

Fresh

PROUDLY CANADIAN

Back to School DEALS!



2⁹⁹

**SCHNEIDERS LUNCH KITS, SNACK KITS
OR MINI CHARCUTERIE
SELECTED VARIETIES**

75-120 G

21120301_EA/21309931_EA



**KRAFT DINNER
ORIGINAL 200 G
OR CUPS 58 G
SELECTED VARIETIES**

20298547001_EA/21549526_EA

4/\$5
OR
\$1.25 EA.



3⁴⁹

**ACTIVIA PROBIOTIC 650 G, OIKOS GREEK
4 X 100 G, DANONE DANINO 6 X 93 ML
OR TWO GOOD 4 X 95 G YOGURT
SELECTED VARIETIES**

20325132003_EA/20903842003_EA



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

20124384001_EA/21652110_EA

2/\$7
OR
\$3.50 EA.

**OASIS, DEL MONTE OR
ARIZONA JUICE 960 ML/1 L
OR GATORADE
SPORT DRINKS 710 ML
SELECTED VARIETIES**

20305775003_EA/20336722001_EA

1⁴⁹



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

**FROM THURSDAY, AUGUST 27TH TO
WEDNESDAY, SEPTEMBER 2ND, 2026**

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.

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



3⁴⁹
LB

WHOLE CHICKEN
FAMILY SIZE
7.69/KG
20147976_KG

8⁹⁹
LB

FRESH BEEF TOP SIRLOIN STEAK OR ROAST*
FAMILY SIZE
19.82/KG
20796098_KG



.89

SWEET BICOLOUR CORN
PRODUCT OF CANADA
EACH

6⁹⁹

SEEDLESS WATERMELON
PRODUCT OF WESTERN PROVINCES
9 LB AVERAGE
EACH



3⁹⁹

THE LAUGHING COW SPREADABLE CHEESE
OR BABYBEL CHEESE SNACKS OR
KIRI CREAM CHEESE PORTIONS
SELECTED VARIETIES
100-144 G
20319107_EA/20574332_EA

2⁹⁹

WONDER
OR WESTON BREAD
SELECTED VARIETIES
570 G
20276296_EA/20771852_EA



4⁴⁹

INTERNATIONAL DELIGHT COFFEE CREAMER
946 ML, TROPICANA ORANGE JUICE OR
DRINKS 1.36 L OR PURE LEAF ICED TEA 1.75 L
SELECTED VARIETIES
20895480002_EA/21622130_EA



5⁹⁹

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G/1 KG
20039581001_EA/20039581005_EA



16⁹⁹

KICKING HORSE WHOLE BEAN COFFEE
SELECTED VARIETIES
454 G
20322468001_EA



4⁹⁹

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



5⁴⁹

NESTLÉ CONFECTIONARY FROZEN DESSERT
1.5 L OR NOVELTIES 4-10'S
SELECTED VARIETIES, FROZEN
20322085001_EA/20322380003_EA



5⁹⁹

TIDE LAUNDRY DETERGENT 1 L/12-16'S,
DOWNY OR GAIN FABRIC SOFTENER 946 ML-1.31 L
OR BEADS 141 G OR BOUNCE DRYER SHEETS 40/80'S
SELECTED VARIETIES
20301481001_EA/21579685_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart[®]

PROUDLY CANADIAN



3⁴⁹
LB

**WHOLE CHICKEN
FAMILY SIZE**
7.69/KG
20147976_KG



8⁹⁹
LB

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FAMILY SIZE
19.82/KG
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9 LB AVERAGE
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OR BABYBEL CHEESE SNACKS OR
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SELECTED VARIETIES
100-144 G
20319107_EA/20574332_EA

2⁹⁹

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OR WESTON BREAD**
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570 G
20276296_EA/20771852_EA



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16⁹⁹

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20322468001_EA



4⁹⁹

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1.5 L OR NOVELTIES 4-10'S
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20322085001_EA/20322380003_EA



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20301481001_EA/21579685_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES

 **GROWN IN THE WESTERN PROVINCES**
British Columbia
Alberta • Saskatchewan
Manitoba



2⁹⁹

ICEBERG LETTUCE
PRODUCT OF
CANADA OR U.S.A.
EACH

3⁷⁹

CAULIFLOWER
PRODUCT OF
CANADA OR U.S.A.
EACH

2⁷⁹
LB

**ORANGE, RED
OR YELLOW
SWEET PEPPERS**
PRODUCT OF
WESTERN PROVINCES
6.15/KG



8⁹⁹

CHERRY CLAMSHELL 2 LB,
PRODUCT OF BRITISH COLUMBIA
OR **BLUEBERRIES PINT**, PRODUCT OF
CANADA OR PERU



3⁴⁹

CANTALOUPE
PRODUCT OF WESTERN PROVINCES
EACH



6⁹⁹

BLUE GRAPES
PRODUCT OF CANADA
2 L



6⁹⁹

**FARMER'S MARKET™
MANDARINS**
PRODUCT OF SOUTH AFRICA
3 LB BAG



1⁴⁹
LB

BULK ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO
3.28/KG



4²⁹

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



.99
LB

GREEN CABBAGE
PRODUCT OF WESTERN PROVINCES
2.88/KG



2⁷⁹
LB

SWEET POTATOES,
PRODUCT OF U.S.A.
6.15/KG

BAKERY



2⁹⁹

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



3⁹⁹

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



3⁹⁹

FARMER'S MARKET™ CUPCAKES
SELECTED VARIETIES
284/318 G
21634742_EA/21635700_EA



8⁹⁹

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

DAIRY & REFRIGERATED



2⁴⁹

LACTANTIA FLAVOURED BUTTER
125 G OR **I CAN'T BELIEVE IT'S NOT
BUTTER 400 G**
SELECTED VARIETIES
20106744_EA/21747538_EA



2⁷⁹

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



6⁹⁹

PHILADELPHIA CREAM CHEESE
PRODUCT 340 G OR **KRAFT
CHEESE WHIZ 450 G**
SELECTED VARIETIES
20659606001_EA/20866929002_EA



12⁹⁹

YOP DRINKABLE YOGURT
SELECTED VARIETIES
12 X 200 ML
21756203_EA/21768335_EA

MEAT & SEAFOOD



3⁹⁹
LB

**CHICKEN LEGS
QUARTERS
BACK ATTACHED,
FRESH**
8.80/KG
20790513_KG

6⁹⁹
LB

**PORK BACK RIBS
CRYOVAC PACKAGE
2'S**
15.41/KG
20821141_KG

8⁹⁹
LB

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



\$10

**LACROIX BEEF SKEWER
MONTREAL SPICE, FROZEN**
320 G
21667497_EA

\$14

NEW ZEALAND STRIP LOIN STEAK*
300 G
21624177_EA

9⁹⁹

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

17⁹⁹

PC® OLD FASHIONED STYLE BACON
1 KG
20115704_EA



6⁴⁹

**NO NAME® CHICKEN STRIPS,
BURGERS OR NUGGETS
SELECTED VARIETIES, FROZEN**
908 G
21178744_EA

15⁹⁹

**PC® BEEF BURGERS 568 G
OR CHICKEN OR TURKEY BURGERS
1.13 KG
SELECTED VARIETIES, FROZEN**
20956689_EA/21741236_EA

5⁹⁹

**SEAQUEST®
RAW OR COOKED WHITE SHRIMP
SELECTED VARIETIES, FROZEN**
36-55 PER LB, 300 G
21636326_EA/21636352_EA

8⁹⁹

**HIGH LINER SIGNATURE CUTS WILD
PACIFIC PINK SALMON FILLETS
FROZEN**
400 G
21093881_EA

DELI MEAT & CHEESE



5⁹⁹

**PC® SPLENDIDO™ SLICED DELI MEAT
SELECTED VARIETIES**
100 G
21049131_EA/21050405_EA

7⁹⁹

**GRIMM'S PEPPERONI, KOLBASSA
OR SLICED DELI MEATS
SELECTED VARIETIES**
175-375 G
21124424_EA/21527232_EA

3⁴⁹

**PC® GOAT CHEESE
SELECTED VARIETIES**
140 G
21722565_EA/21722618_EA

5⁹⁹

**HENRI WILLIG GOUDA
OR IRISH CHEDDAR
SELECTED VARIETIES**
150-200 G
21345050_EA/21737902_EA

FLAVOURS OF THE WORLD



3⁵⁰

**PC® MANGOES
PRODUCT OF BRAZIL
EACH**

10⁹⁹

**ZABIHA HALAL FIRECRISP NUGGETS,
BURGERS OR DRUMSTICKS
SELECTED VARIETIES, FROZEN**
700-750 G
21704617_EA/21705962_EA

5⁴⁹

TAMAM TAHINI
454 G
21217262_EA

7⁹⁹

**ALFA MINI ROLLITOS
SELECTED VARIETIES, FROZEN**
750 G
21619155_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



3⁹⁹

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



10⁹⁹

ARMSTRONG CHEESE BARS
SELECTED VARIETIES
600 G
21255902_EA/21694961_EA



2⁷⁹

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



3⁴⁹

PC® WATER 24 X 500 ML OR KOOL-AID, MIO, CRYSTAL LIGHT, TANG OR COUNTRY TIME LIQUID DRINK MIX 48 ML
SELECTED VARIETIES
20137898_C24/20565119002_EA



2²⁹

ANNIE'S MAC & CHEESE
SELECTED VARIETIES
170 G
20811201_EA



2⁴⁹

CAVENDISH FARMS CLASSIC FRIES
SELECTED VARIETIES, FROZEN
800 G
21559976_EA



3⁴⁹

GREEN GIANT 750 G OR VALLEY SELECTIONS 400/500 G VEGETABLES
SELECTED VARIETIES, FROZEN
21022097_EA/21022268_EA



5⁴⁹

MCCAIN DEEP'N DELICIOUS CAKES
SELECTED VARIETIES, FROZEN
510 G
20310132003_EA



2⁹⁹

NO NAME® OR ALLEN'S JUICE BOX
SELECTED VARIETIES
8 X 200 ML
20315996002_EA/21717614_EA



3⁷⁹

HERSHEY'S TWIZZLERS LICORICE
75-454 G, JOLLY RANCHER ROPES
283 G OR DARE REAL FOODS 350 G
CANDIES OR GUMMIES
SELECTED VARIETIES
20022328008_EA/21232292_EA



3⁹⁹

QUAKER INSTANT OATMEAL
168-344 G OR CEREAL 350-500 G
SELECTED VARIETIES
21190254_EA/21190260_EA



2⁷⁹

MCCAFÉ GROUND COFFEE
640/875 G OR PODS 30'S
SELECTED VARIETIES
21240975_EA/21633664_EA



2⁹⁹

PEPPERIDGE FARM GOLDFISH SNACK CRACKERS
156-227 G OR DARE BEAR PAWS COOKIES 168-240 G
SELECTED VARIETIES
20300320_EA/21713824_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



5⁷⁹

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



5⁷⁹

NESTLÉ OR HERSHEY'S CHOCOLATE STAND UP POUCHES
SELECTED VARIETIES
76-235 G
20303970004_EA/21648229_EA



2⁴⁹

CHEF BOYARDEE PASTA
SELECTED VARIETIES
418/425 G
20312500002_EA/20312500006_EA



3⁷⁹

CLASSICO SAUCES
SELECTED VARIETIES
218-600 ML
20325609003_EA/21618343_EA



4⁹⁹

FRANK'S HOT SAUCE 354 ML OR FRENCH'S KETCHUP 750 ML/1 L
SELECTED VARIETIES
20187632001_EA/20835951_EA



6²⁹

CLOVER LEAF SOCKEYE SALMON
SELECTED VARIETIES
213 G
21314811_EA



1⁴⁹

NO NAME® PAPER TOWELS 2 ROLLS, BATHROOM TISSUE 4 ROLLS OR FACIAL TISSUE 126 SHEETS
SELECTED VARIETIES
20118684_EA/20970999_EA



3⁷⁹

NO NAME® GARBAGE BAGS 30/48'S, BLEACH 2.4 L, GLOVES 100'S OR LYSOL WIPES 35'S
SELECTED VARIETIES
20295880001_EA/21486532_EA



7⁴⁹

TEMPTATIONS CAT TREATS 454 G, CALEDON FARMS FREEZE DRIED BEEF LIVER 150 G OR SWEET POTATO CHEWS 265 G DOG TREATS
SELECTED VARIETIES
21012108_EA/21237984_EA



18⁹⁹

ALPO COOKOUT CLASSICS DOG FOOD
7.2 KG
20097667_EA

Freshmart

SuperValu Value and freshness **SHOP EASY** F O O D S

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

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

SESV BACK

FROM THURSDAY, AUGUST 27TH TO WEDNESDAY, SEPTEMBER 2ND, 2026

Back to Routine



RED BULL 250 ML OR
ROCKSTAR 473 ML
ENERGY DRINKS
SELECTED VARIETIES
20368415003_EA/20702466_EA



3⁴⁹

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

6⁹⁹

**iögo FROZEN
YOGURT 946 ML
OR BARS 4/8'S
SELECTED VARIETIES,
FROZEN**
21650572_EA/21654419_EA

2⁹⁹



1⁹⁹

**MICHELINA'S
DINNER ENTRÉES
SELECTED VARIETIES,
FROZEN**
154-284 G
21208589_EA/21208633_EA

2⁴⁹

**NO NAME® PEROGIES
SELECTED VARIETIES,
FROZEN**
907 G
20811240_EA

4⁷⁹

**COCA-COLA OR PEPSI
SOFT DRINKS
SELECTED VARIETIES
6 X 222 ML**
20354288002_C06/20857560004_C06



2⁹⁹

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

3²⁹

**DOLE FRUIT CUPS
SELECTED VARIETIES
4 X 107-123 G**
20318455003_EA/20318455004_EA

**4/\$5
OR
\$1.25 EA**

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



4⁴⁹

**NO NAME® JAM
OR MARMALADE
500 ML OR 100%
CANADIAN PURE
LIQUID HONEY 375 G
SELECTED VARIETIES**
20001100_EA/20298902_EA

**NUTELLA HAZELNUT OR
PEANUT SPREAD 375 G OR
NUTELLA B-READY CRISPY
WAFFER WITH HAZELNUT
SPREAD 132 G
SELECTED VARIETIES**
20435988_EA/21457401_EA

2⁹⁹

**PC® TEA
SELECTED VARIETIES
20'S**
20308417_EA/20627612001_EA



3⁷⁹

**PC® ORGANICS OATS 900 G/1 KG
OR MADEGOOD GRANOLA OR
DRIZZLE BARS 120 G, MORNINGS
150 G CRACKERS 121 G, MINIS
GRANOLA BITES 24 G OR CRISPY
SQUARES 132 G
SELECTED VARIETIES**
20705773_EA/20927046_EA

3⁷⁹

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

5⁷⁹

**ROBIN HOOD FLOUR 2.5 KG
OR BAKER'S CHOCOLATE
SQUARES 170/225 G
SELECTED VARIETIES**
20039497001_EA/20316019001_EA



1⁴⁹

**NO NAME® VEGETABLES
SELECTED VARIETIES
341-540 ML**
20148493001_EA/20554593_EA

2⁴⁹

**PRIMO PASTA 375-750 G
OR SAUCE 680 ML
SELECTED VARIETIES**
20165260_EA/20798581_EA

10⁹⁹

**MINUTE RICE
2.6 KG**
20024150_EA

Back to School Savings



6⁷⁹ General Mills™
Retail Size Cereal
selected varieties
300-437 g
21040054_EA/21041473_EA

3⁴⁹ General Mills™
Pillsbury™ Pizza Pops™
selected varieties
4's
21436077_EA/21436023_EA

4²⁹ General Mills™
Old El Paso™ Dinner Kits
selected varieties
250-510 g
20795300_EA/20795536_EA

3⁴⁹ General Mills™
Core Grain & Fruit Retail
selected varieties
120-230 g
20318474002_EA/21673994_EA

*Voted most trusted Mexican Food Products brand, 2026 BrandSpark® Canadian Trust Study. **Voted Most Trusted Granola Bar brand (in a tie), 2026 BrandSpark® Canadian Trust Study.

Freshmart[®]

PROUDLY CANADIAN

Back to School DEALS!



2⁹⁹

**SCHNEIDERS LUNCH KITS, SNACK KITS
OR MINI CHARCUTERIE
SELECTED VARIETIES**

75-120 G

21120301_EA/21309931_EA



**KRAFT DINNER
ORIGINAL 200 G
OR CUPS 58 G
SELECTED VARIETIES**

20298547001_EA/21549526_EA

4/\$5
OR
\$1.25 EA.



3⁴⁹

**ACTIVIA PROBIOTIC 650 G, OÏKOS GREEK
4 X 100 G, DANONE DANINO 6 X 93 ML
OR TWO GOOD 4 X 95 G YOGURT
SELECTED VARIETIES**

20325132003_EA/20903842003_EA



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

20124384001_EA/21652110_EA

2/\$7
OR
\$3.50 EA.

**OASIS, DEL MONTE OR
ARIZONA JUICE 960 ML/1 L
OR GATORADE
SPORT DRINKS 710 ML
SELECTED VARIETIES**

20305775003_EA/20336722001_EA

1⁴⁹



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VISIT FRESHMART.CA**

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