

Freshmart[®]

PROUDLY CANADIAN



President's Choice[®]



4⁹⁹

**PC[®] PORK BREAKFAST SAUSAGE
OR BACON**
SELECTED VARIETIES
375 G

21584308_EA/21738792_EA



PC[®] PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
400 G

20789931_EA/20791381_EA

6⁴⁹



2/\$5
OR
\$2.50 EA.

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

20840911007_EA/21315959_EA/21576276_EA



**PC[®] SPARKLING WATER
OR SOFT DRINKS**
SELECTED VARIETIES
12 X 355 ML

20218887027_C12/21747415_C12

5⁴⁹



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

**FROM THURSDAY, AUGUST 20TH TO
WEDNESDAY, AUGUST 26TH, 2026**

Back to School



2⁹⁹

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



5⁴⁹

SCHNEIDERS
BREAKFAST
SANDWICH OR
EGG BITES
SELECTED VARIETIES,
FROZEN, 204-288 G
21623060_EA/21623331_EA



3⁹⁹

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



4⁷⁹

PC® FLATBREAD 330-365 G
OR PC® FOCACCIA 415/456 G
SELECTED VARIETIES, FROZEN
21013867_EA/21471809_EA



5⁹⁹

PILLSBURY PIZZA POPS
8'S OR PIZZA BITES 50'S
SELECTED VARIETIES,
FROZEN
20972958_EA/21435910_EA



4⁴⁹

KOOL-AID JAMMERS
SELECTED VARIETIES
10 X 180 ML
20079976002_EA



2⁴⁹

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



3⁴⁹

ROBIN HOOD OATS 1 KG
OR LECLERC GO PURE
SNACK BARS 140-223 G
SELECTED VARIETIES
20893370_EA/21221451_EA



4⁷⁹

NATURE VALLEY MUFFIN BARS
175 G OR DUNKAROOS 168 G
SELECTED VARIETIES
21449886_EA/21682321_EA



5⁴⁹

NATURE'S PATH ORGANIC
CEREAL OR GRANOLA
OR JORDANS GRANOLA
SELECTED VARIETIES
300- 400 G
20551080001_EA/21522401_EA



2²⁹

NO NAME® 2 L OR
PC® 100% 1 L JUICE
SELECTED VARIETIES
20320439003_EA/21623143_EA



2⁴⁹

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



2⁴⁹

BETTY CROCKER SUPER MOIST
CAKE MIX 375/404 G OR
FROSTING 340/450 G OR
CARNATION EVAPORATED MILK
354 ML, SELECTED VARIETIES
20896887_EA/21547834_EA



5⁴⁹

NO NAME® PEANUT BUTTER
SELECTED VARIETIES
1 KG
20296985001_EA/20296985002_EA



1⁴⁹

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



1⁷⁹

BEN'S FAST & FANCY RICE
SELECTED VARIETIES
132 G
21397365_EA/21397499_EA



1⁹⁹

CLOVER LEAF TUNA SNACKS KITS
SELECTED VARIETIES
90 G
20304782001_EA/20526348001_EA



7⁴⁹

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



8⁴⁹

PUREX BATHROOM TISSUE 8/12'S,
SPONGETOWELS PAPER TOWEL 3-6 ROLLS
OR SCOTTIES FACIAL TISSUES 6'S
SELECTED VARIETIES
21435287_EA/21521746_EA

NEW

MAGNUM®
ice cream

INDULGE WITH REAL
BELGIAN CHOCOLATE

5⁴⁹

Magnum 3' or 4's
Selected Varieties
21717434_EA

Breyers

MOMENTS
made sweeter
WITH BREYERS

5⁴⁹

Breyers Creamery Style
or CoBrand
Selected Varieties
1.41 L
21720665_EA

BEN & JERRY'S

Chunky Goodness,
Swirled to Perfection

5⁴⁹

Ben & Jerry's Ice Cream
Selected Varieties
473 mL
21568089_EA

42939 eBen & Jerry's Homemade, Inc.
2025 Cows: eWoody Jackson 1997

talenti
CRAFTED TO PERFECTION
Made with 100% natural ingredients

5⁴⁹

Talentì
Selected Varieties
473 mL
21720460_EA

GROCERY



379

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML-1 L
20073927_EA/21443531_EA



549

SIMPLY ORANGE JUICE
OR CRANBERRY COCKTAIL
SELECTED VARIETIES
1.36/1.54 L
21735026_EA/21735042_EA



279

COCA-COLA OR PEPSI SOFT DRINKS
500/591 ML OR FUZE ICED TEA 500 ML
SELECTED VARIETIES
20321598002_EA/20827293_EA



299

STARBUCKS DRINKS 405/444 ML
OR CELSIUS 355 ML
SELECTED VARIETIES
20307679001_EA/21576458_EA



279

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
946 ML
21123926_EA/21709459_EA



279

MCCAIN FRIES
SELECTED VARIETIES, FROZEN
800 G
21521219_EA



699

HIGH LINER BREADED OR BATTERED FISH, SELECTED VARIETIES, FROZEN
350-700 G
20572299004_EA



499

FUDGSICLE, CREAMSICLE
OR REVELLO NOVELTIES
SELECTED VARIETIES, FROZEN
12'S
20684180_EA/20763171_EA



279

ROGERS BROWN, YELLOW
OR ICING SUGAR
SELECTED VARIETIES
900 G/1 KG
20016320_EA



429

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



649

SMUCKER'S JAM OR MARMALADE
SELECTED VARIETIES
310-500 ML
20308043001_EA/20308043003_EA



1249

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



4/\$9
OR \$2.25 EA.

HERSHEY'S, NESTLÉ, MARS OR
CADBURY KING SIZE CHOCOLATE BARS
SELECTED VARIETIES
50-93 G
20574273_EA/20686572005_EA/20691451_EA/21671941_EA



329

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



2/\$7
OR \$3.50 EA.

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



629

ORVILLE REDENBACHER POPCORN
248-492 G OR JACK LINK'S MEAT
SNACKS 65-81 G
SELECTED VARIETIES
20501983004_EA/20629532003_EA



4/\$1
OR 25¢ EA.

NO NAME® INSTANT NOODLES
SELECTED VARIETIES
85 G
20301274002_EA/20305832_EA



3/\$4
OR \$1.33 EA.

NO NAME® TUNA
SELECTED VARIETIES
85/170 G
20097482001_EA/20521647_EA



279

HEINZ BEANS OR
HOLIDAY LUNCHEON MEAT
SELECTED VARIETIES
398 ML/340 G
20177278006_EA/20618778_EA



779

HEINZ KETCHUP
OR KRAFT MIRACLE WHIP SPREAD
1.5 L
20075939001_EA/20110556_EA



529

ZIPLOC FOOD STORAGE BAGS
SELECTED VARIETIES
10-90'S
20078059_EA/20871415_EA



699

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



109

PURINA FANCY FEAST 85 G
OR FRISKIES 156 G WET CAT FOOD
SELECTED VARIETIES
20302296007_EA/20304755_EA



829

MEOW MIX CAT FOOD 1.36 KG
OR PEDIGREE DOG FOOD 2 KG
SELECTED VARIETIES
20708187001_EA/21589011_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.

proudly Canadian

PEFC
PEFC® 01-31-106
PEFC Certified
www.pefc.org

MEAT & SEAFOOD



8⁹⁹
LB

CHICKEN BREAST
BONELESS, SKINLESS,
FAMILY SIZE
19.82/KG
20028450_KG

2⁹⁹
LB

**BONE-IN, CENTRE-CUT
PORK CHOPS**
PREPARED IN-STORE
6.59/KG

17⁹⁹
LB

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



7⁹⁹

LEAN GROUND BEEF BRICK
450 G
21615428_EA

11⁹⁹

PC® SEASONED PORK ROAST
730/900 G
21603108_EA/21603234_EA

5⁹⁹

HARVEST PORK SAUSAGE
SELECTED VARIETIES
500 G
21724040_EA

7⁹⁹

**PC® BLUE MENU® GROUND
CHICKEN OR MINCED TURKEY**
454 G
21100091_EA/21100092_EA



11⁹⁹

JANES PUB STYLE BREADED CHICKEN
SELECTED VARIETIES, FROZEN
700 G
21191827_EA/21191828_EA

13⁹⁹

PINTY'S CHICKEN WINGS OR THIGHS
SELECTED VARIETIES, FROZEN
600-950 G
21699629_EA/21703423_EA

7⁹⁹

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

12⁹⁹

PC® SMOKED SOCKEYE SALMON
FROZEN
150 G
20055009_EA

DELI MEAT & CHEESE



2⁷⁹
/100 G

**PC® CHICKEN BREAST
DELI SERVICE CASE**
SELECTED VARIETIES
20302980_KG

7⁹⁹

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

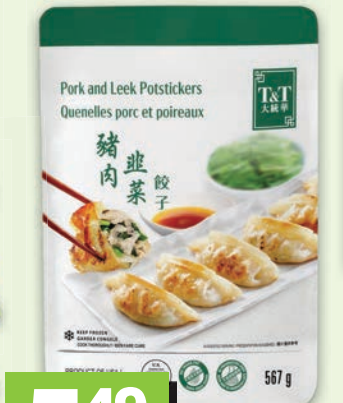
5⁹⁹

ZERTO SHREDDED PARMESAN CHEESE
140 G OR PC® BOCCONCINI OR RICOTTA
200/454 G, SELECTED VARIETIES
20219848_EA/20546983_EA

6⁹⁹

**BALDERSON CHEDDAR 250/280 G
OR OKA CHEESE 190 G**
SELECTED VARIETIES
20921279_EA/21495455_EA

FLAVOURS OF THE WORLD



1⁴⁹

**CILANTRO, CURLY PARSLEY, MINT,
ITALIAN PARSLEY OR GREEN ONION**
PRODUCT OF U.S.A OR MEXICO
EACH

5⁴⁹

T&T® POTSTICKERS
SELECTED VARIETIES, FROZEN
567 G
21495779_EA

13⁹⁹

ZABIHA HALAL BEEF BURGERS
FROZEN
678 G
21551440_EA

14⁹⁹

T&T® CASHEWS
SALTED OR UNSALTED
800 G
20807760_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

FRUITS & VEGETABLES



PRODUCT OF CANADA



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba



PRODUCT OF CANADA

5⁹⁹

FARMER'S MARKET™ SWEET CORN
PRODUCT OF CANADA
5'S

2⁶⁹
LB

BROCCOLI CROWNS
PRODUCT OF
WESTERN PROVINCES
5.93/KG

2⁴⁹

**GREEN OR RED
LEAF OR ROMAINE
LETTUCE**
PRODUCT OF CANADA
EACH



PRODUCT OF CANADA



PRODUCT OF CANADA





6⁹⁹

FARMER'S MARKET™ BLUE PLUMS
PRODUCT OF ONTARIO,
NO. 1 GRADE
1.5 L

8⁹⁹

FARMER'S MARKET™ NECTARINES 2 L OR PEACHES 3 L
PRODUCT OF CANADA,
CANADA NO. 1 GRADE

5⁴⁹

PINEAPPLE
PRODUCT OF COSTA RICA
EACH

6⁴⁹

FARMER'S MARKET™ KIWIS
PRODUCT OF CHILE
600 G



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba





PRODUCT OF CANADA



PRODUCT OF CANADA

1⁹⁹
LB

**GREEN, GREY OR YELLOW
ZUCCHINI**
PRODUCT OF WESTERN PROVINCES
4.39/KG

2/2⁵⁰
OR
\$1.25 EA.

AVOCADOS
PRODUCT OF MEXICO

1⁹⁹

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

3⁴⁹

PC® MINI POTATOES
PRODUCT OF CANADA,
SELECTED VARIETIES
680 G

BAKERY



PREPARED IN CANADA



PREPARED IN CANADA



PREPARED IN CANADA



PREPARED IN CANADA

2⁴⁹

PC® OR BLUE MENU® ENGLISH MUFFINS
SELECTED VARIETIES
342 G
20810796_EA/21016273_EA

3⁴⁹

COUNTRY HARVEST BAGELS OR BREAD
SELECTED VARIETIES
450/600 G
20914389_EA/21178531_EA

6⁹⁹

FARMER'S MARKET™ COFFEE CAKE
SELECTED VARIETIES
750 G
21707345_EA/21707452_EA

12⁹⁹

**PC® PROFITEROLES 490/625 G,
PIES 730 G OR MINI ÉCLAIRS 710 G**
SELECTED VARIETIES, FROZEN
21586363_EA/21713701_EA

DAIRY & REFRIGERATED



PREPARED IN CANADA



PREPARED IN CANADA



PREPARED IN CANADA



PREPARED IN CANADA

2²⁹

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

3⁹⁹

**LIBERTÉ GREEK OR MÉDITERRANÉE
YOGURT 2 X 130 G/500 G/4 X 100 G OR
SOURCE PROTEIN YOGURT 650 G**
SELECTED VARIETIES
21473714_EA/21588406_EA

10⁹⁹

**NO NAME® CHEESE,
SELECTED VARIETIES 700 G
OR PC® SHREDDED CHEESE 620 G**
SELECTED VARIETIES
20975773_EA/21060177_EA

8⁹⁹

COFFEEMATE COFFEE ENHANCER
SELECTED VARIETIES, REFRIGERATED
1.89 L
21034225_EA/21183053_EA

Freshmart[®]

PROUDLY CANADIAN



2⁴⁹
LB

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



6⁴⁹
LB

**CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE**
14.31/KG
20162170_KG



3⁴⁹

**LARGE CAULIFLOWER
PRODUCT OF CANADA
EACH**



2⁹⁹

**BLACKBERRIES OR RASPBERRIES 6 OZ
OR BLUEBERRIES 1 PINT
PRODUCT OF MEXICO**



3⁹⁹

**PC[®] DELI SLICED CHEESE
SELECTED VARIETIES**
140-170 G
20250268_EA/20250947_EA



4²⁹

**FARMER'S MARKET[™]
MINI OR OLD FASHIONED DONUTS
SELECTED VARIETIES**
264-600 G
21461952_EA/21559343_EA



3⁹⁹

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



5⁴⁹

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



6⁹⁹

**BECEL MARGARINE 637/800 G OR YOPLAIT
OR iögo CREAMY YOGURT 16 X 100 G
SELECTED VARIETIES**
20606778001_EA/21747692_EA



2⁹⁹

**CHRISTIE COOKIES
SELECTED VARIETIES**
224-303 G
21358407_EA/21361508_EA



2/\$7
OR
\$3.50 EA.

**GENERAL MILLS CEREAL
SELECTED VARIETIES**
297-437 G
20313716_EA/21104053_EA



5⁹⁹

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

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



2⁴⁹
LB

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

6⁴⁹
LB

**CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE**
14.31/KG
20162170_KG



3⁴⁹

**LARGE CAULIFLOWER
PRODUCT OF CANADA
EACH**

2⁹⁹

**BLACKBERRIES OR RASPBERRIES 6 OZ
OR BLUEBERRIES 1 PINT
PRODUCT OF MEXICO**



3⁹⁹

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

4²⁹

**FARMER'S MARKET™
MINI OR OLD FASHIONED DONUTS
SELECTED VARIETIES**
264-600 G
21461952_EA/21559343_EA



3⁹⁹

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

5⁴⁹

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

6⁹⁹

**BECEL MARGARINE 637/800 G OR YOPLAIT
OR iögo CREAMY YOGURT 16 X 100 G
SELECTED VARIETIES**
20606778001_EA/21747692_EA



2⁹⁹

**CHRISTIE COOKIES
SELECTED VARIETIES**
224-303 G
21358407_EA/21361508_EA

2/\$7
OR
\$3.50 EA.

**GENERAL MILLS CEREAL
SELECTED VARIETIES**
297-437 G
20313716_EA/21104053_EA

5⁹⁹

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

The Great Outdoors!



3⁹⁹

**MAPLE LEAF NATURAL TOP DOGS OR SCHNEIDERS OR SHOPSY'S WIENERS
SELECTED VARIETIES**

375 G

21093477_EA/21444538_EA



**RESER'S SALADS
SELECTED VARIETIES**

425/454 G

20962393_EA/20962394_EA

2⁷⁹



6⁹⁹

**BLACK DIAMOND CHEESTRINGS
OR CHEESE STICKS 252/336 G**

20763661_EA/20986474_EA



**GATORADE
SELECTED VARIETIES**

6 X 591 ML/8 X 355 ML

20303218003_C06

7²⁹



Fresh

PROUDLY CANADIAN



President's Choice®



4⁹⁹

PC® PORK BREAKFAST SAUSAGE
OR BACON
SELECTED VARIETIES
375 G

21584308_EA/21738792_EA



PC® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
400 G

20789931_EA/20791381_EA

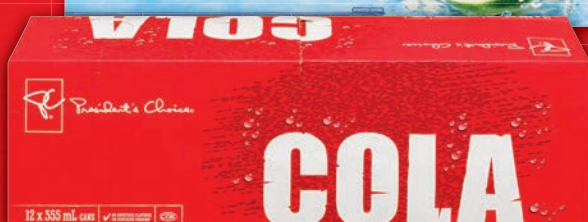
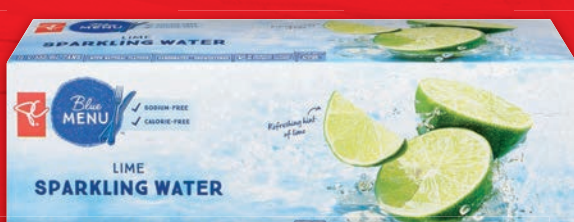
6⁴⁹



2/^{\$}5
OR
\$2.50 EA.

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

20840911007_EA/21315959_EA/21576276_EA



PC® SPARKLING WATER
OR SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML

20218887027_C12/21747415_C12

5⁴⁹



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VISIT FRESHMART.CA

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