

Fresh

PROUDLY CANADIAN

Long Weekend Favourites



19⁹⁹

PC® BURGERS
SELECTED VARIETIES, FROZEN
1.02-1.36 KG

20941230_EA/20941343_EA



DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA
SELECTED VARIETIES, FROZEN

320-410 G

20296424001_EA/20852957_EA

4⁴⁹



5⁴⁹

NESTLÉ CONFECTIONARY FROZEN
DESSERT 1.5 L OR NOVELTIES 4-10'S
SELECTED VARIETIES

20322085001_EA/20322380001_EA



PHILADELPHIA DIPS 227 G, CREAM CHEESE
227/250 G OR PC® ORANGE JUICE 1.36 L
SELECTED VARIETIES

20641267_EA/21717114_EA

3⁹⁹



3/\$10
OR
\$3.33 EA.

TOSTITOS SALSA 394/418 ML, 416/432 G
OR TORTILLA CHIPS 205-295 G
OR LAY'S POTATO CHIPS 200-235 G
SELECTED VARIETIES

20673717_EA/21050575_EA/21664493_EA



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, JULY 30TH TO
WEDNESDAY, AUGUST 5TH, 2026



1.99

**ST-HUBERT SAUCE
SELECTED VARIETIES
398 ML**

20322135002_EA/20322135003_EA



**MINUTE RICE 500-700 G, BULL'S-EYE
BBQ SAUCE 425 ML OR DIANA
BBQ SAUCE 500 ML
SELECTED VARIETIES**

20310858_EA/20547834005_EA/21184617_EA

3.99



3.79

**MOTT'S CLAMATO OR OCEAN SPRAY
CRANBERRY COCKTAIL
SELECTED VARIETIES
1.89 L**

20300006008_EA/20318955002_EA



**MCCAIN DEEP'N DELICIOUS CAKES
SELECTED VARIETIES, FROZEN
510 G**

20310132003_EA

4.99

Freshmart[®]

PROUDLY CANADIAN

SuperValu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



3⁴⁹
LB

FRESH WHOLE CHICKEN
FAMILY SIZE
7.69/KG
20147976_KG



13⁹⁹
LB

BONELESS BEEF STRIPLIN
ROAST OR STEAK*
30.84/KG
20794004_KG



.89

SWEET BICOLOUR CORN
PRODUCT OF CANADA
EACH



6⁴⁹

SEEDLESS WATERMELONS
PRODUCT OF CANADA OR U.S.A.
9 LB AVERAGE
EACH



5⁴⁹

PC® FETA CHEESE 400 G
OR CHEESE BLOCKS 250 G
SELECTED VARIETIES
20219690_EA/20770656_EA



3²⁹

DEMPSSTER'S OR WONDER
HAMBURGER OR HOTDOG BUNS
SELECTED VARIETIES
6-12'S
20520827_EA/20520828_EA



9⁴⁹

ARMSTRONG CHEESE BARS
SELECTED VARIETIES
600 G
21255902_EA/21256609_EA



4/\$5
OR
\$1.25 EA.

CAMPBELL'S SOUP AND SPAGHETTIOS
SELECTED VARIETIES
284-425 ML
20176214001_EA/21207630_EA



3²⁹

CLASSICO SAUCE
SELECTED VARIETIES
218-600 ML
21619128_EA/20325609003_EA



2³⁹

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



15⁹⁹

MAXWELL HOUSE GROUND COFFEE
SELECTED VARIETIES
631-900 G
21606882_EA



7⁹⁹

SCOTTIES FACIAL TISSUES 6'S, CASHMERE
TOILET PAPER 8/12'S OR SPONGETOWELS
PAPER TOWELS 3'S
SELECTED VARIETIES
21204739_EA/21676231_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart[®]

PROUDLY CANADIAN



3⁴⁹
LB

FRESH WHOLE CHICKEN
FAMILY SIZE
7.69/KG
20147976_KG



13⁹⁹
LB

BONELESS BEEF STRIPLIN
ROAST OR STEAK*
30.84/KG
20794004_KG



.89

SWEET BICOLOUR CORN
PRODUCT OF CANADA
EACH



6⁴⁹

SEEDLESS WATERMELONS
PRODUCT OF CANADA OR U.S.A.
9 LB AVERAGE
EACH



5⁴⁹

PC® FETA CHEESE 400 G
OR **CHEESE BLOCKS 250 G**
SELECTED VARIETIES
20219690_EA/20770656_EA



3²⁹

DEMPTER'S OR WONDER
HAMBURGER OR HOTDOG BUNS
SELECTED VARIETIES
6-12'S
20520827_EA/20520828_EA



9⁴⁹

ARMSTRONG CHEESE BARS
SELECTED VARIETIES
600 G
21255902_EA/21256609_EA



4/\$5
OR
\$1.25 EA.

CAMPBELL'S SOUP AND SPAGHETTIOS
SELECTED VARIETIES
284-425 ML
20176214001_EA/21207630_EA



3²⁹

CLASSICO SAUCE
SELECTED VARIETIES
218-600 ML
21619128_EA/20325609003_EA



2³⁹

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



15⁹⁹

MAXWELL HOUSE GROUND COFFEE
SELECTED VARIETIES
631-900 G
21606882_EA



7⁹⁹

SCOTTIES FACIAL TISSUES 6'S, CASHMERE
TOILET PAPER 8/12'S OR **SPONGETOWELS**
PAPER TOWELS 3'S
SELECTED VARIETIES
21204739_EA/21676231_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES



4⁹⁹

ROMAINE HEARTS
PRODUCT OF CANADA OR U.S.A.
3'S



2⁹⁹
LB

ORANGE, RED OR YELLOW SWEET PEPPERS
PRODUCT OF CANADA
6.59/KG



3⁴⁹

MARZETTI DIPS
PRODUCT OF U.S.A.,
SELECTED VARIETIES,
340 G
20322970_EA/21601823_EA



2/2⁵⁰
OR
\$1.25 EA.

AVOCADOS
PRODUCT OF MEXICO
EACH



2⁹⁹
LB

RED OR GREEN SEEDLESS GRAPES
PRODUCT OF U.S.A.
6.59/KG



5⁴⁹

WHOLE PINEAPPLE
PRODUCT OF COSTA RICA OR MEXICO
EACH



8²⁹

FARMER'S MARKET™ APPLES 5 LB,
PRODUCT OF CANADA OR
PC® ORGANIC APPLES 3 LB,
PRODUCT OF U.S.A.
SELECTED VARIETIES



1⁴⁹
LB

GREENHOUSE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
3.28/KG



3⁴⁹

FARMER'S MARKET™ BAKING POTATOES
PRODUCT OF U.S.A. OR CANADA
4'S
21035898001_EA



4⁴⁹

FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA
3 LB BAG

BAKERY



2⁹⁹

WONDER BREAD
SELECTED VARIETIES
570 G
20276296_EA/20771852_EA



4⁹⁹

FARMER'S MARKET™ MINI OR OLD FASHIONED DONUTS
SELECTED VARIETIES
264-600 G
21559294_EA/21559343_EA



4⁹⁹

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
456 G
20566774_EA



6²⁹

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

DAIRY & REFRIGERATED



2⁹⁹

PC® LEMONADE OR TEA
SELECTED VARIETIES, REFRIGERATED
1.36 L
21717124_EA/21717221_EA



3²⁹

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



4⁴⁹

BECEL 400/454 G OR BECEL PLANT BASED BRICKS 454 G MARGARINE, SELECTED VARIETIES
21088919_EA/21747653_EA



6⁴⁹

OÏKOS GREEK YOGURT TUBS
SELECTED VARIETIES
650/750 G
21651917_EA/21006634_EA

MEAT & SEAFOOD



8⁹⁹
LB

**EXTRA LEAN
GROUND BEEF**
FAMILY SIZE
19.82/KG
20805639_KG

3⁹⁹
LB

PORK SIDE RIBS
8.80/KG
20862906_KG

3⁴⁹
LB

CHICKEN LEGS
BACK ATTACHED,
FRESH
8.80/KG
20790513_KG



**PARTICIPATING
STORES**



\$1⁰⁰
OFF
/LB

FRESH SAUSAGE
MADE IN-STORE

17⁹⁹

**PC® OLD FASHIONED
STYLE BACON**
1 KG
20115704_EA

6⁹⁹

SCHNEIDERS BOLOGNA
375 G
21738727_EA/21738857_EA

\$10⁰⁰

**SELECTION OF MEAT OR
SEAFOOD MEALS OR ENTRÉES**
SELECTED VARIETIES, FROZEN
200 G - 1.13 KG
21473698_EA/21667936_EA



6⁹⁹

**PC® PUB RECIPE™ OR
GLUTEN-FREE CHICKEN**
SELECTED VARIETIES, FROZEN
600/700 G
21079476_EA/21201257_EA



13⁹⁹

**SEA CRAVE WILD AHI TUNA OR
SOCKEYE SALMON PORTIONS**
310-340 G
21531662_EA



10⁹⁹

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



\$10⁰⁰

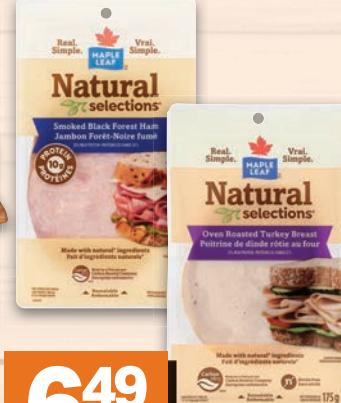
LACROIX BEEF SKEWERS
PREVIOUSLY FROZEN
320 G
21667497_EA

DELI MEAT & CHEESE



1²⁹
/100 G

ZIGGY'S® SERVICE CASE HAMS
SELECTED VARIETIES
20313480_KG



6⁴⁹

**MAPLE LEAF NATURAL
SELECTIONS SLICED DELI MEAT**
SELECTED VARIETIES
175 G
20009282_EA/20065285_EA



5⁹⁹

PC® DOUBLE BRIE OR CAMEMBERT
165-200 G, BOURSIN CHEESE 130-220 G
OR AGROPUR NOTRE-DAME BRIE OR
L'EXTRA CAMEMBERT CHEESE 170 G,
SELECTED VARIETIES
20116794_EA/20787327_EA



9⁴⁹

**PC® BLACK LABEL OR PC® SPLENDIDO®
PARMIGIANO REGGIANO OR PECORINO
ROMANO CHEESE**
SELECTED VARIETIES
200/250 G
21053434_EA/21188276_EA

FLAVOURS OF THE WORLD



3⁹⁹

MANN'S SNAP PEAS OR SNOW PEAS
PRODUCT OF U.S.A.
170-227 G
20712967_EA/20712998_EA



9⁹⁹

ZABIHA HALAL CHICKEN BURGERS
FROZEN
908 G
20122720_EA



1⁷⁹

TAMAM CANNED BEANS
SELECTED VARIETIES
540 ML
21214472_EA/21214570_EA



4⁹⁹

**TAMAM SLICED PICKLED TURNIPS
OR PICKLES**
SELECTED VARIETIES
1 KG
21237887_EA/21237981_EA

GROCERY



2⁹⁹

**YOPLAIT YOGURT TUBES 448 G
OR MINIGO DUO YOGURT 6 X 60 G
OR SOURCE 630 G
SELECTED VARIETIES**
21391318001_EA/21619318_EA



3⁹⁹

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



2⁴⁹

**SUNRYPE JUICE
SELECTED VARIETIES
900 ML/1 L OR 5 X 200 ML**
20310907012_C05/20640102001_EA



2⁹⁹

**RED BULL 250 ML, MONSTER,
NOS, FULL THROTTLE OR REIGN
ENERGY DRINKS 355-473 ML
SELECTED VARIETIES**
20702466_EA/20938249_EA



3⁴⁹

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



4⁹⁹

**MCCAIN FRIES
SELECTED VARIETIES, FROZEN
1.5 KG**
20799761_EA



5⁴⁹

**HÄAGEN-DAZS ICE CREAM 400-450 ML
OR NOVELTIES 3/4'S
SELECTED VARIETIES, FROZEN**
20302298001_EA/21513555_EA



2⁴⁹

**ANNIE'S MAC & CHEESE
GLUTEN-FREE, SELECTED VARIETIES
170 G**
20420057_EA/20811201_EA



4/\$5
OR \$1.25 EA.

**JELL-O JELLY POWDER 9.1-85 G
OR CLUB HOUSE GRAVY AND
SEASONING MIX 20-47 G
SELECTED VARIETIES**
20302816001_EA/20317293001_EA



6⁴⁹

**GENERAL MILLS CEREAL FAMILY SIZE
475-778 G OR JIF PEANUT BUTTER 1 KG
SELECTED VARIETIES**
21023863_EA/21103495_EA



5⁹⁹

**BONNE MAMAN JAM
OR HAZELNUT SPREAD
SELECTED VARIETIES
250-280 ML**
20307313001_EA/20307313010_EA



6⁴⁹

**PC® COLA 12 X 355 ML OR
SANPELLEGRINO NATURALI
6 X 330 ML
SELECTED VARIETIES**
20218887027_C12/21433193_C06



2/\$5
OR \$2.50 EA.

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



3⁴⁹

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



5⁴⁹

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



5⁷⁹

**NESTLÉ OR MARS CHOCOLATE
STAND UP POUCHES
SELECTED VARIETIES
76-203 G**
21571768_EA/21648229_EA



6⁴⁹

**HEINZ CONDIMENT PACK
1.125 L**
20552158_EA



3/\$5
OR \$1.67 EA.

**PC® OR BLUE MENU® WHOLE GRAIN
PASTA 375 G OR PASTA 454 G
SELECTED VARIETIES**
20252144001_EA/21001576_EA



2⁴⁹

**BRAVO SPAGHETTI SAUCE 680 ML
OR BICK'S RELISH 375/500 ML**
20056278_EA/21664988_EA



4²⁹

**BICK'S PICKLES
SELECTED VARIETIES
500 ML-1 L**
21668460_EA/21668604_EA



7⁴⁹

**GLAD GARBAGE BAGS 26-48'S OR
OLD DUTCH LAUNDRY DETERGENT
1.84 L, SELECTED VARIETIES**
21165306_EA/21427029_EA



6⁹⁹

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



8⁹⁹

**PURINA CAT CHOW
SELECTED VARIETIES
1.42-2 KG**
20308009_EA



22⁹⁹

**PURINA PUPPY
OR DOG CHOW DOG FOOD
6.5/8 KG**
20314190_EA

Freshmart

SuperValu Value and freshness **SHOP EASY** 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 Loblaw's Inc. and others. All rights reserved. © 2026 Loblaw's Inc.



SESV BACK

FROM THURSDAY, JULY 30TH TO WEDNESDAY, AUGUST 5TH, 2026

Celebrate Summer!



3.49

NO NAME® FROZEN FRUIT
SELECTED VARIETIES
300/400 G
21545095_EA



6.99

POPSICLE
18'S
21652295_EA/21652382_EA



3.29

REAL CANADIAN SPRING WATER
SELECTED VARIETIES
24 X 500 ML
20154975_C24



3.29

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



9.99

PC® BREADED OR BATTERED FISH
SELECTED VARIETIES,
FROZEN
500-680 G
21637039_EA



3.49

TWININGS 20'S OR SUNNYD JUICE 1.89 L
SELECTED VARIETIES
20303755001_EA/21102505_EA



2.99

PC® DIPPED, CHEWY OR CEREAL GRANOLA BARS
120-300 G OR CRACKERS,
TWISTS OR STIX 100-500 G
SELECTED VARIETIES
20538543002_EA/20914014_EA



3.29

JIFFY POP BUTTER FLAVOURED POPCORN 127 G
OR KERNELS POPCORN
SEASONING 100-125 G
SELECTED VARIETIES
20145504_EA/20297429001_EA/20310992_EA



4/\$5
OR \$1.25 EA.

CARNABY SWEET CANDY BAG
SELECTED VARIETIES
125 G
21219319_EA/21219409_EA



3.49

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



7.79

TIM HORTONS ICED CAPP SYRUP
470 ML, NESQUIK SYRUP 510/700 ML
OR CHOCOLATE POWDER 540 G
SELECTED VARIETIES
20320167002_EA/21721497_EA



8.99

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



3.79

HARDBITE CHIPS OR GOURMET CHIPS 128/150 G
OR **QUE PASA** 300/350 G
SELECTED VARIETIES
21031316_EA/21157598_EA



3.99

OLD EL PASO SALSA 650 ML
OR **DINNER KITS** 250-510 G
SELECTED VARIETIES
20305182001_EA/20795300_EA



2.49

ROCKSTAR
473 ML OR **PC® LEMONADE** 1.89 L
SELECTED VARIETIES
20368415003_EA/20773870001_EA



A1 STEAK OR HP SAUCES
SELECTED VARIETIES
400/425 ML
20120227_EA/20325386001_EA

4.29



2.29

CLARK OR BUSH'S BEST BEANS
SELECTED VARIETIES
398 ML
20101518001_EA/21308477_EA



8.29

SUNSPUN™ KETCHUP
2.84 L
20105015_EA



SUP. SNACK. SIZZLE!

4.49

Ruffles® potato chips 180 – 200 g, selected varieties
or **Cheetos® cheese flavoured snacks** 170 – 285 g,
selected varieties; [EXCLUDES Simply Cheetos® 227 – 241 g]

4.49

Doritos® tortilla chips 210 – 235 g, selected varieties;
[EXCLUDES Simply Doritos® 213 g] or **Miss Vickie's® kettle cooked potato chips** 190 – 200 g, selected varieties

4.49

PopCorners® popped-corn chips 142 g, selected varieties or
Smartfood® popcorn 150 – 200 g, selected varieties; [EXCLUDES
Simply Smartfood® popcorn 156 g or Simply Cheetos® 227 – 241 g]

3.99

SunChips® multigrain snacks 205 g, selected varieties
or **Frito-Lay® Minis snacks** 102 – 145 g, selected varieties

Freshmart[®]

PROUDLY CANADIAN

Long Weekend Favourites



19⁹⁹

PC® BURGERS
SELECTED VARIETIES, FROZEN
1.02-1.36 KG

20941230_EA/20941343_EA



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

20296424001_EA/20852957_EA

4⁴⁹



5⁴⁹



**NESTLÉ CONFECTIONARY FROZEN
DESSERT 1.5 L OR NOVELTIES 4-10'S**
SELECTED VARIETIES

20322085001_EA/20322380001_EA



PHILADELPHIA DIPS 227 G, CREAM CHEESE
227/250 G OR PC® ORANGE JUICE 1.36 L
SELECTED VARIETIES

20641267_EA/21717114_EA



3⁹⁹



3/\$10
OR
\$3.33 EA.



TOSTITOS SALSA 394/418 ML, 416/432 G
OR TORTILLA CHIPS 205-295 G
OR LAY'S POTATO CHIPS 200-235 G
SELECTED VARIETIES

20673717_EA/21050575_EA/21664493_EA



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

**FROM THURSDAY, JULY 30TH TO
WEDNESDAY, AUGUST 5TH, 2026**

Freshmart[®]

PROUDLY CANADIAN

AUGUST

**HIT
OF THE
MONTH**



\$1.75

Nestle Kit Kat, Aero or Crunch tablets

Selected varieties, 95 - 105 g



\$1.88

**Christie Triscuits, Good Thins
or Wheat Thins Crackers**

Selected varieties, 100 - 200 g



\$3.50

Bolthouse Farms Smoothies or Juice

Selected varieties, 946 ml



\$3.50

**Clif ZBar 5x36 g
or Clif Energy Minis 5x28 g**

Selected varieties

**LOWEST PRICES
BEST DEALS**

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