

Fresh

PROUDLY CANADIAN

Hot Deals of the WEEK



3⁹⁹

**NO NAME® SUMMER SAUSAGE,
PEPPERONI OR SALAMI CHUBS 500 G
OR BACON 375 G
SELECTED VARIETIES**

20015818_EA/21750394_EA



**CAMPBELL'S CONDENSED SOUP
SELECTED VARIETIES**

284 ML

20176214001_EA/20176214003_EA

3/\$4

OR \$1.33 EA.



2/\$5

OR
\$2.50 EA.

**CHRISTIE RITZ, TRISCUIT OR
WHEAT THINS CRACKERS 175-200 G OR
KETTLE BRAND POTATO CHIPS 156-198 G
SELECTED VARIETIES**

21520692_EA/21547034_EA



**DAWN OR PALMOLIVE
DISHWASHING LIQUID
SELECTED VARIETIES**

591/828 ML

21004368_EA/21735713_EA

2⁴⁹



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

**FROM THURSDAY, SEPTEMBER 10TH TO
WEDNESDAY, SEPTEMBER 16TH, 2026**



12⁹⁹

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

21022221_EA/21045313_EA



PC® SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES
255-397 G

21204248_EA/21204034_EA

2⁹⁹



6⁹⁹



NO NAME® STRINGABLE CHEESE 16'S
336 G OR SIMPLY LEMONADE 2.25 L
SELECTED VARIETIES

20765349_EA/21679476_EA



OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G

20311594_EA/20915834_EA

8⁹⁹

Freshmart[®]

PROUDLY CANADIAN

SuperValu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



3⁴⁹
LB

PORK LOIN CENTRE-CUT CHOPS OR ROAST
BONELESS, FAMILY SIZE
7.69/KG
20862629_KG



7⁴⁹
LB

BEEF INSIDE ROUND STEAK FAMILY SIZE
OR OVEN ROAST*
16.51/KG
20794583_KG



2⁹⁹

CANTALOUPE
PRODUCT OF CANADA
EACH



1⁹⁹

PC[®] MUSHROOMS 200 G, SELECTED VARIETIES
OR **FARMER'S MARKET[™] GRAPE TOMATOES**
283 G, PRODUCT OF CANADA



5⁴⁹

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



3/\$15
OR
\$5 EA.

PC[®] DOUBLE BRIE OR CAMEMBERT 165-200 G,
BOURSIN SOFT CHEESE 130-220 G, CASTELLO
HAVARTI, CHEDDAR OR BLUE CHEESE
113-200 G OR **AGROPUR SIGNATURE BRIE**
OR **CAMEMBERT 170 G**
SELECTED VARIETIES
20116794_EA/20787327_EA/20428574_EA



9⁴⁹

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



4⁴⁹

DR. OETKER RISTORANTE
OR **CASA DI MAMA PIZZA**
SELECTED VARIETIES, FROZEN
320-410 G
20296424001_EA/20852957_EA



3/\$5
OR
\$1.67 EA.

NO NAME[®] PASTA 375-900 G OR
PASTA SAUCE 680 ML
SELECTED VARIETIES
20299886002_EA/20315613002_EA
20323261_EA



9⁹⁹

NO NAME[®] CANOLA
OR **VEGETABLE OIL**
SELECTED VARIETIES
3 L
20028656_EA/20103390_EA



4²⁹

PURE LIFE
NATURAL SPRING WATER
24 X 500 ML
20060696_C24



6⁴⁹

NESCAFÉ SWEET & CREAMY
144-351 G OR **FLAVOURED,**
DECAFFEINATED OR
COLOMBIAN INSTANT
COFFEE 100-170 G
SELECTED VARIETIES
20873036_EA/21363371_EA

SEPTEMBER
HIT OF THE MONTH



\$2

Prepared in Canada

PC[®] Kettle Cooked Chips
Selected varieties, 200 g



\$3

Made in Canada

Maynards Candy
Selected varieties, 308 - 315 g



\$3⁵⁰

Prepared in Canada

Harvest Pork Sausage
Selected varieties,
375 - 500 g

As compared to other major grocery retailers within your local trade areas. Offer valid September 1st - 30th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



3⁴⁹
LB

PORK LOIN CENTRE-CUT CHOPS OR ROAST
BONELESS, FAMILY SIZE
7.69/KG
20862629_KG



7⁴⁹
LB

BEEF INSIDE ROUND STEAK FAMILY SIZE
OR OVEN ROAST*
16.51/KG
20794583_KG



2⁹⁹

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PRODUCT OF CANADA
EACH



1⁹⁹

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283 G, PRODUCT OF CANADA



5⁴⁹

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OR **MACAROONS 350 G**
SELECTED VARIETIES
20323572_EA/21216501_EA



3/\$15
OR
\$5 EA.

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BOURSIN SOFT CHEESE 130-220 G, CASTELLO
HAVARTI, CHEDDAR OR BLUE CHEESE
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20116794_EA/20787327_EA/20428574_EA



9⁴⁹

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



4⁴⁹

DR. OETKER RISTORANTE
OR **CASA DI MAMA PIZZA**
SELECTED VARIETIES, FROZEN
320-410 G
20296424001_EA/20852957_EA



3/\$5
OR
\$1.67 EA.

NO NAME® PASTA 375-900 G OR
PASTA SAUCE 680 ML
SELECTED VARIETIES
20299886002_EA/20315613002_EA
20323261_EA



9⁹⁹

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SELECTED VARIETIES
3 L
20028656_EA/20103390_EA



4²⁹

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24 X 500 ML
20060696_C24



6⁴⁹

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SELECTED VARIETIES
20873036_EA/21363371_EA

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HIT OF THE MONTH



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Selected varieties, 200 g



\$3

Made in Canada

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*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESY Y 1

FRUITS & VEGETABLES



1⁴⁹

ENGLISH CUCUMBERS
PRODUCT OF CANADA
EACH



3⁹⁹

FARMER'S MARKET™
SWEET PEPPERS
PRODUCT OF CANADA
4'S



5⁹⁹

FARMER'S MARKET™
SWEET CORN
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
5'S



6⁹⁹

FARMER'S MARKET™ YELLOW
NECTARINES 2 L OR PEACHES 3 L
PRODUCT OF ONTARIO



2⁹⁹
LB

GRANNY SMITH APPLES
PRODUCT OF U.S.A.
6.59/KG



2⁹⁹
LB

BLACK PLUMS
PRODUCT OF U.S.A.
6.59/KG



2⁹⁹
LB

BARTLETT OR BOSCH PEARS
PRODUCT OF U.S.A.
6.59/KG



4⁴⁹

FARMER'S MARKET™
BAGGED AVOCADOS
PRODUCT OF MEXICO
6'S



5⁹⁹

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



3⁴⁹

FARMER'S MARKET™
BAKING POTATOES
PRODUCT OF U.S.A.,
NO. 1 GRADE
4'S



2⁸⁹

FARMER'S MARKET™
CARROTS 2 LB OR ONIONS 3 LB
PRODUCT OF ONTARIO

BAKERY



4²⁹

PC® BREAD 400-675 G
OR DELI WORLD BREAD 900 G
SELECTED VARIETIES
20682493_EA/21050280_EA



5⁹⁹

LA BAGUETTERIE MICHE 600/800 G
OR ACE ARTISAN ROLLS 400-700 G
SELECTED VARIETIES
20862393_EA/21724955_EA



4⁹⁹

PC® MINI MUFFINS 336 G,
SARA LEE GRANOLA BARS 96 G
OR SCHOOL SAFE MINI LOAVES
OR BROWNIES 280-290 G
SELECTED VARIETIES
21488839_EA/21716308_EA



5⁹⁹

8 INCH PIE
SELECTED VARIETIES
680/750 G
21297470_EA/21297475_EA

DAIRY & REFRIGERATED



2⁹⁹

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



8⁹⁹

LIBERTÉ GREEK YOGURT
SELECTED VARIETIES
900 G/1 KG
21305351_EA/21430952_EA



3⁷⁹

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES
225 G
20048223001_EA/20048223002_EA



3²⁹

DAIRYLAND OR FOREMOST DAIRIES
SOUR CREAM
SELECTED VARIETIES, 500 ML
20317536001_EA/20040329_EA

MEAT & SEAFOOD



4⁴⁹

LEAN GROUND PORK
450 G
21705787_EA

3⁹⁹
LB

PORK SIDE RIBS
8.80/KG
20862906_KG

5⁹⁹
LB

**CHICKEN BREASTS
OR SPLIT CHICKEN
WINGS**
BONE-IN, SKIN-ON,
FAMILY SIZE
13.21/KG
20113612_KG/20761916_KG



7⁹⁹

GRIMM'S WIENERS OR SMOKIES™
SELECTED VARIETIES
375/450 G
20709755_EA/20709991_EA



5⁹⁹

PC® PORK SAUSAGE
SELECTED VARIETIES,
PREPARED IN CANADA
500 G
21584342_EA



12⁹⁹

MARCANGELO
BACON WRAPPED BEEF
340 G
21025464_EA



21⁹⁹

BUTCHER'S CHOICE® BEEF BURGERS
SELECTED VARIETIES, FROZEN
1.13 KG
20767514_EA/20874333_EA



4⁴⁹

NO NAME® STUFFED CHICKEN
SELECTED VARIETIES, FROZEN
284 G
21664886_EA/21664961_EA



8⁹⁹

LOU'S ENTRÉES
SELECTED VARIETIES
375/400 G
20078077_EA/20182404_EA



6⁹⁹

SEAQUEST® PINK SALMON FILLETS
FROZEN
400 G
21314740_EA



10⁹⁹

PC® COOKED COLD WATER SHRIMP
FROZEN
340 G
20021832_EA

DELI MEAT & CHEESE



6⁴⁹

MAPLE LEAF NATURAL SELECTIONS
SLICED DELI MEAT
SELECTED VARIETIES
175 G
20009282_EA/20065285_EA/20066495_EA



3⁴⁹

**PC® OR BLUE MENU® HUMMUS,
DIPS, BRUSCHETTA TOPPING
OR NAAN DIPPERS**
SELECTED VARIETIES
200-280 G
20583408_EA/20584097_EA/21092033_EA



6⁹⁹

ZIGGY'S® FETA
SELECTED VARIETIES
400 G
21717454_EA/21717456_EA



7⁴⁹

**PC® HALLOOM CHEESE 250 G OR
MOZARELLA BALL 340 G OR PC® OR
PC® BLACK LABEL® CHEDDAR BLOCK**
200/250 G, SELECTED VARIETIES
20563213_EA/21678876_EA

FLAVOURS OF THE WORLD



1⁴⁸
LB

**NAPPA CABBAGE, PRODUCT OF
OR TAIWANESE FLAT CABBAGE,
PRODUCT OF MEXICO, U.S.A. OR CHINA**
3.26/KG



9⁹⁹

ZABIHA HALAL CHICKEN BURGERS
FROZEN
908 G
20122720_EA



3⁴⁹

ZINDA COUSCOUS
SELECTED VARIETIES
907 G
20013708_EA/20823375_EA



7⁹⁹

TAMAM TAHINI
907 G
21217267_EA

GROCERY



4⁷⁹

OASIS ORANGE JUICE, HEALTH-BREAK JUICE OR SMOOTHIES 1.5-1.6 L OR SILK COFFEE CREAMER 890 ML
SELECTED VARIETIES
21376778_EA/21743661_EA



6⁹⁹

STÖK OR STARBUCKS OR INTERNATIONAL DELIGHT COLD BREW COFFEE 1.18-1.89 L OR STARBUCKS COFFEE ENHANCER 828 ML OR INTERNATIONAL DELIGHT COLD FOAM 369/396 G
SELECTED VARIETIES
21215530_EA/21358473_EA



1⁷⁹

PC® SOFT DRINKS
SELECTED VARIETIES
2 L
20311645003_EA



6⁴⁹

PC® OR BLUE MENU® SPARKLING WATER
SELECTED VARIETIES
12 X 355 ML
21194356_C01/21747404_C12



3⁴⁹

KELLOGG'S EGGO WAFFLES, PANCAKES OR FRENCH TOASTER STICKS
SELECTED VARIETIES, FROZEN
270-330 G
20302779_EA



3⁴⁹

PC® OR BLUE MENU® FROZEN ENTRÉES
SELECTED VARIETIES
212-365 G
20309869_EA



4⁹⁹

MCCAIN FRENCH FRIES
SELECTED VARIETIES, FROZEN
1.5 KG
20799763_EA



2⁹⁹

MOTT'S FRUITSATIONS APPLE SAUCE 6 X 111 G OR SENSIBLE PORTIONS VEGGIE STRAWS OR CHIPS 120-142 G
SELECTED VARIETIES
20324241001_EA/20377204001_EA



2⁴⁹

SUNRYPE 100% JUICE
SELECTED VARIETIES
900 ML/1 L OR 5 X 200 ML
20640102001_EA



7²⁹

KELLOGG'S FAMILY SIZE CEREAL 450-650 G OR KRAFT HAZELNUT SPREAD 725 G
SELECTED VARIETIES
21285418_EA/21651947_EA



11⁴⁹

PC® MAPLE SYRUP 500 ML OR NO NAME® HONEY 1 KG
SELECTED VARIETIES
20033683_EA/20049221_EA



12⁷⁹

STARBUCKS GROUND COFFEE
311-340 G OR K-CUP PODS 10'S
SELECTED VARIETIES
20547343001_EA/20548682004_EA



2/\$3
OR \$1.50 EA.

NO NAME® POTATO CHIPS
SELECTED VARIETIES
200 G
21302821_EA/21302937_EA



2⁷⁹

QUAKER CRISPY MINIS RICE CAKES OR CHIPS 90-199 G, DIPPS OR CHEWY GRANOLA BARS 120-156 G
SELECTED VARIETIES
20163708002_EA/20847582_EA



4²⁹

LECLERC CÉLÉBRATION, VITAL OR TRADITION 1905 COOKIES 200-350 G, CHOCOMAX OR MUFFIN MAX BARS 160-223 G
SELECTED VARIETIES
21154316_EA/21680155_EA



3/\$8
OR \$2.67 EA.

HARIBO GUMMY CANDIES
170-175 G OR NERDS GUMMY CLUSTERS 142 G
SELECTED VARIETIES
21564627_EA/21716304_EA



1⁹⁹

ST-HUBERT SAUCE
SELECTED VARIETIES
398 ML
20322135002_EA/20322135003_EA



4²⁹

BICK'S PICKLES
SELECTED VARIETIES
1 L
21668406_EA/21668460_EA



4⁷⁹

PC® OR BLUE MENU® MAYONNAISE 750/890 ML OR HEREFORD CORNED BEEF 340 G
SELECTED VARIETIES
20301438_EA/21416495_EA



4²⁹

MINUTE RICE
SELECTED VARIETIES
500-700 G
20310858_EA/20696955_EA



21⁴⁹

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



8⁹⁹

MILKBONE SOFT & CHEWY DOG TREATS 708 G OR WHISKAS DRY CAT FOOD 1.5/2 KG
SELECTED VARIETIES
20018670_EA/21588944_EA



25⁹⁹

BENEFUL DOG FOOD
SELECTED VARIETIES
7 KG
21041235_C01

Freshmart

SuperValu Value and freshness **SHOP EASY** Plan on going easy

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.



Everyday Essentials



2⁴⁹

**BAGEL BITES
PIZZA SNACKS
SELECTED VARIETIES,
FROZEN**
198 G
20213483001_EA



5⁴⁹

**NO NAME® FISH
SELECTED VARIETIES,
FROZEN**
454 G
21672264_EA



11⁹⁹

**NO NAME®
DRINK CRYSTALS
SELECTED VARIETIES**
2.1/2.3 KG
21607855_EA



2²⁹

**NO NAME® FROZEN JUICE
SELECTED VARIETIES,
FROZEN**
283 ML
21740229_EA/21740314_EA



4⁹⁹

**NO NAME® TART SHELLS
570 G OR CHAPMAN'S
SUPER PREMIUM PLUS
ICE CREAM 500 ML
SELECTED VARIETIES, FROZEN**
20296118001_EA/21511089_EA



8⁹⁹

**RED BULL ENERGY
DRINKS 4 X 250 ML
OR NESTEA ICED TEA
12 X 341 ML
SELECTED VARIETIES**
20166737001_C04/21689167_C12



1⁹⁹

**NO NAME® CHEESE
FLAVOURED CORN SNACKS
OR CORN CHIPS
SELECTED VARIETIES**
142-200 G
20322677_EA/20946414_EA



1⁹⁹

**NO NAME® CHOCOLATE
BARS 100 G OR ICE CREAM
CONES OR CUPS 75-80 G
SELECTED VARIETIES**
20580727_EA/21203883_EA



4⁴⁹

**NO NAME® COOKIES
907 G OR SEASONED DRY
ROASTED PEANUTS 650 G
SELECTED VARIETIES**
20318678001_EA/21191816_EA



3²⁹

**NO NAME®
TABLE SYRUP 750 ML,
PEANUT BUTTER 500 G
OR PANCAKE MIX 905 G
SELECTED VARIETIES**
20306030_EA/20316212001_EA/20322949_EA



3⁹⁹

**MADEGOOD® GRANOLA
BARS, BITES, CRISPY
SQUARES, SOFT BAKED
OAT BARS 120-150 G OR
WELCH'S FRUIT SNACKS 22 G
SELECTED VARIETIES**
20797052001_EA/21384786_EA



4⁹⁹

**LINDT EXCELLENCE,
SWISS CLASSIC OR
LINDOR CHOCOLATE
BARS 50-200 G OR
CARNABY SWEET
GUMMY CANDY 500 G
SELECTED VARIETIES**
20296856001_EA/21363890_EA



4²⁹

**PC® OR BLUE MENU®
TOMATO KETCHUP
SELECTED VARIETIES**
750 ML/1 L
20131845_EA/20337586_EA



**NO NAME® FLOUR
SELECTED VARIETIES**
2.5 KG
20013256_EA



3⁴⁹

**TETLEY TEA
SELECTED VARIETIES**
20/24'S
20711158_EA



2⁴⁹

**UNICO TOMATOES
SELECTED VARIETIES**
796 ML
20314629001_EA/20314629006_EA



2⁷⁹

**HEINZ PASTA OR BEANS
SELECTED VARIETIES**
398 ML
20040380003_EA/20177278006_EA



6⁹⁹

**KRAFT ORIGINAL
MACARONI & CHEESE
SNACK CUPS**
232 G
21565025_EA



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**EXCEL®
GUM BOTTLES
SELECTED VARIETIES**
40-60 PIECE
20310919002_EA

4⁷⁹



**EXCEL®
MINTS
SELECTED VARIETIES**
34 g
20305925001_EA

2²⁹



**CANDY PEG
SELECTED VARIETIES**
142-170 g
21646523_EA

3⁴⁹



**CHOCOLATE
KING
SELECTED VARIETIES**
50-92 g
20686572002_EA

4/\$9
OR \$2.25 EA

Freshmart[®]

PROUDLY CANADIAN

Hot Deals of the WEEK

Offres de la SEMAINE



3⁹⁹

**NO NAME[®] SUMMER SAUSAGE,
PEPPERONI OR SALAMI CHUBS 500 G
OR BACON 375 G
SELECTED VARIETIES**

20015818_EA/21750394_EA



**CAMPBELL'S CONDENSED SOUP
SELECTED VARIETIES**

284 ML

20176214001_EA/20176214003_EA

3/\$4

OR \$1.33 EA.



2/\$5

OR
\$2.50 EA.

**CHRISTIE RITZ, TRISCUIT OR
WHEAT THINS CRACKERS 175-200 G OR
KETTLE BRAND POTATO CHIPS 156-198 G
SELECTED VARIETIES**

21520692_EA/21547034_EA



**DAWN OR PALMOLIVE
DISHWASHING LIQUID
SELECTED VARIETIES**

591/828 ML

21004368_EA/21735713_EA

2⁴⁹



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VISIT FRESHMART.CA**

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