

Fresh

PROUDLY CANADIAN

JULY

**HIT
OF THE
MONTH**

\$1.50



Hershey's King Size Chocolate Bar
Selected varieties, 62 - 83 g

\$1.88



**Dare Breton Crackers, Dare Bites,
Simple Goodness or Vinta Crackers**
(excludes Gluten-free)
Selected varieties, 132 - 225 g

\$4.77



Raw shrimp skewers
31 - 40 count per lb
Frozen, 5 pack, 300g

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.
Offer valid July 1st - 31st, 2026 while quantities last. We reserve the right to limit
quantities to reasonable family requirements. See in store for limits. No rainchecks.



President's Choice®



13⁹⁹

PC® PORK BACK RIBS 500-680 G
OR WINGS 800/907 G
SELECTED VARIETIES, FROZEN
20071715_EA/20708931_EA



PC® SHREDDED OR BAR CHEESE
SELECTED VARIETIES
250-400 G
21060207_EA/21333360_EA

6⁴⁹

PC® LEMONADE
SELECTED VARIETIES
1.89 L
20773870001_EA



2⁴⁹



PC® THE DECADENT® COOKIE
SELECTED VARIETIES
280/300 G
20612257_EA/20612260_EA

4⁷⁹

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



249
LB

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



649
LB

**LEAN GROUND BEEF
FAMILY SIZE**
14.31/KG
20874394_KG



429
LB

JUMBO CHERRIES
PRODUCT OF BRITISH COLUMBIA
9.46/KG



349

**FARMER'S MARKET™ PEPPERS 3'S
OR MINI CUCUMBERS 11'S**
PRODUCT OF CANADA



279

**PC® OR BLUE MENU® DIPS OR NAAN DIPPERS
SELECTED VARIETIES**
200-228 G
20584097_EA/21092033_EA



599

**FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES**
570-600 G
21283356_EA



399

**PHILADELPHIA CREAM
CHEESE 227/250 G OR
PC® ORANGE JUICE 1.36 L**
SELECTED VARIETIES
20641267_EA/2171114_EA



599

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



239

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



399

PC® FROZEN FRUIT
SELECTED VARIETIES,
FROZEN
300-600 G
20312227_EA/21289947_EA



449

**DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA**
SELECTED VARIETIES,
FROZEN
320-410 G
20296424001_EA/20852957_EA



599

**PC® BATHROOM TISSUE
12'S OR PAPER TOWEL
2/3'S**
SELECTED VARIETIES
21300716_EA/21540603_EA

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

2/\$5
OR
\$2.50 EA.



SEE OUR FLYER ONLINE, VISIT FRESHMART.CA
FROM THURSDAY, JULY 2ND TO WEDNESDAY, JULY 8TH, 2026



Freshmart®

PROUDLY CANADIAN



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21576175_EA/20840911004_EA/21649831_EA

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FROM THURSDAY, JULY 2ND TO WEDNESDAY, JULY 8TH, 2026



FRUITS & VEGETABLES



4⁴⁹

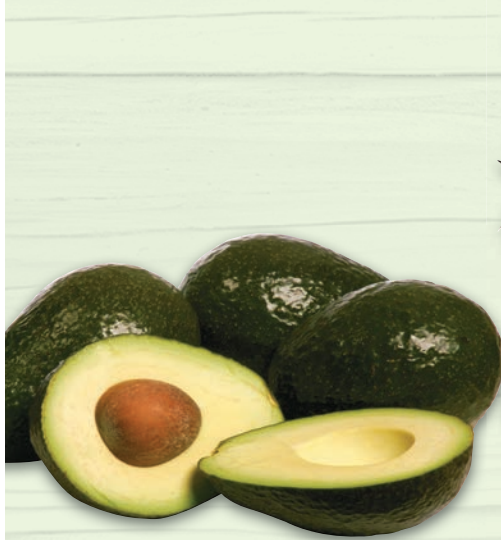
STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A.
1 LB

5²⁹

LARGE CAULIFLOWER
PRODUCT OF MEXICO OR U.S.A.
EACH

4²⁹

PC® MUSHROOMS
PRODUCT OF CANADA,
SELECTED VARIETIES
100-454 G
20738571_EA/20753132_EA



1²⁹

AVOCADO
PRODUCT OF MEXICO
EACH

5²⁹

PINEAPPLES
PRODUCT OF COSTA RICA
OR MEXICO
EACH

3⁷⁹
LB

APRICOTS
PRODUCT OF U.S.A.,
NO. 1 GRADE
8.36/KG



6⁹⁹

FARMER'S MARKET™ KIWIS
PRODUCT OF GREECE
600 G

1⁴⁹
LB

BEEFSTEAK TOMATOES
PRODUCT OF CANADA
3.28/KG

3⁴⁹

PC® OR PC® BLUE MENU® CAESAR SALAD KITS
PRODUCT OF U.S.A.
282 G
21334801_EA

3⁹⁹

LITTLE POTATO COMPANY MICROWAVE, BBQ OR OVEN-READY POTATOES
PRODUCT OF CANADA,
SELECTED VARIETIES, 454 G
21391602_EA/21397958_EA

BAKERY



2⁹⁹

ACE BAKERY BAGUETTE 325-400 G,
SELECTED VARIETIES OR
CINNAMON RAISIN BREAD 550 G
SELECTED VARIETIES, BAKED IN-STORE
20171171_EA

4²⁹

PC® CINNAMON RAISIN BREAD OR BRIOCHE LOAF OR PC® RYE OR DELI WORLD RYE
SELECTED VARIETIES, 400-900 G
20682493_EA/21050280_EA

3⁹⁹

FARMER'S MARKET™ LOAF CAKE
SELECTED VARIETIES
344-390 G
20565382_EA/21542157_EA

6⁴⁹

CHARLOTTE'S 6 INCH CAKE
SELECTED VARIETIES
400-475 G
21000008_EA/21381555_EA

DAIRY & REFRIGERATED



3⁷⁹

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES
225 G
20048223001_EA/20048223002_EA

3⁴⁹

KOZY SHACK PUDDING 4 X 113 G
OR 624 G OR **PILLSBURY READY TO BAKE COOKIE DOUGH** OR **GRANDS CINNAMON ROLLS** 454-496 G
SELECTED VARIETIES
20318034002_EA/20323829001_EA

2⁷⁹

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

12⁹⁹

YOPLAIT YOGURT
SELECTED VARIETIES
12 X 200 ML
21481820_EA/21550408_EA

MEAT & SEAFOOD

4⁴⁹
LB
WHOLE CHICKEN
9.90/KG
20147976_KG

2⁹⁹
LB
FRESH BONE-IN
CENTRE-CUT
PORK CHOPS
6.59/KG

9⁹⁹
LB
INSIDE ROUND
STEAK FAMILY SIZE
OR ROAST*
22.02/KG
20812494_KG

13⁹⁹
MARCANGELO
SOUVLAKI KABOBS
SELECTED VARIETIES
480/640 G
21041735_EA/21098855_EA

9⁹⁹
NO NAME® GARLIC COIL
OR SMOKIES
SELECTED VARIETIES
750-900 G
20090793_EA/20734142_EA

12⁹⁹
NO NAME® ORIGINAL
HOT DOGS, CLUB PACK®,
1.5 KG OR THICK SLICED
BACON 1 KG
20961816_EA/21389815_EA

5⁴⁹
ASIAN INSPIRATIONS
ENTRÉES
SELECTED VARIETIES,
FROZEN
400 G
21047353_EA/21047376_EA

9⁹⁹
NO NAME® FROZEN ENTRÉES
SELECTED VARIETIES,
FROZEN
454 G-1.25 KG
21607107_EA/21613653_EA

16⁹⁹
PC® BUTTERMILK
BREADED CHICKEN
BREAST FILLETS
SELECTED VARIETIES,
FROZEN, 907 G
21163498_EA

7⁹⁹
SEAQUEST® CALAMARI RINGS
340 G OR FISH FILLETS 400 G
FROZEN
20027170_EA/20036614_EA

10⁹⁹
PC® COOKED COLD WATER SHRIMP
FROZEN
150-200/LB, 340 G
20021832_EA

4⁴⁹
LEAN GROUND PORK
FRESH
450 G
21705787_EA

\$14
NEW ZEALAND
BEEF STRIPLOIN STEAK*
300 G
21624177_EA

DELI MEAT & CHEESE

2⁷⁹
/100 G
PC® OR BLUE MENU® NATURAL CHOICE
TURKEY OR CHICKEN
DELI SERVICE CASE
SELECTED VARIETIES
20301114_KG

9⁹⁹
SUMMER FRESH SALADS
SELECTED VARIETIES
750-800 G
20250919_EA/21599624_EA

4⁴⁹
THE LAUGHING COW SPREADABLE
CHEESE 133 G OR DIPPERS 140 G
OR BABYBEL CHEESE 102-120 G
OR KIRI CREAM CHEESE 144 G
SELECTED VARIETIES
20319107_EA

5⁹⁹
HENRI WILLIG GOUDA
SELECTED VARIETIES
200 G
21345050_EA/21649241_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



3.99

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



6.99

ST6K OR STARBUCKS OR INTERNATIONAL DELIGHT COLD BREW COFFEE 1.18 - 1.89 L OR STARBUCKS COFFEE ENHANCER 828 ML OR INTERNATIONAL DELIGHT COLD FOAM 369/396 G, SELECTED VARIETIES
21215530_EA/21358473_EA



6.99

COCA-COLA OR CANADA DRY 6 X 710 ML OR MIO ICED TEA 540 G
SELECTED VARIETIES
20313741002_C06/21730486_EA



2.49

SUNRYPE 100% JUICE OR FRUIT & VEGETABLE BLEND
SELECTED VARIETIES
5 X 200 ML/900 ML/1 L
20640102001_EA/21235354_EA



3.49

MCCAIN PIZZA POCKETS
SELECTED VARIETIES, FROZEN
3'S
21026061_EA



4.99

MCCAIN FRIES
SELECTED VARIETIES, FROZEN
1.5 KG
20799761_EA



5.99

CHAPMAN'S YUKON ICE CREAM OR NOVELTIES
SELECTED VARIETIES
5-8'S
20950270_EA/21012283_EA



16.99

PC® ORGANICS FROZEN FRUIT
SELECTED VARIETIES
1.5 KG
21004389_EA/21074972_EA



3.29

DARE WHIPPET OR ULTIMATE COOKIES
SELECTED VARIETIES
230-300 G
20783328001_EA/20974349_EA



4.79

GENERAL MILLS CEREAL 310-437 G OR NUTELLA HAZELNUT OR PEANUT SPREAD 375 G
SELECTED VARIETIES
20435988_EA/21213662_EA



10.49

NO NAME® FLOUR
CLUB SIZE, SELECTED VARIETIES
10 KG
20022248_EA



25.99

PC® GROUND ROAST COFFEE
800-930 G OR PODS 30'S
SELECTED VARIETIES
21038762_EA/21393753_EA



3.49

NATURE VALLEY OR FIBER1 BARS
125-210 G OR CHRISTIE MINI COOKIES 150-200 G
SELECTED VARIETIES
21584976_EA/21714056_EA



5.49

CHRISTIE PREMIUM PLUS, RITZ, TRISCUIT OR WHEAT THINS
FAMILY SIZE CRACKERS
350-450 G
SELECTED VARIETIES
20686037_EA/21109004_EA



2/\$7
OR \$3.50 EA.

OLD DUTCH POTATO CHIPS OR SNACKS 200-290 G, ARRIBA 235/245 G OR RESTAURANTE TORTILLA CHIPS 275/290 G
SELECTED VARIETIES
21445100_EA/21646697_EA



2/\$5
OR \$2.50 EA.

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



2/\$1
OR 50¢ EA.

MR. NOODLES INSTANT NOODLES
SELECTED VARIETIES
85 G
20322658001_EA/20322658007_EA



3/\$5
OR \$1.67 EA.

CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE OR CHICKEN NOODLE SOUP
284 ML
20176214001_EA/20176214003_EA



1.49

KRAFT DINNER ORIGINAL MACARONI & CHEESE 200 G OR CUPS 58 G
SELECTED VARIETIES
20298547001_EA/21549526_EA



3.79

KRAFT SALAD DRESSING
SELECTED VARIETIES
425 ML
21584849_EA/21584931_EA



3.49

COLGATE PREMIUM TOOTHPASTE 70-120 ML OR KIDS STRAWBERRY SMASH OR WATERMELON BURST TOOTHPASTE 100 ML
SELECTED VARIETIES
20312052002_EA/21166613_EA



5.49

NO NAME® BATHROOM TISSUE 12=24 ROLLS OR PAPER TOWELS 6=12 ROLLS
21624748_EA/21636318_EA



1.25

WHISKAS CAT FOOD
SELECTED VARIETIES
75 G
21011788_EA



7.49

CALEDON FARMS FREEZE DRIED DOG TREATS OR WHISKAS TEMPTATIONS TREATS
SELECTED VARIETIES, 90-454 G
21011755_EA/21550216_EA

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. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2026 Loblaw's Inc.



Grocery Essentials



2⁹⁹ NO NAME® WAFFLES
SELECTED VARIETIES,
FROZEN
8'S
20316375001_EA



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



5⁴⁹ NO NAME® FISH
SELECTED VARIETIES,
FROZEN
454 G
21672358_EA



3⁴⁹ NO NAME® PIE SHELLS
350/380 G OR
WHIPPED TOPPING 1 L
SELECTED VARIETIES,
FROZEN
20113422001_EA/20153259_EA



3⁷⁹ OASIS, ARIZONA
OR DEL MONTE JUICE
SELECTED VARIETIES
8 X 200 ML
20315764002_EA



3²⁹ REAL CANADIAN
NATURAL SPRING WATER
24X500 ML
20154975_C24



4⁴⁹ MISS VICKIE'S KETTLE
COOKED POTATO CHIPS
190-200 G, SMARTFOOD
POPCORN 150-200 G OR
POPCORNS POPPED-
CORN CHIPS 142 G
SELECTED VARIETIES
20972859_EA/21240628_EA



4⁴⁹ PEEK FREANS COOKIES
275-350 G OR CHRISTIE
GOOD THINS RICE
CRACKERS 100 G
SELECTED VARIETIES
20680381_EA/21023022_EA



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



3⁴⁹ PC® PANCAKE OR WAFFLE
MIX 905 G, SYRUP 750 ML OR
INSTANT OATS 264-360 G
SELECTED VARIETIES
20175129_EA/20374908_EA



5⁴⁹ PC® BLUE MENU® PEANUT
BUTTER 750 G OR FRUIT
SPREAD 310/500 ML
SELECTED VARIETIES
20057669001_EA/21385372_EA



12⁹⁹ STARBUCKS
GROUND COFFEE 340 G
OR PODS 10'S
SELECTED VARIETIES
20547343001_EA/20548682004_EA



3⁷⁹ KRAFT BBQ SAUCE 455 ML
OR MAPLE LEAF FLAKES
156 G
SELECTED VARIETIES
20298273003_EA/2062719007_EA



3⁷⁹ SKINNY POP POPCORN
125/150 G
21125567_EA/21125607_EA



8⁹⁹ PC® CHOCOLATE
COVERED FRUITS
OR NUTS OR BARS
SELECTED VARIETIES
200-340 G
20000356_EA/21689854_EA



2⁴⁹ DOLE PINEAPPLE
SELECTED VARIETIES
398 ML
20136767003_EA/20136767004_EA



4⁴⁹ MINUTE RICE RICE
SELECTED VARIETIES
500-700 G
20310858_EA/20696955_EA



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

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