

Freshmart[®]

PROUDLY CANADIAN

Long Weekend Favourites



19⁹⁹

PC[®] BURGERS
SELECTED VARIETIES, FROZEN
1.02-1.36 KG

20941230_EA/20941343_EA



CAVENDISH FARMS PREMIUM FRIES
SELECTED VARIETIES, FROZEN

400-750 G

20318419001_EA

2/\$6
OR \$3 EA.



3/\$10
OR
\$3.33 EA.

LAY'S POTATO CHIPS
SELECTED VARIETIES

210-235 G

21240913_EA/21664493_EA



NO NAME[®]
ICE CREAM SANDWICHES OR BARS

SELECTED VARIETIES, FROZEN

24/30'S

21013432_EA

10⁹⁹



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, SEPTEMBER 3RD TO
WEDNESDAY, SEPTEMBER 9TH, 2026

PACK THEIR DAY WITH SMILES

4⁷⁹

Tostitos® tortilla chips 210 – 295 g
or **Tostitos® salsa or dip**
394 – 418 mL /432 g
selected varieties
21050575_EA/20673717_EA

4⁴⁹

Miss Vickie's® kettle cooked potato chips 190 – 200 g, **Smartfood® popcorn** 150 – 200 g
or **PopCorners® popped-corn chips** 142 g
selected varieties
20972859_EA/21240628_EA/21370205_EA

3⁹⁹

SunChips® multigrain snacks
selected varieties
205 g
21721854_EA/21370317_EA

3⁹⁹

Frito-Lay® Minis snacks
selected varieties
102 – 145 g
21613537_EA/21613317_EA/21613557_EA

BACK TO SCHOOL FAVOURITES

3⁷⁹

Nutri-Grain® Bars, Rice Krispies Squares® Bars or Pop-Tarts® Toaster Pastries
Selected varieties
176 - 384 g
20313984001_EA/20126567003_EA/21721587_EA

3⁴⁹

Pringles® Potato Chips
Selected varieties
148 - 156 g
21003833_EA/21584545_EA

3⁷⁹

Town House® Crackers
Selected varieties
247 - 391 g
21107403_EA/21586579_EA

3⁷⁹

Kashi® Bars
Selected varieties
200 g
20849832002_EA/20849832001_EA

Give thirst a summer break.

4⁹⁹*

CORE POWER® high protein milk shake
414 mL
selected varieties
21731564_EA

2⁹⁹*

Monster Energy® beverages†
selected varieties
458 mL or 473 mL
20938249_EA

1⁹⁹*

POWERADE® beverages
selected varieties
710 mL
20853723_EA

9⁹⁹*

PEACE TEA® or Fuze® iced tea beverages
12 x 341 mL
selected varieties
21645563_C12/21242490_C12

* Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price.

† This product may not be suitable for everyone. Please read the label for instructions. The trademarks that appear are the property of their respective trademark owners.

Grocery Essentials



3⁹⁹

**DR. OETKER
GIUSEPPE
GARLIC FINGERS
FROZEN
317 G**
21164021_EA



3²⁹

**CHEEMO PEROGIES
SELECTED VARIETIES,
FROZEN
815/907 G**
20527159_EA



12⁹⁹

**HIGH LINER
PAN-SEAR SELECTS
OR SIGNATURE CUTS
FISH FILLETS
SELECTED VARIETIES,
FROZEN
425-540 G**
21186254_EA



5⁹⁹

**PC® CHOCOLATE COVERED
FRUIT 200 G OR TRÜ FRÜ
NATURE'S FROZEN
CHOCOLATE COVERED
FRUIT 170 G
SELECTED VARIETIES,
FROZEN**
21516001_EA/21544055_EA



6⁹⁹

**COCA-COLA, CANADA DRY
OR PEPSI SOFT DRINKS
SELECTED VARIETIES
6 X 710 ML**
20310546002_C06/20313741002_C06



4⁴⁹

**CARNATION
HOT CHOCOLATE
SELECTED VARIETIES
175/250 G**
21041744_EA



2/\$5
OR
\$2.50 EA.

**NO NAME® FRUIT GELS
4 X 123 G, FRUIT CUPS
4 X 107 ML/G OR
TORTILLA CHIPS 200 G
SELECTED VARIETIES**
20521654_EA/21654374_EA



5⁴⁹

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



3/\$10
OR
\$3.33 EA.

**CADBURY
CHOCOLATE BARS
SELECTED VARIETIES
80-105 G**
21648577_EA/21648701_EA



5⁴⁹

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



3⁹⁹

**PC® OR BLUE MENU®
CEREAL OR GRANOLA
325-475 G OR CROWN
CORN SYRUP 500 ML
SELECTED VARIETIES**
20160687_EA/20631288002_EA



13⁹⁹

**MCCAFÉ K-CUP PODS
10/12'S OR GROUND
COFFEE 290/300 G
SELECTED VARIETIES**
21238598_EA/21721681_EA



5⁹⁹

**PC® ORGANICS SKYR
YOGURT OR YOGURT
ALTERNATIVE
SELECTED VARIETIES
500/680 G**
21170510_EA



2⁷⁹

**FRENCH'S MUSTARD
SELECTED VARIETIES
325-550 ML**
20083238_EA/20949217_EA



2⁴⁹

**NO NAME® SPICES OR
SEASONINGS 5.5-250 G
OR KNORR SAUCE OR
GRAVY MIXES 17-48 G
SELECTED VARIETIES**
20307866001_EA/20617758_EA



1⁴⁹

**NO NAME® MUSHROOMS
SELECTED VARIETIES
284 ML**
20097492_EA/20299211_EA



2⁴⁹

**BICK'S RELISH
SELECTED VARIETIES
375/500 ML**
21664988_EA/21665162_EA



5⁴⁹

**PC® BLACK LABEL
OR PC® OLIVES
SELECTED VARIETIES
375-750 ML**
20317800_EA/20319649_EA

GROCERY



4²⁹

BECEL 400/454 G OR BECEL PLANT BASED BRICKS 454 G SELECTED VARIETIES

21279365_EA/21747653_EA



6⁹⁹

DEL MONTE JUICE BLENDS 2.5 L OR OASIS SMOOTHIES 4 X 300 ML SELECTED VARIETIES

21595736_EA/21742032_C04



3⁹⁹

OCEAN SPRAY CRANBERRY COCKTAILS, JUICE BLENDS OR MOTT'S CLAMATO SELECTED VARIETIES 1.89 L

20300006008_EA/20318955002_EA



6⁴⁹

MONTELLIER CARBONATED NATURAL SPRING WATER 10 X 355 ML OR BUBBLY SPARKLING WATER 12 X 355 ML SELECTED VARIETIES

21096704_C10/21174519_C12



10⁹⁹

PC® OR BLUE MENU® ENTRÉES SELECTED VARIETIES, FROZEN 907 G-1.13 KG

20326534_EA



11⁴⁹

EL MONTEREY TAQUITOS OR QUESADILLAS SELECTED VARIETIES, FROZEN 595/684 G

21022918_EA/21022952_EA



5⁴⁹

HÄAGEN-DAZS ICE CREAM 400-450 ML OR BARS 3/4'S SELECTED VARIETIES, FROZEN

20302298001_EA/21513555_EA



2²⁹

MIDDAY SQUARES FUNCTIONAL CHOCOLATE BARS OR SQUARES SELECTED VARIETIES 33 G

21487220_EA/21619483_EA



11⁴⁹

PC® DE-ALCOHOLIZED LAGER BEER SELECTED VARIETIES 12 X 355 ML

20121729_C12



3⁷⁹

GOGO SQUEEZ FRUIT SAUCE 4 X 90 G OR 360-388 G OR QUAKER OATS 709 G-1 KG SELECTED VARIETIES

20323113001_EA/21701363_EA



5⁴⁹

POST FAMILY SIZE OR QUAKER HARVEST CRUNCH CEREAL SELECTED VARIETIES 525-650 G

20940327_EA/21219824_EA



2⁴⁹

FRUITÉ BEVERAGE SELECTED VARIETIES 2 L

20109062_EA/21518106_EA



2/\$5
OR \$2.50 EA.

SNACK PACK PUDDING OR JUICY GELS SELECTED VARIETIES 4 X 99 G

20310707006_EA/21194844_EA



2/\$7
OR \$3.50 EA.

FIBRE 1 BARS OR BROWNIES 125-175 G, NATURE VALLEY PROTEIN, SWEET & SALTY OR BISCUITS BARS 148-190 G, CHRISTIE SNACK PACKS OR BARNUM'S ANIMAL CRACKERS 150-200 G SELECTED VARIETIES

21584976_EA/21714056_EA



2⁷⁹

GRISSOL MELBA TOAST OR BAGUETTES 120-200 G OR DARE BRETON, VINTA CRACKERS OR VEGGIE CRISPS 100-225 G SELECTED VARIETIES

20313040001_EA/20774684001_EA/20973368_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



1⁹⁹

CAMPBELL'S CONDENSED SOUP OR BROTH SELECTED VARIETIES 284 ML

20297246002_EA/21690719_EA



2²⁹

CAMPBELL'S BROTH SELECTED VARIETIES 900 ML

20322348003_EA/21107635_EA



1⁹⁹

BARILLA PASTA SELECTED VARIETIES 340/410 G

21404912_EA/21703976_EA



1⁹⁹

NO NAME® TOMATOES SELECTED VARIETIES 796 ML

20600789_EA/20651741_EA



3⁴⁹

NATURE CLEAN FRUIT & VEGGIE SPRAY WASH 500 ML, DISHWASHING LIQUID, MULTI SURFACE OR GLASS CLEANER 740 ML, SELECTED VARIETIES

21179495_EA



5⁴⁹

NO NAME® BATHROOM TISSUE 12=24 ROLLS OR PAPER TOWELS 6=12 ROLLS

21624748_EA/21636318_EA



3²⁹

TEMPTATIONS 40-180 G OR PURINA FRISKIES 170 G CAT TREATS SELECTED VARIETIES, 40-180 G

20298151002_EA/21081006_EA



20⁹⁹

BLUE BUFFALO DRY DOG FOOD SELECTED VARIETIES 2.2 KG

21360350_EA

Freshmart

SuperValu Value and freshness **SHOP EASY** Plan on saving

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SESV BACK

FROM THURSDAY, SEPTEMBER 3RD TO WEDNESDAY, SEPTEMBER 9TH, 2026

MEAT & SEAFOOD



4⁹⁹
LB

PORK TENDERLOIN
FRESH,
CRYOVAC PACKAGE
2'S
11.00/KG
20520970_KG

4⁹⁹
LB

**BONE-IN, SKIN-ON
CHICKEN THIGHS**
FAMILY SIZE
11.00/KG
20058163_KG

14⁹⁹

**GRASS FED MEDIUM
GROUND BEEF**
900 G
21675509_EA



16⁹⁹

BUTCHER'S CHOICE® SAUSAGES
CLUB SIZE, SELECTED VARIETIES
1.45 KG
21218891_EA

13⁹⁹

**MARCANGELO
PORK OR CHICKEN SOUVLAKI**
VALUE PACK, SELECTED VARIETIES
480-640 G
21041735_EA/21098855_EA

7⁹⁹

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

3⁴⁹

NO NAME® ORIGINAL WIENERS
450 G
20002786_EA



6⁹⁹

**SCHNEIDERS
BLUE RIBBON BOLOGNA**
SELECTED VARIETIES
375 G
21738727_EA/21738857_EA

\$10

**CHICKEN STRIPS, NUGGETS,
BURGERS, SEAFOOD FILLETS,
MEATBALLS OR FROZEN SNACKS**
SELECTED VARIETIES, FROZEN
200 G-1.8 KG
21473698_EA/21667936_EA

2⁹⁹

**SEAQUEST® IMITATION
CRAB 227 G OR DOM SMOKED
STEELHEAD SALMON 50 G**
SELECTED VARIETIES, FROZEN
20792840_EA/20699832_EA

6⁹⁹

**BASA STEAKS OR
CHUB MACKEREL**
SELECTED VARIETIES, FROZEN
1 KG
20910469_EA/21079543_EA

DELI MEAT & CHEESE



2²⁹
/100 G

**ZIGGY'S®
PASTRAMI OR CORNED BEEF**
DELI SERVICE CASE
21020569_KG

4⁹⁹

SUMMI SPRING ROLLS OR DUMPLINGS
SELECTED VARIETIES
250-350 G
20132940_EA/21114397_EA

5⁴⁹

**BOTHWELL CHEESE CURDS,
CHEDDAR OR GOUDA**
SELECTED VARIETIES
170/240 G
20788393_EA/21060074_EA

9⁴⁹

**PC® BLACK LABEL 36 MONTH
PARMIGIANO REGGIANO 200 G
OR PC® SPLENDIDO® PARMIGIANO
REGGIANO OR PECORINO ROMANO,**
PRODUCT OF ITALY, 250 G
SELECTED VARIETIES
21053434_EA/21188276_EA

FLAVOURS OF THE WORLD



3⁹⁹
LB

**GAI LON, PRODUCT OF CANADA OR
BABY BOK CHOY, SHANGHAI BOK CHOY,
YU CHOY OR BABY NAPA CABBAGE,**
PRODUCT OF MEXICO OR U.S.A.
8.80/KG

11⁹⁹

**ZABIHA HALAL CHICKEN POPCORN,
BURGERS, NUGGETS, FRIES OR STRIPS**
SELECTED VARIETIES, FROZEN
800 G
21192505_EA/21192652_EA

1⁹⁹

TAMAM CHICKPEAS OR BEANS
SELECTED VARIETIES
796 ML
21214487_EA/21214490_EA

5⁹⁹

ALFA PUFF PASTRY
FROZEN
850 G
21606988_EA

FRUITS & VEGETABLES



.99

**SWEET
BICOLOUR CORN**
PRODUCT OF CANADA
EACH

4⁴⁹

ROMAINE HEARTS
PRODUCT OF CANADA
3'S

8⁴⁹

**SEEDLESS
WATERMELONS**
PRODUCT OF CANADA
EACH



4⁹⁹
LB

RED CHERRIES
PRODUCT OF CANADA OR U.S.A.
11.00/KG

6⁹⁹

HONEYDEW
PRODUCT OF U.S.A.
EACH

5⁹⁹

FARMER'S MARKET™ NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB BAG

7⁹⁹

**PC® GREEN OR RED
SEEDLESS GRAPES**
PRODUCT OF U.S.A., NO. 1 GRADE
907 G



4²⁹

PC® MUSHROOMS
PRODUCT OF CANADA,
SELECTED VARIETIES
100-454 G

7⁴⁹

**FARMER'S MARKET™
WHITE POTATOES**
PRODUCT OF CANADA
10 LB BAG

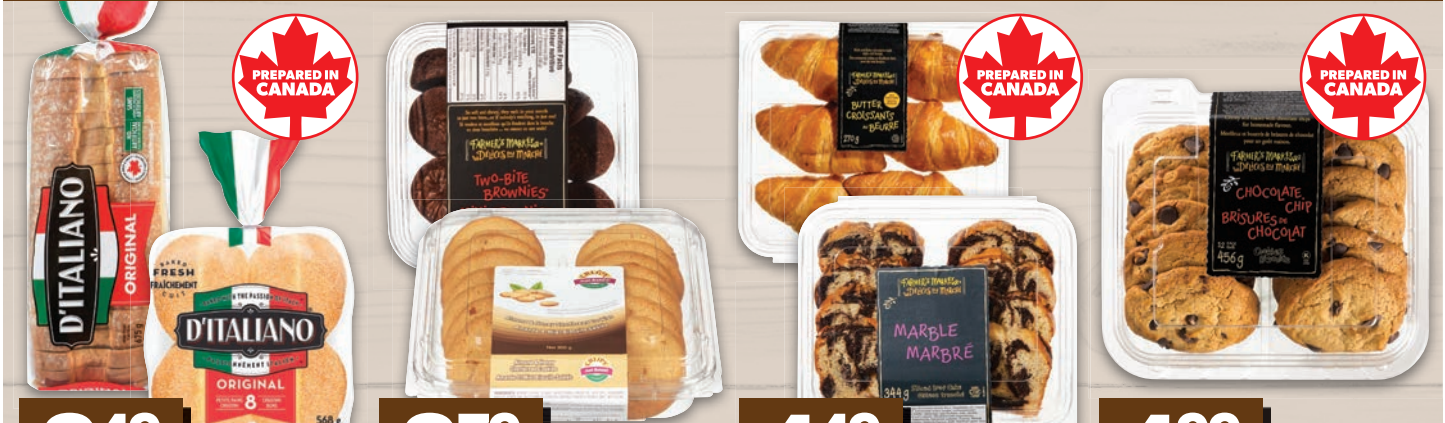
3⁴⁹

**PC® OR PC® BLUE MENU®
CAESAR SALAD KITS**
PRODUCT OF U.S.A.
282-340 G
21333977_EA/21334801_EA

2⁹⁹

FARMER'S MARKET™ MINI CARROTS
PRODUCT OF CANADA
2 LB BAG

BAKERY



3⁴⁹

**D'ITALIANO BREAD 600/675 G
OR BUNS 6/8'S**
SELECTED VARIETIES
20038335_EA/20521048_EA

3⁷⁹

**CRISPY NAMAK PARA COOKIES
350/360 G OR FARMER'S MARKET™
TWO-BITE BROWNIES® 265 G**
SELECTED VARIETIES
21450055_EA

4⁴⁹

**FARMER'S MARKET™
LOAF CAKES OR CROISSANTS**
SELECTED VARIETIES
260-390 G
20975943_EA/21542157_EA

4⁹⁹

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
12'S
20566774_EA

DAIRY & REFRIGERATED



2⁹⁹

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

3⁹⁹

**RISE KOMBUCHA 414 ML, HERSHEY'S
OR JELL-O PUDDING, GEL OR
CHEESECAKE SNACKS 4 X 89-113 G**
SELECTED VARIETIES
20910755001_EA/21019795_EA

5⁴⁹

**ACTIVIA PROBIOTIC YOGURT
8 X 100 G OR YOGURT DRINKS 8 X 93 ML**
SELECTED VARIETIES
20325384002_EA/21430512_EA

6⁴⁹

OÏKOS GREEK YOGURT
SELECTED VARIETIES
650/750 G
21006634_EA/21652073_EA

Freshmart[®]

PROUDLY CANADIAN



2⁹⁹
LB

FRESH CHICKEN DRUMSTICKS
CLUB SIZE
6.59/KG
20004494_KG



11⁹⁹
LB

FRESH BEEF STRIPLAIN
ROAST OR STEAK *
FAMILY SIZE
26.43/KG
20794004_KG



GROWN IN THE
WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1⁹⁹

BROCCOLI OR CELERY
PRODUCT OF WESTERN PROVINCES
EACH



3⁴⁹

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



3⁷⁹

ZIGGY'S® SLICED MEATS
OR **CHEESE SLICES** 160-180 G
SELECTED VARIETIES
21592461_EA/21610826_EA



5⁴⁹

SEAQUEST® PACIFIC WHITE SHRIMP
300 G OR **FROZEN BAY SCALLOPS** 400 G
SELECTED VARIETIES, FROZEN
21043887_EA/21558527_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE, WHIPPED CREAM
CHEESE OR DIPS 227/250 G OR **KRAFT SINGLES**
OR **VELVEETA SLICES** 410 G
SELECTED VARIETIES
20641267_EA/21188654_EA



\$4

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



4⁹⁹

HEINZ KETCHUP 750 ML-1 L OR
KRAFT MIRACLE WHIP SPREAD 650-890 ML
SELECTED VARIETIES
20069080_EA/20298681001_EA



6⁹⁹

PC® CHOCOLATE COVERED FRUITS
OR **NUTS OR BARS**
SELECTED VARIETIES
2000-340 G
20000356_EA/21689854_EA



8²⁹

COCA-COLA, PEPSI
OR **CANADA DRY SOFT DRINKS**
SELECTED VARIETIES
12 X 355 ML
20318694002_C12/20322361002_C12



6⁹⁹

ROYALE FACIAL TISSUE 6'S, **TOILET PAPER** 12'S
OR **PAPER TOWEL** 3'S
SELECTED VARIETIES
21187195_EA/21484702_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

Freshmart[®]

PROUDLY CANADIAN

SuperValu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



2⁹⁹
LB

FRESH CHICKEN DRUMSTICKS
CLUB SIZE
6.59/KG
20004494_KG



11⁹⁹
LB

FRESH BEEF STRIPLIN
ROAST OR STEAK *
FAMILY SIZE
26.43/KG
20794004_KG



GROWN IN THE
WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

1⁹⁹

BROCCOLI OR CELERY
PRODUCT OF WESTERN PROVINCES
EACH



3⁴⁹

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



3⁷⁹

ZIGGY'S[®] SLICED MEATS
OR CHEESE SLICES 160-180 G
SELECTED VARIETIES
21592461_EA/21610826_EA



5⁴⁹

SEAQUEST[®] PACIFIC WHITE SHRIMP
300 G OR FROZEN BAY SCALLOPS 400 G
SELECTED VARIETIES, FROZEN
21043887_EA/21558527_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE, WHIPPED CREAM
CHEESE OR DIPS 227/250 G OR KRAFT SINGLES
OR VELVEETA SLICES 410 G
SELECTED VARIETIES
20641267_EA/21188654_EA



\$4

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



4⁹⁹

HEINZ KETCHUP 750 ML-1 L OR
KRAFT MIRACLE WHIP SPREAD 650-890 ML
SELECTED VARIETIES
20069080_EA/20298681001_EA



6⁹⁹

PC[®] CHOCOLATE COVERED FRUITS
OR NUTS OR BARS
SELECTED VARIETIES
2000-340 G
20000356_EA/21689854_EA



8²⁹

COCA-COLA, PEPSI
OR CANADA DRY SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
20318694002_C12/20322361002_C12



6⁹⁹

ROYALE FACIAL TISSUE 6'S, TOILET PAPER 12'S
OR PAPER TOWEL 3'S
SELECTED VARIETIES
21187195_EA/21484702_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Summer Favourites



11⁹⁹

**PC® SMOKIES™
OR SMOKED SAUSAGES
SELECTED VARIETIES**

1 KG

20732535_EA/20733617_EA



**KRAFT SALAD DRESSING
SELECTED VARIETIES**

425 ML

21584849_EA/21584931_EA

3⁴⁹



.99

**YOP DRINKABLE YOGURT
SELECTED VARIETIES**

200 ML

21757809_EA/21757965_EA



**CHRISTIE RITZ,
PREMIUM PLUS,
TRISCUIT, WHEAT THINS OR
TOPPABLES CRACKERS**

FAMILY SIZE,

SELECTED VARIETIES

350-481 G

20686037_EA/21109004_EA

5⁴⁹



Fresh

PROUDLY CANADIAN

Long Weekend Favourites



19⁹⁹

PC® BURGERS
SELECTED VARIETIES, FROZEN
1.02-1.36 KG

20941230_EA/20941343_EA



CAVENDISH FARMS PREMIUM FRIES
SELECTED VARIETIES, FROZEN
400-750 G

20318419001_EA

2/\$6
OR \$3 EA.



3/\$10
OR
\$3.33 EA.

LAY'S POTATO CHIPS
SELECTED VARIETIES
210-235 G

21240913_EA/21664493_EA



NO NAME®
ICE CREAM SANDWICHES OR BARS
SELECTED VARIETIES, FROZEN
24/30'S

21013432_EA

10⁹⁹



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

**FROM THURSDAY, SEPTEMBER 3RD TO
WEDNESDAY, SEPTEMBER 9TH, 2026**