

Fresh

PROUDLY CANADIAN

Hot Deals of the

WEEK



1.49

**BRUNSWICK SARDINES 106 G
OR SARDINE FILLETS 92/100 G,
GREEN GIANT VEGGIES, 341/398 ML
OR LE SIEUR PEAS 284/398 ML
SELECTED VARIETIES**

20322242001_EA/21021222_EA



**PURE LIFE
NATURAL SPRING WATER
24 X 500 ML**

20060696_C24

4.29



6.49

**NO NAME® ICE MILK
SELECTED VARIETIES, FROZEN
4 L**

20793444003_EA



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

21022221_EA/21045313_EA

10.99

**PALMOLIVE 591/828 ML
OR DAWN 431 ML
DISHWASHING LIQUID
SELECTED VARIETIES
591/828 ML**

21004368_EA/21430590_EA

2.49



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

**FROM THURSDAY, JULY 9TH TO
WEDNESDAY, JULY 15TH, 2026**



2.99
LB

**YELLOW NECTARINES
OR YELLOW PEACHES**
PRODUCT OF U.S.A.
6.59/KG



**SWANSON OR HUNGRY-MAN DINNER
ENTRÉES OR HEALTHY CHOICE
SIMPLY STEAMERS**
SELECTED VARIETIES, FROZEN
280-455 G
20296014003_EA/20318616004_EA

4.49



4.99

**NO NAME® SUMMER SAUSAGE,
PEPPERONI OR SALAMI CHUB 500 G OR
REGULAR OR REDUCED SALT BACON
375 G OR HARVEST SAUSAGES 250/375 G**
SELECTED VARIETIES
21724116_EA/21750394_EA/20015818_EA



**MADEGOOD BARS, COOKIES, MINI'S,
CRISPY SQUARES OR CRUNCHY SQUARES**
SELECTED VARIETIES
120-150 G
20797052001_EA/21062205_EA

3.79



3.99

**RUFFLES, DORITOS CHIPS
OR CHEETOS SNACKS**
SELECTED VARIETIES
180-285 G
21241146_EA/21369118_EA

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



PARTICIPATING STORES

2.99
LB

PORK SIDE RIBS
6.59/KG
20862906_KG

8.99
LB

FRESH CHICKEN KEBABS
PLAIN OR MARINATED
MADE IN STORE,
PARTICIPATING STORES
19.82/KG
20862906_KG

6.49
LB

CHICKEN THIGHS
CLUB SIZE,
BONELESS,
SKINLESS, FRESH
14.31/KG
20162170_KG



3.49

FARMER'S MARKET™ PEPPERS 4'S
OR GEN V BOSTON OR CRISPY LETTUCE 2'S
PRODUCT OF CANADA



1.39
LB

TOMATOES
ON THE VINE
PRODUCT OF CANADA
3.06/KG



4.99

SEAQUEST® PINK SALMON 400 G OR
RAW OR COOKED SHRIMP 300 G, 36-55/LB
FROZEN
21314740_EA/21636326_EA/21636352_EA



7.49

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA



3/\$5
OR \$1.67 EA.

CAMPBELL'S BROTH 900 ML
OR **ST-HUBERT SAUCE 398 ML**
SELECTED VARIETIES
20322135002_EA/20322348002_EA



6.99

YÖGO OR YOPLAIT SOURCE 16 X 100 G
OR **BECEL MARGARINE 637/800 G**
SELECTED VARIETIES
20317317001_EA/21747692_EA



2/\$7
OR \$3.50 EA.

KELLOGG'S CEREAL 250-355 G OR FUN PAC 210 G
OR **SILK NON-DAIRY BEVERAGES 1.75/1.89 L**
SELECTED VARIETIES
2012484001_EA/21652110_EA



4.99

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



6.49

NESCAFÉ INSTANT COFFEE 100-170 G
OR **SWEET & CREAMY 16/18'S**
SELECTED VARIETIES
20873036_EA/21619448_EA



9.49

TERRA OLIVE OIL
750 ML/1 L
20729461_EA/21161996_EA

Freshmart[®]

PROUDLY CANADIAN



PARTICIPATING STORES

2⁹⁹
LB

PORK SIDE RIBS
6.59/KG
20862906_KG

8⁹⁹
LB

FRESH CHICKEN KEBABS
PLAIN OR MARINATED
MADE IN STORE,
PARTICIPATING STORES
19.82/KG
20862906_KG

6⁴⁹
LB

CHICKEN THIGHS
CLUB SIZE,
BONELESS,
SKINLESS, FRESH
14.31/KG
20162170_KG



3⁴⁹

FARMER'S MARKET™ PEPPERS 4'S
OR GEN V BOSTON OR CRISPY LETTUCE 2'S
PRODUCT OF CANADA



1³⁹
LB

TOMATOES
ON THE VINE
PRODUCT OF CANADA
3.06/KG



4⁹⁹

SEAQUEST® PINK SALMON 400 G OR
RAW OR COOKED SHRIMP 300 G, 36-55/LB
FROZEN
21314740_EA/21636326_EA/21636352_EA



7⁴⁹

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA



3/\$5
OR
\$1.67 EA.

CAMPBELL'S BROTH 900 ML
OR **ST-HUBERT SAUCE 398 ML**
SELECTED VARIETIES
20322135002_EA/20322348002_EA

6⁹⁹

iÖGO OR YOPLAIT SOURCE 16 X 100 G
OR **BECEL MARGARINE 637/800 G**
SELECTED VARIETIES
20317317001_EA/21747692_EA



2/\$7
OR
\$3.50 EA.

KELLOGG'S CEREAL 250-355 G OR FUN PAC 210 G
OR **SILK NON-DAIRY BEVERAGES 1.75/1.89 L**
SELECTED VARIETIES
20124384001_EA/21652110_EA



4⁹⁹

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



6⁴⁹

NESCAFÉ INSTANT COFFEE 100-170 G
OR **SWEET & CREAMY 16/18'S**
SELECTED VARIETIES
20873036_EA/21619448_EA



9⁴⁹

TERRA OLIVE OIL
750 ML/1 L
20729461_EA/21161996_EA

FRUITS & VEGETABLES



3²⁹

ICEBERG LETTUCE
PRODUCT OF CANADA
EACH

4⁴⁹
LB

ASPARAGUS
PRODUCT OF CANADA
FRENCH
9.90/KG

2⁹⁹

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



4⁷⁹

BLACKBERRIES
OR **RASPBERRIES**,
PRODUCT OF U.S.A.
OR MEXICO
6 OZ

6⁴⁹

FARMER'S MARKET™
PLUMS 1.5 L, PRODUCT OF
U.S.A. OR **RED GRAPEFRUIT**
3 LB BAG, PRODUCT OF
SOUTH AFRICA

7⁴⁹

HONEYDEW
PRODUCT OF U.S.A.
EACH



1⁶⁷

ATAULFO MANGOES
PRODUCT OF MEXICO OR PERU
EACH

1⁹⁹

PC® MUSHROOMS
SELECTED VARIETIES,
PRODUCT OF CANADA
200 G
20743502_EA

2¹⁹
LB

ZUCCHINI, GREEN, GREY OR YELLOW
PRODUCT OF CANADA
4.83/KG

1⁴⁹

ENGLISH CUCUMBER
PRODUCT OF CANADA
EACH

BAKERY



3⁴⁹

COUNTRY HARVEST BAGELS
450 G OR BREAD 600 G
SELECTED VARIETIES
21178531_EA/21178967_EA

3⁹⁹

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

5⁹⁹

FARMER'S MARKET™ SQUARES
400/450 G OR MACAROONS 350 G
SELECTED VARIETIES
20323572_EA/21216501_EA

8⁹⁹

FARMER'S MARKET™ PIE
SELECTED VARIETIES
580 G-1 KG
21297367_EA/21664315_EA

DAIRY & REFRIGERATED



2²⁹

NO NAME® WHIPPED TOPPING 225 G,
ICED TEA OR LEMONADE 1.75 L
SELECTED VARIETIES
20017493_EA/21666536_EA

3⁹⁹

ASTRO 650/750 G
OR **iögo** YOGURT TUBS 650 G
SELECTED VARIETIES
20165226001_EA/21659463_EA

4⁹⁹

COFFEEMATE COFFEE ENHANCER
SELECTED VARIETIES
828/946 ML
21091311_EA/21564632_EA

6⁴⁹

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

MEAT & SEAFOOD



3⁹⁹
LB

**PORK BUTT CHOPS
OR ROAST BONE IN**
8.80/KG
20056387_KG

8⁹⁹
LB

**CHICKEN BREASTS
BONELESS, SKINLESS,
CLUB SIZE**
19.82/KG
20028450_KG

19⁹⁹
LB

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



3⁹⁹

**SCHNEIDERS LUNCH
KITS 90-120 G, ADULT
LUNCH KITS OR MINI
CHARCUTERIE 75 G
SELECTED VARIETIES**
21120301_EA/21309931_EA

5⁹⁹

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

7⁹⁹

**GRIMM'S SIZZLIN'
SMOKIES™ OR GRIMM'S
BAVARIAN SMOKIES**
SELECTED VARIETIES
375/450 G
20709755_EA/20709991_EA



2⁹⁹

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

15⁹⁹

**PC® BURGERS
SELECTED VARIETIES,
FROZEN**
568 G-1.13 KG
20956689_EA/21741236_EA

6⁴⁹

**NO NAME®
BREADED CHICKEN**
SELECTED VARIETIES,
FROZEN
908 G
21178744_EA



5⁹⁹

**MARCANGELO
CHICKEN BREAST PORTIONS**
SELECTED VARIETIES, 300 G
21706318_EA/21706472_EA

6⁹⁹

**LACROIX PORK STRIPS
GARLIC & HERB, FROZEN**
21628632_EA

7⁹⁹

LEAN GROUND BEEF
450 G
21615428_EA/21757012_EA

7⁹⁹

**MARCANGELO CHICKEN BURGERS
FULLY COOKED, SELECTED VARIETIES**
450 G
21741560_EA/21741671_EA

DELI MEAT & CHEESE



4⁴⁹

**PC®, MASTRO OR SAN DANIELE
MORTADELLA DELI MEAT**
SELECTED VARIETIES
100-175 G
20576743_EA/20577341_EA

7⁹⁹

GRIMM'S SAUSAGE OR PEPPERONI
SELECTED VARIETIES
175-375 G
20874382_EA/21124424_EA

5⁹⁹

**TRE STELLE RICOTTA 475 G,
BOCCONCINI OR HALLOUMI**
200 G
SELECTED VARIETIES
20093652_EA/21350800_EA

6⁴⁹

**BALDERSON CHEDDAR CHEESE,
NON-AGED**
SELECTED VARIETIES
250/280 G
20415944_EA/21149555_EA

*CUT FROM CANADA AA GRADE BEEF OR HERB

GROCERY



4.49

OASIS ORANGE JUICE 1.5 L OR SMOOTHIES 1.6 L OR KRAFT SINGLES OR VELVEETA SLICES 410 G SELECTED VARIETIES
21188654_EA/21376778_EA



13.99

NO NAME® SHREDDED CHEESE SELECTED VARIETIES 900 G
20142980_EA/20317943_EA



2.49

FRUITÉ 2 L OR PC® 100% 1 L JUICE OR GLACEAU VITAMINWATER 591 ML SELECTED VARIETIES
20109062_EA/21623143_EA



6.49

BUBLY 12 X 355 ML OR MONTELLIER 10 X 355 ML SPARKLING WATER SELECTED VARIETIES
21096704_C10/21097174_C12



2.79

MCCAIN FRIES SELECTED VARIETIES, FROZEN 800 G
21521219_EA



7.99

POGO SELECTED VARIETIES, FROZEN 8/10'S
20053302001_EA



5.99

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



7.99

NUTS TO YOU ALMOND BUTTER SELECTED VARIETIES 365 G
20922533_EA/20922631_EA



4.99

PC® THE DECADENT® CHOCOLATE CHIPS 270-300 G OR E.D.SMITH PIE FILLING 540 ML SELECTED VARIETIES
20297753001_EA/20430272_EA



3.79

QUAKER OATS 709 G-1 KG OR GOGO SQUEEZ FRUIT SAUCE OR CUPS 4 X 90-97 G SELECTED VARIETIES
20323113001_EA/21701363_EA



8.99

NUTELLA HAZELNUT OR PEANUT SPREAD 725 G OR PC® MINI CHEW CHOCOLATE GRANOLA BARS 840 G CLUB SIZE, SELECTED VARIETIES
20436105_EA/20589783_EA



12.49

TIM HORTONS ROAST AND GROUND COFFEE 300 G OR PODS 10/12'S SELECTED VARIETIES
20902294_EA/20902453_EA



2.79

SPITZ SUNFLOWER SEEDS 210 G OR QUAKER CRISPY MINIS RICE CAKES, CHIPS 90-199 G OR BARS 120-156 G SELECTED VARIETIES
20163708002_EA/20946569_EA



3.79

FRITO LAY MINI SNACKS 102-145 G OR SUNCHIPS 205 G SELECTED VARIETIES
21370317_EA/21613317_EA



2/\$5
OR \$2.50 EA.

SNACKPACK PUDDING, DESSERTS OR JUICY GELS SELECTED VARIETIES 4 X 99 G
20310707006_EA/21194844_EA



5.49

HERSHEY'S SYRUP 462-523 ML OR POUCHES 160-235 G SELECTED VARIETIES
20303970004_EA/21496953_EA



1.79

KNORR SIDEKICKS SELECTED VARIETIES 120-167 G
20321430005_EA/20321430020_EA



2.29

BARILLA PASTA 410 G OR UNICO PASTA SAUCE 680 ML SELECTED VARIETIES
20326537001_EA/21404912_EA



2.79

HABITANT SOUP SELECTED VARIETIES 796 ML
20299690002_EA/20299690005_EA



3.29

STAGG CHILI 425 G OR NO NAME KETCHUP 1 L SELECTED VARIETIES
20091906_EA/20102426_EA



6.49

TIDE LAUNDRY DETERGENT 1 L/12-16'S, OR DOWNY OR GAIN FABRIC SOFTENER 946 ML-1.31 L OR BEADS 141 G SELECTED VARIETIES
21182551_EA/21553209_EA



22.99

PC® SUPER SOFT HYPOALLERGENIC BATHROOM TISSUE CLUB SIZE 30=100 ROLLS
21450846_EA



3.29

TEMPTATIONS CAT TREATS 180 G, CREAMY PURRRÉE CAT TREATS 48 G, FRISKIES PARTY MIX CAT TREATS 170 G OR LICKABLE SPOONS CAT TREATS 40 G, SELECTED VARIETIES
20868841_EA/21479211_EA



25.99

BENEFUL DOG FOOD SELECTED VARIETIES 7 KG
21041235_C01

Freshmart

SuperValu Value and freshness **SHOP EASY** Freshmart logo

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Grocery Essentials



5.49

**SCHNEIDERS
BREAKFAST
SANDWICH
OR EGG BITES
SELECTED VARIETIES,
FROZEN
204-288 G
21623060_EA/21623302_EA**

6.79

**NO NAME®
VEGETABLES
CLUB SIZE,
SELECTED VARIETIES,
FROZEN
2 KG
20161396_EA/20319825_EA**

15.99

**NO NAME®
PIZZA BUSTERS
DELUXE OR
PEPPERONI & BACON,
CLUB SIZE
2.8 KG
20324314001_EA**



5.99

**PC® OR TRÜ FRÜ
CHOCOLATE COVERED
FRUIT
SELECTED VARIETIES
170-200 G
21516003_EA/21544053_EA**

4.19

**MINUTE MAID
OR FIVE ALIVE JUICE
OR FUZE ICED TEA
SELECTED VARIETIES
8/10 X 200 ML
21092667_EA/21646710_C10**

4.79

**KOOL-AID JAMMERS
10 X 180 ML OR DOLE
PINEAPPLE JUICE 1.36 L
OR 240/250 ML
SELECTED VARIETIES
20037838_EA/20079976002_EA**



2.49

**CARNABY SWEET
GUMMIES 300/400 G
OR JOLLY RANCHER
OR TWIZZLERS 170-198 G
GUMMIES OR CANDIES
SELECTED VARIETIES
20078139_EA/20854070_EA**

4.79

**PC® POPCORN 220/250 G
OR COOKIES 100-350 G
SELECTED VARIETIES
20555781_EA/21661489_EA**

5.49

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



3.99

**PC® BLUE MENU®
GRANOLA CEREAL
OR CEREAL BOOSTER
325-475 G OR CROWN OR
LILY CORN SYRUP 500 ML
SELECTED VARIETIES
20160687_EA/21315327_EA**

6.99

**KASHI GOACTIVE CEREAL
SELECTED VARIETIES
349-510 G
21680786_EA/21680804_EA**

6.99

**NUTELLA & GO!
BREADSTICKS 4 X 52 G
OR KINDERININI
COOKIES 250 G OR
BILLY BEE PURE
NATURAL HONEY 375 G
SELECTED VARIETIES
20724507_EA/20948689_EA/21698365_EA**



1.79

**BEN'S FAST & FANCY RICE
SELECTED VARIETIES
132 G
21397330_EA/21397499_EA**

4.49

**EAGLE BRAND CONDENSED
MILK 300 ML OR NESTLÉ
COFFEEMATE 450 G
SELECTED VARIETIES
20309221002_EA/21012618_EA**

18.49

**ROBIN HOOD
OR FIVE ROSES
ALL PURPOSE FLOUR
CLUB PACK
10 KG
20134743_EA/20251651_EA**



4.29

**BULL'S-EYE BBQ SAUCE OR
KRAFT SALAD DRESSING
425 ML OR DIANA
BARBECUE SAUCE 500 ML
SELECTED VARIETIES
20547834005_EA/21184617_EA**

4.29

**FRANK'S REDHOT SAUCE
SELECTED VARIETIES
354 ML
20187632001_EA/21088254_EA**

4.99

**PC® OR BLUE MENU®
MAYONNAISE 750-890 ML,
TACO BELL CREAMY
SAUCE 207/354 ML OR
TACO BELL DINNER KIT
260-420 G
SELECTED VARIETIES
20301438_EA/21661788_EA/21663637_EA**

Freshmart[®]

PROUDLY CANADIAN

Hot Deals of the WEEK



1⁴⁹

**BRUNSWICK SARDINES 106 G
OR SARDINE FILLETS 92/100 G,
GREEN GIANT VEGGIES, 341/398 ML
OR LE SIEUR PEAS 284/398 ML
SELECTED VARIETIES**

20322242001_EA/21021222_EA



**PURE LIFE
NATURAL SPRING WATER
24 X 500 ML**

20060696_C24

4²⁹



6⁴⁹

**NO NAME[®] ICE MILK
SELECTED VARIETIES, FROZEN
4 L**

20793444003_EA



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

21022221_EA/21045313_EA

10⁹⁹

**PALMOLIVE 591/828 ML
OR DAWN 431 ML
DISHWASHING LIQUID
SELECTED VARIETIES
591/828 ML**

21004368_EA/21430590_EA

2⁴⁹



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

**FROM THURSDAY, JULY 9TH TO
WEDNESDAY, JULY 15TH, 2026**