEE CREAMER  
946 ML OR TROPICANA JUICE 1.36/1.53 L OR  
PURELEAF 1.75 L, SELECTED VARIETIES**

20895480002\_EA/21622130\_EA



**SWANSON OR HUNGRY-MAN  
DINNER ENTRÉES OR HEALTHY CHOICE  
SIMPLY STEAMERS  
SELECTED VARIETIES, FROZEN  
280-455 G**

20296014003\_EA/20318616004\_EA

**3.99**



**9.99**

**SWISS CHALET 600 G OR MONTANA'S  
650 G PORK BACK RIBS OR NO NAME®  
CHICKEN WINGS 908 G  
SELECTED VARIETIES, FROZEN**

21022221\_EA/21045313\_EA



**SEE OUR FLYER ONLINE  
VISIT FRESHMART.CA**

**FROM THURSDAY, APRIL 9<sup>TH</sup>  
TO WEDNESDAY, APRIL 15<sup>TH</sup>, 2026**



# It's Cleaning Time!



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

**NO NAME® WHITE VINEGAR  
CLUB SIZE  
4 L**

20102756\_EA



**DAWN OR PALMOLIVE  
DISHWASHING LIQUID  
SELECTED VARIETIES  
473/828 ML**

21004368\_EA/21430576\_EA

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



**5<sup>29</sup>**

**PINE-SOL CLEANER 1.41 L OR  
WINDEX GLASS CLEANER 765/950 ML  
SELECTED VARIETIES**

20125323001\_EA/20298679002\_EA



**NO NAME® GARBAGE BAGS  
SELECTED VARIETIES**

**30-48'S**

20052479\_EA

20299735\_EA

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





# Freshmart®

PROUDLY CANADIAN

SuperValu®  
value and freshness

SHOP EASY®  
F · O · O · D · S



**249**  
LB

**PORK LOIN COMBINATION CHOPS  
OR SIRLOIN AND RIB PORTION  
BONE-IN, CUT IN-STORE**  
5.49/KG  
20822322\_KG



**299**  
LB

**CHICKEN DRUMSTICKS  
FAMILY SIZE**  
6.59/KG  
20004494\_KG



**249**  
LB

**BROCCOLI CROWNS**  
PRODUCT OF U.S.A. OR MEXICO  
5.49/KG



**649**

**FARMER'S MARKET™ APPLES**  
PRODUCT OF CANADA OR U.S.A.,  
SELECTED VARIETIES  
EACH, 5 LB



**399**

**FARMER'S MARKET™  
COOKIES**  
SELECTED VARIETIES,  
12'S  
20566774\_EA



**549**

**PC® SHREDDED  
CHEESE 250-320 G  
OR CHEESE BARS  
300/400 G**  
SELECTED VARIETIES  
21060207\_EA/21333360\_EA



**749**

**OLIVIERI PASTA**  
SELECTED VARIETIES  
500-700 G  
20311594\_EA/20915834\_EA



**199**

**CATELLI PASTA 340-454 G  
OR PASTA SAUCE 600 ML**  
SELECTED VARIETIES  
20527060\_EA/21618287\_EA



**299**

**POST CEREAL 283-525 G OR  
EARTH'S OWN BEVERAGES 1.75/1.89 L**  
SELECTED VARIETIES  
20299648\_EA/21037796\_EA



**449**

**CHAPMAN'S PREMIUM ICE CREAM, FROZEN  
YOGURT OR SORBET 2 L OR SUPER NOVELTIES  
6-20'S, SELECTED VARIETIES, FROZEN**  
20111532\_EA/20323573001\_EA



**499**

**DR. OETKER GIUSEPPE THIN CRUST  
OR RISING CRUST PIZZA**  
SELECTED VARIETIES, FROZEN  
439-785 G  
20904584\_EA/21106360\_EA



**599**

**HELLMANN'S REAL MAYONNAISE**  
SELECTED VARIETIES  
710-890 ML  
20618579001\_EA/21518360\_EA



**699**

**ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS,  
TIGER TOWEL PAPER TOWELS 3=6 ROLLS  
OR FACIAL TISSUE 6'S**  
SELECTED VARIETIES  
21187263\_EA/21484702\_EA



# Freshmart®

PROUDLY CANADIAN



**249**  
LB

**PORK LOIN COMBINATION CHOPS  
OR SIRLOIN AND RIB PORTION  
BONE-IN, CUT IN-STORE**  
5.49/KG  
20822322\_KG



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FAMILY SIZE**  
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SELECTED VARIETIES  
EACH, 5 LB



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SELECTED VARIETIES,  
12'S  
20566774\_EA



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CHEESE 250-320 G  
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21060207\_EA/21333360\_EA



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YOGURT OR SORBET 2 L OR SUPER NOVELTIES  
6-20'S, SELECTED VARIETIES, FROZEN**  
20111532\_EA/20323573001\_EA



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439-785 G  
20904584\_EA/21106360\_EA



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710-890 ML  
20618579001\_EA/21518360\_EA



**699**

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TIGER TOWEL PAPER TOWELS 3=6 ROLLS  
OR FACIAL TISSUE 6'S**  
SELECTED VARIETIES  
21187263\_EA/21484702\_EA



# FRUITS & VEGETABLES



**1.49**  
LB

**GREENHOUSE BEEFSTEAK TOMATOES**  
PRODUCT OF CANADA OR MEXICO  
3.28/KG

**2.89**  
LB

**GREEN PEPPERS OR GREEN ZUCCHINI**  
PRODUCT OF MEXICO OR U.S.A.  
6.37/KG

**3.79**

**ICEBERG LETTUCE OR CELERY**  
PRODUCT OF U.S.A. OR MEXICO  
EACH



**.89**  
LB

**GREEN CABBAGE**  
PRODUCT OF CANADA OR U.S.A.  
1.96/KG

**1.79**

**AVOCADO**  
PRODUCT OF MEXICO  
EACH

**4.99**

**EAT SMART OR TAYLOR FARMS SALADS**  
SELECTED VARIETIES,  
PRODUCT OF U.S.A.  
315-383 G  
EACH



**6.99**

**FARMER'S MARKET™ MANDARINS**  
PRODUCT OF U.S.A.  
3 LB

**4.99**

**STRAWBERRIES**  
PRODUCT OF MEXICO OR U.S.A.,  
NO. 1 GRADE  
1 LB

**6.99**

**HONEYDEW**  
PRODUCT OF GUATEMALA OR HONDURAS  
EACH

**7.49**

**FARMER'S MARKET™ KIWI**  
PRODUCT OF GREECE  
2 LB

# BAKERY



**2.99**

**PC® PIZZA CRUST 440 G OR SURAJ® NAAN**  
SELECTED VARIETIES, 5'S  
21051353\_EA/21416545\_EA

**3.99**

**PC® RYE BREAD OR PC® BREAD**  
YUKON GOLD POTATO  
SELECTED VARIETIES  
480 G  
20682493\_EA

**4.49**

**ACE BISTRO LOAF**  
SELECTED VARIETIES  
545-700 G  
21616092\_EA

**3.99**

**FARMER'S MARKET™ CUPCAKES**  
MINI OR REGULAR,  
SELECTED VARIETIES  
6/12'S  
21634742\_EA/21635700\_EA

# DAIRY & REFRIGERATED



**3.49**

**PC® LEMONADE OR TEA**  
SELECTED VARIETIES, REFRIGERATED  
1.54 L  
21430542\_EA/21430684\_EA

**3.49**

**DAIRYLAND OR FOREMOST DAIRIES**  
SOUR CREAM  
SELECTED VARIETIES, 500 ML  
20275966001\_EA/20040329\_EA

**2.79**

**FOREMOST DAIRIES STIRRED YOGURT**  
SELECTED VARIETIES  
650 G  
20338702001\_EA/20337243\_EA

**5.99**

**SIGGI'S YOGURT**  
SELECTED VARIETIES  
650/750 G  
21353892\_EA/21549531\_EA



# MEAT & SEAFOOD



**2<sup>99</sup>**  
LB

**BONE-IN, CENTRE CUT PORK CHOPS FRESH**  
6.59/KG  
21334234\_KG

**4<sup>49</sup>**  
LB

**BONE-IN, SKIN-ON CHICKEN THIGHS FRESH**  
9.90/KG  
20058163\_KG

**9<sup>99</sup>**  
LB

**BEEF INSIDE ROUND OVEN ROAST OR STEAK\***  
22.02/KG  
20812494\_KG



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

**SCHNEIDERS LUNCHMATE LUNCH KITS OR STACKERS SELECTED VARIETIES**  
75-105 G  
21120301\_EA/21309931\_EA

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

**PORK BUTT ROAST OR CHOPS BONE-IN CLUB SIZE**  
7.69/KG  
20056387\_KG

**12<sup>99</sup>**

**PC® SMOKIES™ SAUSAGE SELECTED VARIETIES**  
1 KG  
20732535\_EA/20733617\_EA



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

**SEAQUEST® RAW OR COOKED WHITE SHRIMP SELECTED VARIETIES, FROZEN**  
36-55 PER LB, 300 G  
21636326\_EA/21636352\_EA

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

**SEAQUEST® CALAMARI RINGS 340 G OR FISH FILLETS 400 G SELECTED VARIETIES, FROZEN**  
20027170\_EA/20036614\_EA

**\$10**

**FISH FILLETS, SMOKED SALMON, BREADED SQUID OR POPCORN SHRIMP, IMITATION CRABMEAT OR SEAFOOD MEDLEY SELECTED VARIETIES, FROZEN, 908 G**  
21473698\_EA/21667936\_EA

*Come see our selection of in-store prepared meats\*\**



**4<sup>49</sup>**  
LB

**FRESH MARINATED BONE-IN PORK CHOPS, MADE IN-STORE**  
9.90/KG

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

**FRESH MARINATED CHICKEN DRUMSTICKS MADE IN-STORE**  
8.80/KG

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

**BONELESS PORK STEWING CUBES MADE IN-STORE**  
11.00/KG

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

**FRESH BEEF PINWHEEL'S MADE IN-STORE**  
26.43/KG

# DELI MEAT & CHEESE



**4<sup>49</sup>**

**PC® DELI CHEESE SLICES SELECTED VARIETIES**  
140-170 G  
20250268\_EA/20250947\_EA

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

**THE LAUGHING COW 133/140 G OR MINI BABYBEL 102/120 G OR KIRI 144 G CHEESE SELECTED VARIETIES**  
20319107\_EA/20574332\_EA

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

**BIG MOUNTAIN MEAT ALTERNATIVES SELECTED VARIETIES**  
300-400 G  
21310525\_EA/21310605\_EA

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

**GRIMM'S SAUSAGE OR PEPPERONI SELECTED VARIETIES**  
175-375 G  
21124424\_EA/21527232\_EA



# GROCERY



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

**YOPLAIT SOURCE 630 G, TUBES 8'S OR MINIGO 6'S YOGURT**  
SELECTED VARIETIES  
21391318001\_EA/21619318\_EA



**4<sup>49</sup>**

**PHILADELPHIA CREAM CHEESE PRODUCT**  
SELECTED VARIETIES  
227/250 G  
20641267\_EA/20866924010\_EA



**3/\$8**  
OR \$2.67 EA.

**COCA-COLA, PEPSI OR CANADA DRY**  
SOFT DRINKS OR FUZE ICED TEA  
SELECTED VARIETIES  
500/591 ML  
20321598002\_EA/20827293\_EA



**3/\$10**  
OR \$3.33 EA.

**PC® WATER 24 X 500 ML OR KOOL-AID, MIO, CRYSTAL LIGHT, TANG OR COUNTRY TIME LIQUID DRINK MIX**  
48 ML  
SELECTED VARIETIES  
20137898\_C24/20749494001\_EA



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

**MADEGOOD GRANOLA BARS, COOKIES, MINI'S, CRISPY SQUARES OR CRUNCHY SQUARES**  
SELECTED VARIETIES  
24-150 G  
20927046\_EA/21352121\_EA



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

**PC® VEGETABLES**  
SELECTED VARIETIES, FROZEN  
400-750 G  
20314960\_EA/20318915\_EA



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

**PILLSBURY PIZZA POPS**  
SELECTED VARIETIES, FROZEN  
380 G  
21436071\_EA



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

**KELLOGG'S EGGO WAFFLES**  
SELECTED VARIETIES, FROZEN  
270-280 G  
20302779\_EA



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

**MINUTE MAID JUICE 8/10 X 200 ML OR BUBLY MINI'S 6 X 222 ML**  
SELECTED VARIETIES  
21092667\_EA/21731990\_C06



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

**QUAKER REGULAR OR STEEL CUT OATS**  
SELECTED VARIETIES  
709 G-1 KG  
20323113001\_EA/20939060\_EA



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

**PEARL MILLING COMPANY SYRUP**  
710 ML OR PANCAKE MIX 905 G  
SELECTED VARIETIES  
21384618\_EA/21391619\_EA



**15<sup>99</sup>**

**NO NAME® COFFEE**  
GROUND AND ROASTED  
SELECTED VARIETIES, 907 G  
21707399\_EA



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

**WERTHER'S ORIGINAL OR MAYNARDS SOUR PATCH KIDS GUMMIES OR CANDIES**  
SELECTED VARIETIES  
60-154 G  
20898717\_EA/21545554\_EA



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

**SNACK PACK PUDDING**  
SELECTED VARIETIES  
4 X 99 G  
20310707006\_EA/21194844\_EA



**3<sup>29</sup>**

**DARE WHIPPET OR ULTIMATE COOKIES**  
SELECTED VARIETIES  
250-300 G  
20783328001\_EA/20974349\_EA



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

**PRINGLES PARTY STACKS CRISPS**  
194-203 G OR MINGLE PUFFED SNACKS 155 G  
SELECTED VARIETIES  
21074284\_EA/21626258\_EA



**2/\$1**  
OR 50¢ EA.

**MR. NOODLES INSTANT NOODLES**  
SELECTED VARIETIES  
85 G  
20183528\_EA/20322658004\_EA



**5<sup>29</sup>**

**FRENCH'S KETCHUP**  
SELECTED VARIETIES  
750 ML/1 L  
20835068\_EA/20835951\_EA



**6<sup>79</sup>**

**CLOVER LEAF SOCKEYE SALMON**  
SELECTED VARIETIES  
213 G  
21314811\_EA



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

**KRAFT PARMESAN CHEESE 250 G OR PIZZA MIX 850 G**  
SELECTED VARIETIES  
20013009001\_EA/21528135\_EA

# NATIONAL PET DAY



**1<sup>09</sup>**

**FANCY FEAST 85 G OR FRISKIES 156 G WET CAT FOOD, SELECTED VARIETIES**  
20319657002\_EA/20548687001\_EA



**2/\$3**  
OR \$1.50 EA.

**CESAR DOG FOOD 100 G OR PURINA BEYOND CAT FOOD 85 G**  
SELECTED VARIETIES  
20323206004\_EA/21357329\_EA



**10<sup>99</sup>**

**NO NAME® CAT FOOD 4 KG OR CLUMPING CAT LITTER, CLUB SIZE**  
18 KG  
20163065001\_EA/20177169002\_EA



**23<sup>99</sup>**

**PEDIGREE DOG FOOD**  
SELECTED VARIETIES  
8 KG  
20039397001\_EA



**APRIL 11<sup>TH</sup>**

**PAISLEY**  
EMPLOYEE PET OF THE WEEK

**Freshmart**

SuperValu SHOP EASY Value and freshness. Freshmart

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. © 2026 Loblaws Inc.





# Everyday Essentials



**3<sup>29</sup>**

**CHEEMO PEROGIES**  
SELECTED VARIETIES,  
FROZEN  
815/907 G  
20527369\_EA



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

**NO NAME® FISH**  
SELECTED VARIETIES,  
FROZEN  
454 G  
21672264\_EA



**4<sup>79</sup>**

**PC® BUTTER PUFF OR PHYLLO PASTRY**  
SELECTED VARIETIES,  
FROZEN  
450/454 G  
21288850\_EA/21288853\_EA



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

**ROUEMONT 2 L, ALLEN'S 8 X 200 ML/1.89 L OR DEL MONTE ON ICE 1.89 L JUICE**  
SELECTED VARIETIES  
20185265001\_EA/21518094\_EA



**4<sup>49</sup>**

**KOOL-AID JAMMERS**  
10 X 180 ML OR NESTEA TETRA JUICE 10 X 200 ML  
SELECTED VARIETIES  
20079976002\_EA



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

**NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT**  
SELECTED VARIETIES  
300/400 G  
21545095\_EA



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

**PC® APPLEREET™ 6 X 100 ML OR SQUEEZE 4 X 90 G FRUIT SNACKS**  
SELECTED VARIETIES  
20309701002\_EA/20939686\_EA



**4/\$5**  
OR \$1.25 EA.

**CARNABY SWEET CANDY**  
SELECTED VARIETIES  
125 G  
21219319\_EA/21219409\_EA



**NO NAME® COOKIES 907 G OR SEASONED DRY ROASTED PEANUTS 650 G**  
SELECTED VARIETIES  
20318678001\_EA/21191816\_EA

**4<sup>49</sup>**

**NO NAME® COOKIES 907 G OR SEASONED DRY ROASTED PEANUTS 650 G**  
SELECTED VARIETIES  
20318678001\_EA/21191816\_EA



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

**CELESTIAL SEASONINGS OR PC® HERBAL TEA**  
SELECTED VARIETIES  
20'S  
20296925001\_EA/20308417\_EA



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

**PC® BLUE MENU GRANOLA CEREAL OR CEREAL BOOSTER**  
SELECTED VARIETIES  
325-475 G  
20631288002\_EA/21315327\_EA



**4<sup>49</sup>**

**NO NAME® JAM OR MARMALADE 500 ML OR 100% CANADIAN PURE LIQUID HONEY 375 G**  
SELECTED VARIETIES  
20001100\_EA/20298902\_EA



**1<sup>29</sup>**

**WINDSOR SALT 1 KG OR ARM AND HAMMER BAKING SODA 500 G**  
SELECTED VARIETIES  
20063491001\_EA/20126203\_EA



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

**NATURE'S PATH ORGANIC CEREAL OR GRANOLA**  
SELECTED VARIETIES  
300-400 G  
20043938001\_EA/20551080001\_EA



**5<sup>29</sup>**

**HEREFORD CORNED BEEF**  
SELECTED VARIETIES  
340 G  
20050622\_EA



**1<sup>99</sup>**

**UNICO BEANS**  
SELECTED VARIETIES  
540 ML  
20313447001\_EA/2013447006\_EA



**3<sup>29</sup>**

**NO NAME® BACON BITS**  
SELECTED VARIETIES  
85 G  
20159354\_EA



**4<sup>79</sup>**

**TACO BELL DINNER KITS**  
260-420 G AND CREAMY SAUCES 354 ML  
SELECTED VARIETIES  
21661774\_EA/21663631\_EA



# Freshmart<sup>®</sup>

## PROUDLY CANADIAN

# Hot Deals of the WEEK



**2/\$5**  
OR  
\$2.50 EA.

**PC<sup>®</sup> KETTLE, LOADS OF<sup>™</sup> OR WORLD OF FLAVOURS<sup>™</sup> POTATO CHIPS**

SELECTED VARIETIES

200 G

20840911007\_EA/213159595\_EA/21576276\_EA



**ZIGGY'S<sup>®</sup> SLICED MEAT**

SELECTED VARIETIES, 175 G

21592461\_EA/21599921\_EA

**3.49**



**4.49**

**INTERNATIONAL DELIGHT COFFEE CREAMER**

946 ML OR TROPICANA JUICE 1.36/1.53 L OR

PURELEAF 1.75 L, SELECTED VARIETIES

20895480002\_EA/21622130\_EA



**SWANSON OR HUNGRY-MAN DINNER ENTRÉES OR HEALTHY CHOICE SIMPLY STEAMERS**

SELECTED VARIETIES, FROZEN

280-455 G

20296014003\_EA/20318616004\_EA

**3.99**



**9.99**

**SWISS CHALET 600 G OR MONTANA'S**

**650 G PORK BACK RIBS OR NO NAME<sup>®</sup>**

**CHICKEN WINGS 908 G**

SELECTED VARIETIES, FROZEN

21022221\_EA/21045313\_EA



**SEE OUR FLYER ONLINE  
VISIT FRESHMART.CA**

**FROM THURSDAY, APRIL 9<sup>TH</sup>  
TO WEDNESDAY, APRIL 15<sup>TH</sup>, 2026**