

# Fresh

PROUDLY CANADIAN

## Start the Grill!



**17<sup>99</sup>**

**PC® BURGERS**  
SELECTED VARIETIES, FROZEN  
1.13-1.36 KG

20941230\_EA/20941343\_EA



**WONDER HAMBURGER OR HOTDOG BUNS**  
SELECTED VARIETIES  
6-12'S

20520827\_EA/20520828\_EA

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



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

**KRAFT BBQ SAUCE 455 ML**  
OR **MAPLE LEAF FLAKES 156 G**  
SELECTED VARIETIES

20298273002\_EA/20627619007\_EA



**CLUB HOUSE LA GRILLE**  
OR **ONE STEP BLEND SPICE**  
SELECTED VARIETIES

93-203 G

20309777002\_EA/20321740001\_EA

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



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

**FROM THURSDAY, APRIL 30<sup>TH</sup> TO**  
**WEDNESDAY, MAY 6<sup>TH</sup>, 2026**

# Hot Deals of the WEEK



**2.49**

**SEAQUEST® CRAB OR LOBSTER  
FLAVOURED POLLOCK FLAKES  
OR CHUNKS 227 G OR DOM SMOKED  
STEELHEAD SALMON 50 G  
SELECTED VARIETIES, FROZEN**  
20699832\_EA/20792840\_EA



**GREEN GIANT VEGETABLES  
OR LE SIEUR PEAS  
SELECTED VARIETIES  
341/398 ML**

21021175\_EA/21021222\_EA

**1.79**



**3.99**

**KRAFT SALAD DRESSING 425 ML  
OR PC® CROUTONS 140 G  
SELECTED VARIETIES**

20796248002\_EA/21584931\_EA



**RUFFLES, DORITOS CHIPS  
OR CHEETOS SNACKS  
SELECTED VARIETIES  
180-285 G**

21241146\_EA/21369118\_EA/21370195\_EA

**3.99**

# Freshmart<sup>®</sup>

PROUDLY CANADIAN

SuperValu<sup>®</sup>  
value and freshness

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



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

**PORK BACK RIBS**  
FRESH, CRYOVAC PACKAGE, 2'S  
11.00/KG  
20289672\_KG



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

**FRESH BEEF T-BONE OR WING STEAK\***  
CLUB SIZE  
28.64/KG  
20793567\_KG



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

**CAULIFLOWER, EACH OR FRENCH BEANS 400 G**  
PRODUCT OF U.S.A. OR MEXICO



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

**PINEAPPLE, PRODUCT OF COSTA RICA**  
OR **CANTALOUPE, PRODUCT OF GUATEMALA**  
OR HONDURAS  
EACH



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

**D'ITALIANO BREAD 600/675 G OR BUNS 6/8'S**  
SELECTED VARIETIES  
20038335\_EA



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

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



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

**KRAFT SINGLES OR VEEVETA SLICES 410 G**  
OR **PC<sup>®</sup> ORANGE JUICE 1.36 L**  
SELECTED VARIETIES  
21717114\_EA/21430531\_EA



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

**HEINZ KETCHUP 750 ML/1 L**  
OR **BICK'S PICKLES 1 L**  
SELECTED VARIETIES  
20069080\_EA/21668406\_EA



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

**PURE LIFE NATURAL SPRING WATER**  
24 X 500 ML  
20060696\_C24



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

**MCCAIN SUPERFRIES OR SPECIALTY POTATOES**  
SELECTED VARIETIES, FROZEN  
454-800 G  
20799529\_EA



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

**NESTLÉ CONFECTIONARY FROZEN DESSERT**  
1.5 L OR NOVELTIES 4-10'S  
SELECTED VARIETIES, FROZEN  
20322085001\_EA/20322380001\_EA



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

**PC<sup>®</sup> BATHROOM TISSUE 12'S**  
OR **PAPER TOWELS 2/3'S**  
SELECTED VARIETIES  
21300716\_EA/21540577\_EA

# Freshmart®

PROUDLY CANADIAN



**4.99**  
LB

**PORK BACK RIBS**  
FRESH, CRYOVAC PACKAGE, 2'S  
11.00/KG  
20289672\_KG



**12.99**  
LB

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CLUB SIZE  
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20038335\_EA

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140-170 G  
20250268\_EA/20250947\_EA



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24 X 500 ML  
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454-800 G  
20799529\_EA



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1.5 L OR NOVELTIES 4-10'S  
SELECTED VARIETIES, FROZEN  
20322085001\_EA/20322380001\_EA



**5.99**

**PC® BATHROOM TISSUE 12'S**  
OR **PAPER TOWELS 2/3'S**  
SELECTED VARIETIES  
21300716\_EA/21540577\_EA

# FRUITS & VEGETABLES



**2<sup>69</sup>**

**FARMER'S MARKET™  
YELLOW ONIONS**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
3 LB

**1<sup>69</sup>**  
LB

**TOMATOES  
ON THE VINE**  
PRODUCT OF U.S.A.  
3.73/KG

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

**FARMER'S MARKET™  
PEPPERS 4'S,**  
PRODUCT OF  
CANADA OR MEXICO  
OR MINI CUCUMBERS  
11'S, PRODUCT OF  
CANADA



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

**STRAWBERRIES**  
PRODUCT OF  
MEXICO OR U.S.A.  
1 LB CLAMSHELL

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

**SUNGOLD KIWI**  
PRODUCT OF NEW ZEALAND  
1 LB

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

**COSMIC, FUJI OR  
ROYAL GALA APPLES**  
PRODUCT OF U.S.A.  
4.39/KG



**4<sup>89</sup>**

**FARMER'S MARKET™  
AVOCADO BAG**  
PRODUCT OF MEXICO  
6'S

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

**LITTLE POTATO COMPANY MICROWAVE  
OR BBQ READY POTATOES**  
SELECTED VARIETIES,  
PRODUCT OF CANADA, 454 G  
21400126\_EA/21397958\_EA

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

**PC® EXTRA LARGE  
COTTON CANDY GRAPES**  
PRODUCT OF CHILE  
13.21/KG

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

**FARMER'S MARKET™  
GRAPEFRUIT 3 LB OR NO NAME®  
NATURALLY IMPERFECT™  
ORANGES 4 LB**  
PRODUCT OF SOUTH AFRICA

# BAKERY



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

**CASA MENDOSA TORTILLAS**  
SELECTED VARIETIES  
204-640 G  
20318788\_EA/20981522\_EA

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

**ACE BAKERY ARTISAN ROLLS 640-840 G  
OR LA BAGUETTERIE SLICED MICHE**  
600/800 G  
SELECTED VARIETIES  
20862393\_EA

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

**FARMER'S MARKET™ MUFFINS**  
SELECTED VARIETIES  
4'S  
21639400\_EA/21639417\_EA

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

**FARMER'S MARKET™ MINI  
OR OLD FASHIONED DONUTS**  
SELECTED VARIETIES  
288-600 G  
21559294\_EA/21559343\_EA

# DAIRY & REFRIGERATED



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

**NO NAME® SOUR CREAM**  
SELECTED VARIETIES  
500 ML  
20299657\_EA/20322987\_EA

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

**BEATRICE OR DAIRYLAND MILK  
OR CHOCOLATE MILK 1.89/2 L**  
SELECTED VARIETIES  
20081444\_EA/20963512\_EA

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

**ASTRO OR iÖGO YOGURT**  
SELECTED VARIETIES  
650/750 G  
20165226001\_EA/21659463\_EA

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

**iÖGO CREAMY YOGURT**  
SELECTED VARIETIES  
2 KG  
20636092\_EA/20690267\_EA

# MEAT & SEAFOOD



**4.49**  
LB

**FRESH WHOLE CHICKEN**  
9.90/KG  
20147976\_KG

**5.99**  
LB

**FRESH CHICKEN BREASTS OR SPLIT CHICKEN WINGS BONE-IN, SKIN-ON, FAMILY SIZE**  
13.21/KG  
20113612\_KG/20761916\_KG

**11.99**  
LB

**BEEF BRAISING SHORT RIBS\* CLUB SIZE**  
26.43/KG  
20812708\_KG



**5.99**

**PC® SAUSAGES SELECTED VARIETIES**  
375/500 G  
21584342\_EA

**12.99**

**PC® SMOKIES™ SAUSAGES CLUB SIZE, SELECTED VARIETIES**  
1 KG  
20732535\_EA/20733617\_EA

**12.99**

**NO NAME® ORIGINAL HOT DOGS, CLUB PACK®, 1.5 KG OR THICK SLICED BACON 1 KG**  
20961816\_EA/21389815\_EA



**6.99**

**PC® PUB RECIPE™ OR GLUTEN-FREE CHICKEN SELECTED VARIETIES, FROZEN, 600/700 G**  
21079451\_EA/21201321\_EA

**6.99**

**SEAQUEST® COLOSSAL WHITE SHRIMP 16-20/LB, 300 G, BAY SCALLOPS 400 G OR COOKED SHRIMP 70/90 G, FROZEN**  
21043887\_EA/21044919\_EA/21558527\_EA

**15.99**

**PC® BREADED BUTTERMILK CHICKEN BREAST FILLETS SELECTED VARIETIES, FROZEN, 907 G**  
21163498\_EA



**6.99**

**GARLIC AND HERB PORK STRIPS PREVIOUSLY FROZEN**  
21628632\_EA

**7.99**

**GRASS FED LEAN GROUND BEEF 450 G**  
21615428\_EA

**10.99**

**ZABIHA HALAL FIRE CRISP CHICKEN STRIPS, NUGGETS OR BURGERS SELECTED VARIETIES, FROZEN 700-750 G**  
21704617\_EA/21705962\_EA

**13.99**

**SEA CRAVE WILD AHI TUNA, PACIFIC COD OR SOCKEYE SALMON PORTIONS 260/310 G**  
21531662\_EA/21560089\_EA

# DELI MEAT & CHEESE



**2.99**

**SMALL RESER'S SALADS SELECTED VARIETIES**  
425/454 G  
20962386\_EA/20962394\_EA/20962398\_EA

**4.99**

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

**7.49**

**PC® MOZZARELLA BALL 340 G OR HALLOOM CHEESE 250 G OR PC® OR PC® BLACK LABEL CHEDDAR 200/250 G, SELECTED VARIETIES**  
20011400\_EA/20048789\_EA

**7.99**

**LILYDALE OR ZIGGY'S® SLICED DELI MEAT SELECTED VARIETIES 500-600 G**  
21668501\_EA/21675636\_EA

\*CUT FROM CANADA AA GRADE BEEF OR HIGHER

# GROCERY



PC® LOADS OF™, WORLD OF FLAVOURS OR KETTLE COOKED POTATO CHIPS SELECTED VARIETIES 200 G  
20840911004\_EA/20840911007\_EA  
21315959\_EA/21649831\_EA  
21576175\_EA/21576276\_EA

**\$3**



**2.99**

MINUTE MAID ZERO SUGAR BEVERAGES SELECTED VARIETIES 1.54 L  
21434119\_EA/21434122\_EA

**2.49**

FRUITÉ 2 L OR PC® 100% 1 L JUICE DRINKS SELECTED VARIETIES  
20109062\_EA/21622812\_EA

**2.79**

COCA-COLA, PEPSI OR CANADA DRY SOFT DRINKS SELECTED VARIETIES 2 L  
20296926002\_EA/20316026002\_EA

**3.49**

HARDBITE POTATO CHIPS 128/150 G OR QUE PASA TORTILLA CHIPS 300/350 G SELECTED VARIETIES  
21157598\_EA/21544187\_EA



**7.49**

BECEL MARGARINE SELECTED VARIETIES 637/800 G  
21747692\_EA/21747558\_EA

**5.99**

KELLOGG'S EGGO WAFFLES SELECTED VARIETIES, FROZEN 16'S  
20099730004\_EA

**4.99**

CRAVE DINNER ENTRÉES 200-340 G OR KRAFT DELUXE MAC AND CHEESE 340 G SELECTED VARIETIES, FROZEN  
21085515\_EA/21552618\_EA

**7.99**

MCCAIN POCKETS SELECTED VARIETIES, FROZEN 540-600 G  
21047833\_EA



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

NO NAME® MARSHMALLOW 400 G OR ROGERS SUGAR 1 KG SELECTED VARIETIES  
20087098\_EA/20304672002\_EA

**3.99**

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

**5.49**

POST FAMILY SIZE 525-650 G OR QUAKER HARVEST CRUNCH CEREAL 400-510 G SELECTED VARIETIES  
20940327\_EA/21219824\_EA

**27.99**

MCCAFÉ GROUND COFFEE SELECTED VARIETIES 640/875 G  
21240975\_EA/21363664\_EA



**2.79**

DARE GRISSOL CRACKERS 120-200 G OR MOTT'S FRUIT SAISONS FRUIT SAUCE 111/113 G OR 104 ML SELECTED VARIETIES  
20313040001\_EA/20324241001\_EA

**5.79**

CHRISTIE COOKIES FAMILY SIZE SELECTED VARIETIES 374-520 G  
21014087\_EA/21520747\_EA

**7.99**

PC® CHOCOLATE COVERED FRUITS, NUTS 250-400 G OR CHOCOLATE BARS 300 G SELECTED VARIETIES  
20000356\_EA/20298217\_EA

**11.49**

JACK LINK'S MEAT SNACKS 175-225 G OR PC® TRAIL MIX 700 G SELECTED VARIETIES  
20247946\_EA/21356288\_EA/21648920\_EA



**1.99**

KNORR SIDEKICKS SELECTED VARIETIES 120-167 G  
20321430005\_EA/20321430008\_EA

**2.99**

FRENCH'S MUSTARD SELECTED VARIETIES  
20083238\_EA/20318504001\_EA

**4.29**

FRANK'S REDHOT SAUCE SELECTED VARIETIES 354 ML  
20187632001\_EA/20187632006\_EA

**3.79**

NO NAME® CANOLA OR VEGETABLE OIL 946 ML  
20088990\_EA/20768660\_EA



**6.99**

SUNLIGHT 1.84 L OR PUREX 1.92/2.03 L LAUNDRY DETERGENT SELECTED VARIETIES  
20856516002\_EA/21427029\_EA

**6.99**

PC® PLANET FIRST™ BATHROOM TISSUE 12=24 ROLLS OR PAPER TOWELS 6=6 ROLLS  
20734000\_EA/20757938\_EA

**8.99**

MILK-BONE SOFT & CHEWY DOG 708 G TREATS OR WHISKAS CAT FOOD 2 KG SELECTED VARIETIES  
20018670\_EA/21588889\_EA

**22.99**

PURINA PUPPY 6.5 KG OR DOG CHOW 8 KG DOG FOOD  
20314190\_EA/21520635\_C01

**Freshmart**

SuperValu SHOP EASY Value and freshness. Freshmart

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Proudly Canadian

PEFC PEFC01-31-106 PEFC Certified www.pefc.org

# Start the Grill!



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

**UNICO OLIVES**  
SELECTED VARIETIES  
375 ML  
20324873002\_EA



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

**A1 STEAK OR  
SWEET BABY RAY'S  
BBQ SAUCES**  
SELECTED VARIETIES  
400/425 ML  
20120227\_EA/20325386001\_EA



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

**PAM COOKING SPRAY**  
SELECTED VARIETIES  
141/170 G  
20178204001\_EA/20315275003\_EA



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

**NO NAME® TOMATOES**  
SELECTED VARIETIES  
796 ML  
20326215005\_EA/20601345\_EA



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

**LEA & PERRINS  
WORCESTERSHIRE SAUCE**  
284 ML OR NO NAME®  
SAUERKRAUT 796 ML/1L  
SELECTED VARIETIES  
20063633\_EA/20130996\_EA



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

**BEN'S ORIGINAL  
BISTO EXPRESS RICE**  
SELECTED VARIETIES  
240/250 G  
21404864\_EA/21404899\_EA



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

**NO NAME® VEGETABLES**  
SELECTED VARIETIES, FROZEN  
750 G  
20304191\_EA/21038240\_EA



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

**FUDGSICLE, CREAMSICLE  
OR REVELLO NOVELTIES**  
SELECTED VARIETIES, FROZEN  
12'S  
20684180\_EA/20763159\_EA



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

**TALENTI GELATO**  
SELECTED VARIETIES, FROZEN  
473 ML  
21720449\_EA/21720518\_EA



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

**MR. FREEZE FREEZE POPS**  
48 X 42 ML  
21031219\_C01



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

**PC® DIPPED, CHEWY  
OR CEREAL GRANOLA BARS**  
SELECTED VARIETIES  
120-300 G  
20914014\_EA/20296687002\_EA



**1<sup>79</sup>**

**NO NAME® RICE CRACKERS 100 G,  
CHEESE SNACKS 3'S OR PRETZELS**  
200 G  
SELECTED VARIETIES  
20188557\_EA/20297188003\_EA



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

**NO NAME® NACHO CHEESE  
FLAVOUR TORTILLA CHIPS 200 G  
OR FRUIT BOWLS 4'S**  
SELECTED VARIETIES  
20521654\_EA/21654374\_EA



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

**PC® POPCORN 220/250 G  
OR COOKIES 100-350 G**  
SELECTED VARIETIES  
20555781\_EA/20973036\_EA



**1<sup>79</sup>**

**NO NAME® CHOCOLATE BARS 100 G  
OR ICE CREAM CUPS OR CONES 75/80 G**  
SELECTED VARIETIES  
20580727\_EA/21203883\_EA



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

**PC® PEANUTS, ALMONDS  
OR CASHEWS**  
SELECTED VARIETIES  
200/700 G  
20057990001\_EA/21054943\_EA



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

**SANPELLEGRINO NATURALI 6 X 330 ML  
OR PC® 12 X 355 ML SPARKLING DRINKS**  
SELECTED VARIETIES  
20668034002\_C01/21433193\_C06



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

**PC® SOFT DRINKS OR ICED TEA**  
SELECTED VARIETIES  
20218887027\_C12



**1<sup>39</sup>**

**SPARKLING ICE 503 ML  
OR NO NAME® JUICE 1 L**  
SELECTED VARIETIES  
20885450003\_EA/21622949\_EA



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

**PC® LEMONADE 1.89 L,  
SELECTED VARIETIES OR  
REALEMON LEMON JUICE 945 ML**  
20081313\_EA/20773870001\_EA



**11<sup>49</sup>**

**NO NAME® DRINK CRYSTALS**  
SELECTED VARIETIES  
2.1/2.3 KG  
21607855\_EA



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

**CORONA CERO OR BUDWEISER  
ZERO OR HEINEKEN  
NON-ALCOHOLIC DRINKS**  
SELECTED VARIETIES  
4 X 330/355 ML  
21099500\_C06/21313108\_C06/21650191\_C06

**FOR EVERY BURGER**  
IT HAS TO BE **HEINZ**  
ESTD 1869

**Heinz Picnic Trio**  
3 x 375 mL  
20552158\_EA  
**6<sup>99</sup>**  
Selected Varieties

**Diana Sauce 398 mL**  
or **Bull's-Eye 425 mL**  
BBQ Sauce  
20547834005\_EA/21184617\_EA  
**4<sup>29</sup>**  
Selected Varieties

**Heinz Mayonnaise-style Sauces**  
340 mL  
21686143\_EA/21686201\_EA  
**3<sup>49</sup>**  
Selected Varieties

**Heinz Beans**  
398 mL  
20040380004\_EA/20177870006\_EA  
**2<sup>99</sup>**  
Selected Varieties

Winner Condiments category. Survey of 4,000 people by Kantar.

# BBQ Disposables



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

**NO NAME® LUNCHEON PAPER PLATES 40'S**  
21384145\_EA



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

**NO NAME® NAPKINS 500'S, CLUB PACK OR PAPER TOWELS 6=12 ROLLS**  
20306897\_EA/21636318\_EA



**8<sup>49</sup>**



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

**PC® PLANET FIRST™ BIRCH CUTLERY 24'S OR WHEAT STRAWS 50'S SELECTED VARIETIES**  
21350519\_EA/21350542\_EA



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

**NO NAME® FOILWARE SELECTED VARIETIES EACH**  
20861912\_EA/20866309\_EA



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

**ALCAN FOIL 50 FT OR REYNOLDS PARCHMENT PAPER 35 FT SELECTED VARIETIES**  
20051862\_EA/21365195\_EA



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

**ZIPLOC STORAGE BAGS SELECTED VARIETIES 10-90'S**  
20078059\_EA/20306904003\_EA



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

**LYSOL DISINFECTANT WIPES SELECTED VARIETIES 35'S**  
20295880001\_EA/20301647002\_EA



**NO NAME® DRAWSTRING LARGE GARBAGE BAGS 20'S**  
20144001\_EA

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



**9<sup>49</sup>**

**OFF! FAMILY CARE SPRAY INSECT REPELLENT SELECTED VARIETIES 30/175 ML**  
20001279001\_EA/20025153001\_EA



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

**LIVE CLEAN MINERAL SUNSCREEN 113 G**  
21582790\_EA/21582952\_EA



# Freshmart<sup>®</sup>

PROUDLY CANADIAN

# Start the Grill!



**17<sup>99</sup>**

**PC<sup>®</sup> BURGERS**  
SELECTED VARIETIES, FROZEN  
1.13-1.36 KG

20941230\_EA/20941343\_EA



**WONDER HAMBURGER OR HOTDOG BUNS**  
SELECTED VARIETIES

6-12'S

20520827\_EA/20520828\_EA

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



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

**KRAFT BBQ SAUCE 455 ML**  
**OR MAPLE LEAF FLAKES 156 G**  
SELECTED VARIETIES

20298273002\_EA/20627619007\_EA



**CLUB HOUSE LA GRILLE**  
**OR ONE STEP BLEND SPICE**  
SELECTED VARIETIES

93-203 G

20309777002\_EA/20321740001\_EA

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



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

**FROM THURSDAY, APRIL 30<sup>TH</sup> TO**  
**WEDNESDAY, MAY 6<sup>TH</sup>, 2026**