

Fresh

PROUDLY CANADIAN

What's for Dinner!



4⁴⁹

**ASIAN INSPIRATIONS
MEALS AND APPETIZERS
SELECTED VARIETIES, FROZEN
400 G**
21047353_EA/21047376_EA



**SEAQUEST® PACIFIC WHITE SHRIMP RAW
16-20/LB 300 G OR BAY SCALLOPS 400 G
FROZEN**
21043887_EA/21558527_EA

5⁴⁹



4⁴⁹

**PC® ORRI MANDARIN
PRODUCT OF SOUTH AFRICA
2 LB**
20907647001_EA



**HUY FONG
SRIRACHA SAUCE
714 ML**
20074956_EA

5⁸⁸

**ROOSTER®
SCENTED JASMINE RICE
8 KG**
20121871_EA



13⁸⁸



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

**FROM THURSDAY, SEPTEMBER 17TH TO
WEDNESDAY, SEPTEMBER 23RD, 2026**

It's Cleaning Time!



2²⁹

**NO NAME® PURE WHITE VINEGAR
CLUB SIZE
4 L**

20102756_EA



**PINE-SOL CLEANER
1.41 L OR WINDEX
GLASS CLEANER
765/950 ML
SELECTED VARIETIES**

20125323001_EA/20298679001_EA

4⁹⁹



8⁹⁹

**PUREX 1.75/1.94 L OR SUNLIGHT 1.84 L
LIQUID LAUNDRY DETERGENT
SELECTED VARIETIES**

21427029_EA/21737503_EA



**NO NAME® DOUBLE ROLLS
BATHROOM TISSUE
6=12 ROLLS**

21624812_EA

4⁴⁹



4⁴⁹

**PC® YARD WASTE PAPER BAGS
5'S**

20429980_EA



Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



4⁹⁹
LB

PORK BACK RIBS
FAMILY SIZE
2'S
11.00/KG
20821141_KG



5⁹⁹
LB

LEAN GROUND BEEF
FAMILY SIZE
13.21/KG
20874394_KG



PC® SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES,
298-369 G
21378024_EA/21378122_EA

3⁹⁹



4⁹⁹

STRAWBERRIES
PRODUCT OF U.S.A.
1 LB



5⁴⁹

PC® FETA 400 G
OR **DELI CHEESE BLOCKS 250 G**
SELECTED VARIETIES
20219690_EA/20770652_EA



5⁹⁹

SEAQUEST®
FISH FILLETS OR CALAMARI RINGS
FROZEN
340/400 G
20027170_EA/20036614_EA



6⁹⁹

YOPLAIT SOURCE OR CREAMY OR iÖGO YOGURT
16 X 100 G OR **BECHEL MARGARINE 637-800 G**
SELECTED VARIETIES
20609583001_EA/21747692_EA



3⁹⁹

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
20312227_EA/21289947_EA



2⁹⁹

MCCAIN SUPERFRIES OR SPECIALTY POTATOES
SELECTED VARIETIES, FROZEN
454-800 G
20799529_EA



.99

NESTLÉ, HERSHEY'S OR CADBURY
CHOCOLATE BARS
SELECTED VARIETIES
33-60 G
20066954_EA/20687591005_EA/20691851_EA



2/\$7
OR
\$3.50 EA.

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



5⁷⁹

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

Freshmart[®]

PROUDLY CANADIAN



4⁹⁹
LB

PORK BACK RIBS
FAMILY SIZE
2'S
11.00/KG
20821141_KG



5⁹⁹
LB

LEAN GROUND BEEF
FAMILY SIZE
13.21/KG
20874394_KG



PC[®] SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES,
298-369 G
21378024_EA/21378122_EA

3⁹⁹



4⁹⁹

STRAWBERRIES
PRODUCT OF U.S.A.
1 LB



5⁴⁹

PC[®] FETA 400 G
OR DELI CHEESE BLOCKS 250 G
SELECTED VARIETIES
20219690_EA/20770652_EA



5⁹⁹

SEAQUEST[®]
FISH FILLETS OR CALAMARI RINGS
FROZEN
340/400 G
20027170_EA/20036614_EA



6⁹⁹

YOPLAIT SOURCE OR CREAMY OR iÖGO YOGURT
16 X 100 G OR BECEL MARGARINE 637-800 G
SELECTED VARIETIES
20609583001_EA/21747692_EA



3⁹⁹

PC[®] FROZEN FRUIT
SELECTED VARIETIES
300-600 G
20312227_EA/21289947_EA



2⁹⁹

MCCAIN SUPERFRIES OR SPECIALTY POTATOES
SELECTED VARIETIES, FROZEN
454-800 G
20799529_EA



.99

NESTLÉ, HERSHEY'S OR CADBURY
CHOCOLATE BARS
SELECTED VARIETIES
33-60 G
20066954_EA/20687591005_EA/20691851_EA



2/\$7
OR
\$3.50 EA.

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



5⁷⁹

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

FRUITS & VEGETABLES



PRODUCT OF CANADA

3⁹⁹

CAULIFLOWER
PRODUCT OF CANADA
EACH



PRODUCT OF CANADA

1⁹⁹
LB

GREEN
SWEET PEPPERS
PRODUCT OF CANADA
4.39/KG



PRODUCT OF CANADA

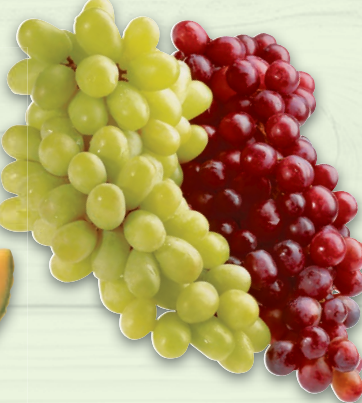
2⁴⁹

FARMER'S MARKET™
MINI CUCUMBERS
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
6'S



4⁹⁹

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



2⁹⁹
LB

GREEN OR RED SEEDLESS GRAPES
PRODUCT OF U.S.A., NO.1 GRADE
6.59/KG



6⁴⁹

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



1¹⁹

KIWI
PRODUCT OF CHILE
EACH



PRODUCT OF CANADA

2⁴⁹

FARMER'S MARKET™
GRAPE TOMATOES
PRODUCT OF CANADA
283 G
20776239_EA



PRODUCT OF CANADA

1⁹⁹
LB

TOMATOES ON THE VINE
OR SAVOURA TOMATOES
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
4.39/KG



1²⁵

AVOCADO
PRODUCT OF MEXICO
EACH



PRODUCT OF CANADA

1⁹⁹
LB

GREEN OR YELLOW ZUCCHINI
PRODUCT OF CANADA
4.39/KG

BAKERY



PREPARED IN CANADA

2⁹⁹

PC® PIZZA CRUSTS 460 G OR
SURAJ® NAAN FLATBREADS 500 G
21051353_EA/21416545_EA



PREPARED IN CANADA

3⁴⁹

COUNTRY HARVEST BREAD
600-650 G OR BAGELS 450 G
SELECTED VARIETIES
21178531_EA/21693323_EA



PREPARED IN CANADA

4⁹⁹

QUINN'S SWISS ROLLS 6'S
OR FARMER'S MARKET™
HOMESTYLE TARTS 510 G
SELECTED VARIETIES
21392547_EA/21629191_EA



PREPARED IN CANADA

12⁹⁹

SUGAR PLUM CAKES 950 G,
PC® CAKES 553 G OR
FARMER'S MARKET™ BAR CAKES
675-770 G, SELECTED VARIETIES
21045855_EA/21500612_EA

DAIRY & REFRIGERATED



2⁹⁹

FRUITOPIA FRUIT JUICE 1.75 L
OR MINUTE MAID FRUIT DRINKS
1.54/1.75 L
SELECTED VARIETIES, REFRIGERATED
20347440001_EA/21434122_EA



3⁴⁹

PILLSBURY TURNOVERS, GRANDS!
CINNAMON ROLLS OR COOKIE
DOUGH 383-496 G OR
KOZY SHACK PUDDING 452/624 G
SELECTED VARIETIES
20318034001_EA/20323829001_EA



PREPARED IN CANADA

3⁹⁹

NO NAME®
PROCESSED CHEESE SLICES
SELECTED VARIETIES
400 G
21220995_EA/21279752_EA



4⁹⁹

PC® COLD BREW COFFEE 900 ML
OR LIBERTÉ KÉFIR 1 L
SELECTED VARIETIES
21022542_EA/21216416_EA

MEAT & SEAFOOD



4⁴⁹
LB

WHOLE CHICKEN
FAMILY SIZE
9.90/KG
20147976_KG



3⁹⁹
LB

PORK BUTT ROAST OR CHOPS
BONE-IN
8.80/KG
20056387_KG



8⁹⁹
LB

BEEF EYE OF ROUND MARINATING STEAK*
19.82/KG
20812702_KG



8⁹⁹
LB

CHICKEN BREAST FILLETS
FAMILY SIZE
19.82/KG
20695348_KG



11⁹⁹

PC® SEASONED PORK SHOULDER BLADE CARNITAS OR LOIN ROAST
SELECTED VARIETIES
730/900 G
21603108_EA/21603234_EA



7⁹⁹

PC® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
400 G
20788888_EA/20791381_EA



21⁹⁹

IFC SEAFOOD CANADIAN SNOW CRAB CLUSTERS
FROZEN
500 G
21615011_EA



12⁹⁹

NO NAME® ORIGINAL HOT DOGS, CLUB PACK 1.5 KG OR EXTRA THICK CUT BACON 1 KG
20961816_EA/21389815_EA



5⁹⁹

BUTTERBALL TURKEY BACON STYLE 375 G OR MAPLE LODGE FARMS CHICKEN BACON-STYLE 375 G OR WIENERS 900 G
SELECTED VARIETIES
20016865_EA/20671791_EA



14⁹⁹

PC® SHEPHERD'S PIE
FROZEN
900 G
20003749_EA



20⁹⁹

PC® OR BLUE MENU® BEEF MEATBALLS
FROZEN, 907 G
21724805_EA/21724942_EA

DELI MEAT & CHEESE



1²⁹
/100 G

ZIGGY'S® HAM DELI SERVICE CASE
SELECTED VARIETIES
20320534_KG



5⁹⁹

PC® SLICED DELI MEATS
SELECTED VARIETIES
100 G
21049131_EA/21050405_EA



5⁹⁹

TRE STELLE BOCCONCINI, RICOTTA OR HALLOUMI
SELECTED VARIETIES
200/475 G
20093652_EA/20318663_EA



6⁴⁹

PC® GOAT CHEESE LOGS
SELECTED VARIETIES
300 G
21722528_EA/21722633_EA

FLAVOURS OF THE WORLD



1⁹⁹

BEAN SPROUTS
PRODUCT OF CANADA
340 G
20951751001_EA



8⁹⁹
LB

NEW ZEALAND BONE-IN LAMB LEG
FROZEN
19.82/KG
20142553_KG



1⁹⁹

AROY D COCONUT MILK
SELECTED VARIETIES
400 ML
20063864_EA



14⁹⁹

T&T® CASHEWS
SELECTED VARIETIES
800 G
20807760_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



6⁹⁹

PC® ORANGE JUICE
SELECTED VARIETIES
2.5 L

21531644_EA



6⁹⁹

**PC® CHEESE BARS
OR SHREDDED CHEESE**
SELECTED VARIETIES
250-400 G

21060207_EA/21333360_EA



2⁷⁹

**COCA-COLA, CANADA DRY
OR PEPSI SOFT DRINKS**
SELECTED VARIETIES
500/591 ML

20321598002_EA/20827293_EA



7²⁹

GATORADE SPORTS DRINK
SELECTED VARIETIES
6 X 591 ML

20303218003_C06



7⁹⁹

POGO CORN DOGS
SELECTED VARIETIES, FROZEN
600/750 G

20053302001_EA



14⁹⁹

**PC® OR BLUE MENU®
DINNER ENTRÉES**
CLUB PACK, SELECTED VARIETIES,
FROZEN
2/2.27 KG

20134930_EA



4⁹⁹

**BEN & JERRY'S ICE CREAM OR NON-
DAIRY FROZEN DESSERT**
SELECTED VARIETIES, FROZEN
473 ML

21428517_EA/21568089_EA



14⁴⁹

BOOST READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES

20304767002_C06/20319843_C06



4²⁹

GENERAL MILLS CEREAL
SELECTED VARIETIES
300-430 G

21104047_EA/21104053_EA



5⁹⁹

KRAFT SMOOTH PEANUT BUTTER
500 G OR BONNE MAMAN JAM OR
HAZELNUT SPREAD 250-280 ML
SELECTED VARIETIES

20132369001_EA/20307313001_EA



16⁹⁹

ROBIN HOOD
ORIGINAL ALL PURPOSE FLOUR
10 KG

20134743_EA



25⁹⁹

PC® ROAST AND GROUND COFFEE
800-930 G OR SINGLE SERVE
COFFEE PODS 30'S
SELECTED VARIETIES

21038762_EA/21393573_EA



1⁹⁹

**HUER GUMMY CUPS 165 G OR
DARE REALFRUIT GUMMIES 180 G**
SELECTED VARIETIES

20339783002_EA/21391723_EA



2⁹⁹

NATURE VALLEY GRANOLA BARS
130-210 G, BETTY CROCKER OR
MOTT'S FRUITSATIONS FRUIT SNACKS
128-226 G OR GENERAL MILLS CEREAL
BARS 120-160 G, SELECTED VARIETIES

20315520005_EA/21184633_EA



4⁴⁹

BETTY CROCKER DUNKAROOS
168 G OR NATURE VALLEY SOFT
BAKED MUFFIN BARS 175 G
SELECTED VARIETIES

21449886_EA/21682321_EA



6²⁹

**ORVILLE POPCORN 6/8'S OR
JACK LINK'S MEAT SNACKS 65-81 G**
SELECTED VARIETIES

20501983004_EA/20629532003_EA



3/\$5
OR
\$1.67 EA.

**OCEAN'S HALO LIGHT TUNA 170 G
OR GOLD SEAL SARDINES 125 G**
SELECTED VARIETIES

21005134_EA/21024464_EA



2²⁹

**UNICO PASTA SAUCE 680 ML
OR BARILLA PASTA 410 G**
SELECTED VARIETIES

20326537001_EA/21404912_EA



2⁷⁹

**BRAVO PASTA SAUCE 680 ML
OR AYLMER TOMATOES 796 ML**
SELECTED VARIETIES

20056278_EA/21207592_EA



2⁹⁹

CAMPBELL'S CHUNKY SOUP
SELECTED VARIETIES
515 ML

21480435_EA/21480486_EA



1⁹⁹

**PC® STAIN REMOVER 650 ML
OR DISH SOAP 638/739 ML**

20160646_EA/21012698_EA



4/\$5
OR
\$1.25 EA.

**WHISKAS PERFECT PORTIONS
WET CAT FOOD**
SELECTED VARIETIES
75 G

21011523_EA



2/\$3
OR
\$1.50 EA.

CESAR WET DOG FOOD
SELECTED VARIETIES
100 G

20323206007_EA



23⁹⁹

PEDIGREE VITALITY DOG FOOD
SELECTED VARIETIES
8 KG

20039397002_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.



Fall Baking!



4⁹⁹

**TENDERFLAKE
PURE LARD 454 G
OR FLEISCHMANN'S
YEAST 113 G OR
BREAD BOOSTER
100 G
SELECTED VARIETIES**
20027695_EA/20102920001_EA

5⁴⁹

**PC® BUTTER PUFF
OR PHYLLO PASTRY
SELECTED VARIETIES,
FROZEN
450/454 G**
21288850_EA/21288853_EA

6⁹⁹

**LIBERTÉ GREEK
YOGURT 650/750 G
OR MÉDITERRANÉE
YOGURT 900 G
SELECTED VARIETIES**
20642273_EA/21305347_EA



2⁹⁹

**ROGERS SUGAR
SELECTED VARIETIES
1 KG**
20087098_EA

3²⁹

**ROGERS ICING SUGAR
1 KG OR CRISCO
SHORTENING 454 G
SELECTED VARIETIES**
20108812_EA/21475300_EA

3⁴⁹

**BETTY CROCKER CAKE,
BROWNIE, COOKIE,
CUPCAKE OR BREAD
MIXES 263-550 G OR
FROSTING 340-453 G
SELECTED VARIETIES**
20078877001_EA/20136507001_EA



2⁷⁹

**NO NAME® ALMONDS,
WALNUTS 100 G OR
MARSHMALLOWS 400 G
SELECTED VARIETIES**
20304672002_EA/20599246_EA

3⁷⁹

**NO NAME® RAISINS,
PRUNES OR CURRANTS
SELECTED VARIETIES
375 G**
20648026_EA

6⁷⁹

**NO NAME® COCOA
POWDER 227 G OR MAGIC
BAKING POWDER 450 G**
20124984_EA/21467906_EA



1⁹⁹

**BEN'S ORIGINAL
FAST & FANCY RICE
SELECTED VARIETIES
132 G**
21397330_EA/21397412_EA

4⁹⁹

**NO NAME® PIE FILLING
OR PURE PUMPKIN
SELECTED VARIETIES
540/796 ML**
21667990_EA

5²⁹

**PAM COOKING SPRAY
SELECTED VARIETIES
141/170 G**
20178204001_EA/20315275004_EA



3⁴⁹

**PC® OR BLUE MENU® INSTANT OATMEAL
264-314 G, STEEL CUT OATS 304-360 G,
PANCAKE AND WAFFLE MIX 905 G
OR TABLE SYRUP 750 ML
SELECTED VARIETIES**
20175129_EA/20374908_EA/21505058_EA

2⁹⁹

**HERSHEY'S OR MILKA
CHOCOLATE BARS
SELECTED VARIETIES
90-120 G**
20313422_EA/21689676_EA

6²⁹

**BAKER'S CHOCOLATE BAKING BARS
SELECTED VARIETIES
170/225 G**
20316019001_EA

3⁹⁹

**ALCAN FOIL 25/50' OR REYNOLDS
PARCHMENT PAPER 35'
SELECTED VARIETIES**
20051862_EA

Freshmart[®]

PROUDLY CANADIAN

What's for Dinner!



4⁴⁹

**ASIAN INSPIRATIONS
MEALS AND APPETIZERS
SELECTED VARIETIES, FROZEN
400 G**

21047353_EA/21047376_EA



**SEAQUEST[®] PACIFIC WHITE SHRIMP RAW
16-20/LB 300 G OR BAY SCALLOPS 400 G
FROZEN**

21043887_EA/21558527_EA

5⁴⁹



4⁴⁹

**PC[®] ORRI MANDARIN
PRODUCT OF SOUTH AFRICA
2 LB**

20907647001_EA



**HUY FONG
SRIRACHA SAUCE
714 ML**

20074956_EA

5⁸⁸

**ROOSTER[®]
SCENTED JASMINE RICE
8 KG**

20121871_EA

13⁸⁸



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

**FROM THURSDAY, SEPTEMBER 17TH TO
WEDNESDAY, SEPTEMBER 23RD, 2026**