

Fresh

PROUDLY CANADIAN

Fall Baking!



1.89

BETTY CROCKER SUPERMOIST CAKE MIX 375/404 G OR FROSTING 340/450 G SELECTED VARIETIES

21547834_EA



ROGERS SUGAR

4 KG

20171831_EA

4.99

GALLO OLIVE OIL

SELECTED VARIETIES

1 L

20105368_EA

8.79



NO NAME® ALL PURPOSE FLOUR CLUB SIZE, SELECTED VARIETIES

10 KG

20022248_EA

8.99



SEE OUR FLYER ONLINE VISIT FRESHMART.CA

FROM THURSDAY, SEPTEMBER 24TH TO WEDNESDAY, SEPTEMBER 30TH, 2026

Thanksgiving Essentials!

**3
WEEK
EVENT**



4/\$5
OR \$1.25 EA.

**CLUB HOUSE GRAVY, SAUCE OR SEASONING MIXES
SELECTED VARIETIES
21-47 G**

20302816001_EA



**STOVE TOP STUFFING
SELECTED VARIETIES
120 G**

20009598001_EA/20310507003_EA

2²⁹



2²⁹

**OCEAN SPRAY CRANBERRY SAUCE
348 ML OR DOLE PINEAPPLE 398 ML
SELECTED VARIETIES**

20022893002_EA/20136767004_EA



**NO NAME® CREAM CHEESE
SELECTED VARIETIES
227/250 G**

20308105001_EA/21036106_EA

3²⁹



2⁹⁹

**NO NAME® FOILWARE
SELECTED VARIETIES
EACH**

20861912_EA/20870350_EA



**FROM THURSDAY, SEPTEMBER, 24TH
TO WEDNESDAY, OCTOBER 14TH, 2026**

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/20822343_KG



8⁹⁹
LB

BEEF BONELESS BLADE ROAST*
19.82/KG
20797470_KG



**ROMAINE HEARTS
PRODUCT OF
CANADA OR U.S.A.
3'S**

3⁹⁹



3⁴⁹

**BLACKBERRIES OR RASPBERRIES
PRODUCT OF MEXICO OR CANADA
HALF PINT**



3⁹⁹

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



**PREPARED IN
CANADA**



**PREPARED IN
CANADA**

5⁹⁹

**FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
570-600 G**
21283356_EA/21283358_EA



5⁴⁹

**GAY LEA BUTTER
SELECTED VARIETIES
454 G**
20559408_EA



2/\$7
OR
\$3.50 EA.

**KELLOGG'S CEREAL 210-355 G
OR SILK NON-DAIRY BEVERAGES 1.75-1.89 L
SELECTED VARIETIES**
20308979_EA/21652110_EA



1⁹⁹

**CARNATION EVAPORATED MILK
SELECTED VARIETIES
354 ML**
20896887_EA



4⁹⁹

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



**PREPARED IN
CANADA**

5⁴⁹

**CHAPMAN'S PREMIUM ICE CREAM, FROZEN
YOGURT, SORBET 2 L OR SUPER NOVELTIES 8-20'S
SELECTED VARIETIES, FROZEN**
20111532_EA/20323573001_EA



5⁹⁹

**PC® BATHROOM TISSUE 12'S
OR PC® MAX PAPER TOWELS 2/3'S
SELECTED VARIETIES**
21300716_EA/21540603_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



249

LB

**PORK COMBINATION
CHOPS SIRLOIN AND RIB
BONE-IN, CUT IN-STORE**
5.49/KG
20822322_KG/20822343_KG



899

LB

BEEF BONELESS BLADE ROAST*
19.82/KG
20797470_KG



399

ROMAINE HEARTS
PRODUCT OF
CANADA OR U.S.A.
3'S



349

BLACKBERRIES OR RASPBERRIES
PRODUCT OF MEXICO OR CANADA
HALF PINT




399

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



599

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
570-600 G
21283356_EA/21283358_EA



549

GAY LEA BUTTER
SELECTED VARIETIES
454 G
20559408_EA



2/\$7

OR \$3.50 EA.

**KELLOGG'S CEREAL 210-355 G
OR SILK NON-DAIRY BEVERAGES 1.75-1.89 L**
SELECTED VARIETIES
20308979_EA/21652110_EA



199

CARNATION EVAPORATED MILK
SELECTED VARIETIES
354 ML
20896887_EA



499

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



549

**CHAPMAN'S PREMIUM ICE CREAM, FROZEN
YOGURT, SORBET 2 L OR SUPER NOVELTIES 8-20'S**
SELECTED VARIETIES, FROZEN
20111532_EA/20323573001_EA



599

**PC® BATHROOM TISSUE 12'S
OR PC® MAX PAPER TOWELS 2/3'S**
SELECTED VARIETIES
21300716_EA/21540603_EA

FRUITS & VEGETABLES



3²⁹

BROCCOLI
PRODUCT OF CANADA
EACH

2⁷⁹
LB

RED, YELLOW
OR ORANGE
SWEET PEPPERS
PRODUCT OF CANADA
6.15/KG

2⁹⁹

PC® SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES
142 G
21203746_EA



5⁴⁹

PC® ORRI MANDARINS 2 LB OR
FARMER'S MARKET™ ORANGES 3 LB
PRODUCT OF SOUTH AFRICA

5⁴⁹

PINEAPPLE
PRODUCT OF COSTA RICA
EACH

8⁹⁹

FARMER'S MARKET™ APPLES
PRODUCT OF WESTERN PROVINCES,
SELECTED VARIETIES
5 LB

8⁹⁹

WHOLE SEEDLESS WATERMELON
PRODUCT OF CANADA OR U.S.A.
EACH



6⁴⁹

STRAWBERRIES
PRODUCT OF MEXICO, U.S.A.
OR CANADA, NO. 1 GRADE
1 LB

.⁹⁹
LB

GREEN CABBAGE
PRODUCT OF CANADA
2.18/KG

1⁴⁹
LB

ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO
3.28/KG

1⁹⁹
LB

GREEN ZUCCHINI
PRODUCT OF QUEBEC
4.39/KG

BAKERY



3²⁹

WONDER BREAD
SELECTED VARIETIES
570 G
20276296_EA/20771852_EA

4⁴⁹

FURLANI TEXAS TOAST 16 X 40 G
OR D'ITALIANO GARLIC TOAST 325 G
SELECTED VARIETIES
20291572_EA/21552105_EA

6⁹⁹

FARMER'S MARKET™ COFFEE CAKE
SELECTED VARIETIES
750 G
21707345_EA/21707451_EA

11⁹⁹

PC® CHEESECAKE
SELECTED VARIETIES, FROZEN
600 G
20147627_EA/21687935_EA

DAIRY & REFRIGERATED



2⁴⁹

NO NAME® WHIPPED TOPPING
SELECTED VARIETIES
225 G
20017493_EA

3⁹⁹

LIBERTÉ GREEK, MÉDITERRANÉE
OR YOPLAIT SOURCE YOGURT
500-650 G/4 X 100 G
SELECTED VARIETIES
21588406_EA/21473714_EA

6⁴⁹

SIGGI'S SKYR OR YOGURT
SELECTED VARIETIES
650/750 G
21353892_EA/21549534_EA

8⁹⁹

COFFEEMATE COFFEE ENHANCER
SELECTED VARIETIES, REFRIGERATED
1.89 L
21034225_EA/21303033_EA

MEAT & SEAFOOD



2⁹⁹
LB

**FRESH PORK LOIN
CENTRE-CUT CHOPS**
BONE-IN, FAMILY SIZE
6.59/KG
20823075_KG



3⁹⁹
LB

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



9⁹⁹
LB

**FRESH BEEF
STEWING CUBES
OR BLADE STEAK***
CLUB SIZE
22.02/KG
20797672_KG



9⁹⁹

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



17⁹⁹

**PC® OLD FASHIONED
STYLE BACON**
1 KG
20115704_EA



5⁹⁹
LB

**PC® SPIRAL-SLICED
BONE-IN HALF HAM**
SELECTED VARIETIES
13.21/KG
20857240_KG



17⁹⁹

NO NAME® HAM
SELECTED VARIETIES, CLUB PACK
1.3 KG
20858030_EA



13⁹⁹

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



9⁹⁹

NO NAME® FROZEN SNACKS
SELECTED VARIETIES, FROZEN
454 G-1.25 KG
21607107_EA/21613653_EA



5⁹⁹

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



12⁹⁹

**PC® SMOKED
WILD SOCKEYE SALMON**
150 G
20055009_EA

DELI MEAT & CHEESE



1⁹⁹
/100 G

**ZIGGY'S® TURKEY OR CHICKEN DELI
SERVICE CASE**
SELECTED VARIETIES
20299046_KG



4⁴⁹

**PC®, SAN DANIELE OR MASTRO
SLICED DELI MEATS**
SELECTED VARIETIES
100-175 G
20576743_EA/21061099_EA



4⁴⁹

**THE LAUGHING COW, BABYBEL
OR KIRI CHEESE**
SELECTED VARIETIES
100-144 G
20319107_EA/20574332_EA



10⁹⁹

ZIGGY'S® BRIE
450 G
21680100_EA

FLAVOURS OF THE WORLD



2⁹⁹
LB

**BOK CHOY, SHANGHAI BOK CHOY,
SHANGHAI BOK CHOY JR OR YU CHOY**
PRODUCT OF CANADA
6.59/KG



9⁹⁹

**SUFRA® HALAL LEAN
GROUND BEEF**
454 G
21397283_EA



1⁷⁹

TAMAM BEANS OR LENTILS
SELECTED VARIETIES
540 ML
21214472_EA/21214570_EA



4⁹⁹

**TAMAM SLICED PICKLED TURNIPS
OR PICKLES**
SELECTED VARIETIES
1 L
21237887_EA/21237981_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



5⁴⁹

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



4⁴⁹

**SWANSON DINNERS 280-345 G,
HUNGRY-MAN ENTRÉES 360-455 G
OR HEALTHY CHOICE GOURMET
STEAMERS 283-306 G**
SELECTED VARIETIES, FROZEN
20296014003_EA/20318616004_EA



6⁹⁹

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



13⁹⁹

**NO NAME®
NATURALLY IMPERFECT™ FRUIT**
SELECTED VARIETIES, FROZEN
2 KG
21033168_EA



5⁹⁹

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES,
FROZEN
16'S
20099730004_EA



1⁹⁹

**OASIS JUICE, DEL MONTE NECTAR
OR ARIZONA TEA**
SELECTED VARIETIES
960 mL/1 L
20336722001_EA/20894117004_EA



17⁹⁹

**MAXWELL HOUSE
GROUND COFFEE**
SELECTED VARIETIES
631-900 G
21606882_EA



3²⁹

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



3⁹⁹

**QUAKER CEREAL 375-500 G,
INSTANT OATMEAL 168-344 G
OR CAP'N CRUNCH CEREAL 350 G**
SELECTED VARIETIES
21190254_EA/21190260_EA



4⁹⁹

**NUTELLA HAZELNUT OR PEANUT
SPREAD 375 G OR NUTELLA B-READY
CRISPY WAFER WITH HAZELNUT
SPREAD 132 G**
SELECTED VARIETIES
20435988_EA/21457401_EA/21721261_EA



5⁴⁹

HERSHEY'S CHIPITS
SELECTED VARIETIES
225-270 G
21452844_EA



2⁹⁹

ALANI OR CELSIUS ENERGY DRINKS
SELECTED VARIETIES
355 ML
21576458_EA



3⁷⁹

**TWIZZLERS LICORICE OR CANDY
75-454 G, DARE REALFRUIT GUMMIES
350 G OR JOLLY RANCHER ROPES 283 G**
SELECTED VARIETIES
20022328008_EA/21232292_EA



2/\$7
OR \$3.50 EA.

**OLD DUTCH POTATO, TORTILLA
OR ARRIBA CHIPS 200-275 G
OR HUMPTY DUMPTY SNACKS
OR PARTY MIX 250-290 G**
SELECTED VARIETIES
21445100_EA/21646697_EA



4⁹⁹

CLUB HOUSE BLENDS OR SPICES
33-450 G
20180764_EA/20308006002_EA



1⁷⁹

**GREEN GIANT VEGETABLES
OR LE SIEUR PEAS**
SELECTED VARIETIES
341/398 ML
21021175_EA/21021222_EA/21021208_EA



2⁹⁹

**PC® OR BLUE MENU® SALAD DRESSING
475 ML OR STUBB'S BBQ SAUCE 450 ML**
SELECTED VARIETIES
20628488001_EA/21021268_EA



4⁷⁹

**FRENCH'S KETCHUP 750 ML-1 L
OR BICK'S PICKLES 1 L**
SELECTED VARIETIES
20835951_EA/21668460_EA



6⁹⁹

**KRAFT PIZZA KIT 850 G OR
GRATED PARMESAN CHEESE 250 G**
SELECTED VARIETIES
20013009001_EA/21528135_EA



4⁴⁹

ZIPLOC STORAGE BAGS
SELECTED VARIETIES
10-90'S
20300461001_EA/20306904001_EA



1⁰⁹

**PURINA FANCY FEAST
CAT FOOD**
SELECTED VARIETIES
85 G
20302296001_EA



8⁴⁹

**PURINA BENEFUL DRY DOG FOOD
1.8 KG OR DENTALIFE DOG TREATS
408-587 G**
SELECTED VARIETIES
20312784001_EA/21081077_EA



22⁹⁹

**PURINA DOG CHOW 8 KG OR
PUPPY CHOW DRY DOG FOOD 6.5 KG**
20314190_EA/21520635_C01



4⁷⁹

**PepsiCo Beverages & bubly™
sparkling water beverage**
selected varieties
6 x 222 mL
21729478_C06



6⁴⁹

**bubly™ sparkling water beverage
12 x 355 mL or MONTELLIER® Carbonated
Natural Spring Water 10 x 355 mL**
selected varieties
21091177_C12/21096722_C10



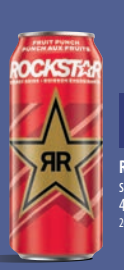
2⁹⁹

**Starbucks® Frappuccino®
Coffee Drink**
selected varieties
405 mL
21523799_EA



1⁹⁹

bubly™ POP
selected varieties
355 mL
21729478_EA



2⁹⁹

Rockstar® energy drink
selected varieties
473 mL
20368415011_EA

Freshmart

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.



Thanksgiving Essentials!

3 WEEK EVENT

peas & carrots
pois et carottes

garden
mixed vegetables
mélange de légumes du jardin

Tenderflake
FLAKY PASTRY | UNBAKED
EVERY TIME | CHILL

Cool Whip
WHIPPED CREAM
GARNITURE À LA CRÈME

3²⁹

NO NAME® FROZEN VEGETABLES
SELECTED VARIETIES, FROZEN
750 G
20295818_EA/20302205_EA

4⁹⁹

TENDERFLAKE PASTRY
255-350 G OR COOL WHIP
DESSERT TOPPING 1 L
SELECTED VARIETIES,
FROZEN
20030369001_EA/20303840001_EA

BUSH'S BEST
Chili Beans
Haricots au chili
BLACK BEANS
HARICOTS NOIRS

Campbell's
Cream of Chicken
Crème de poulet

Betty Crocker
Hamburger HELPER
BEEF NOODLE
NOUILLES AU BŒUF

Betty Crocker
Mashed | Purée
Homestyle
Maison

GINGER ALE

COLA

2²⁹

CAMPBELL'S CONDENSED SOUP OR BROTH 284 ML OR BUSH'S BEST BEANS 398 ML
SELECTED VARIETIES
20297246002_EA/21480587_EA

2²⁹

BETTY CROCKER POTATOES 141-215 G OR HAMBURGER HELPER PASTA KITS 158-220 G
SELECTED VARIETIES
21574286_EA/21591094_EA

7²⁹

PC® SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
20218887027_C12/20690671002_C12

5% sour cream
produit à crème sure
crème sure

14% sour cream
crème sure

shredded nacho
cheese blend • mélange de fromages râpés

shredded mozzarella
cheese • fromage râpé

Knorr Sidekicks
CHICKEN POTATO
Pasta / Poulet

St. Hubert BBQ

whole tomatoes

flakes of ham
tranches de jambon

2⁷⁹

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

16⁹⁹

NO NAME® SHREDDED CHEESE
CLUB SIZE, SELECTED VARIETIES
900 G
20142980_EA/20317943_EA

1⁷⁹

KNORR SIDEKICKS 120-167 G OR ST-HUBERT SAUCES OR GRAVY 398 ML
SELECTED VARIETIES
20321430005_EA/20322135002_EA

1⁹⁹

NO NAME® FLAKES OF HAM OR TURKEY 156 G OR TOMATOES 796 ML
SELECTED VARIETIES
20312728001_EA/20600789_EA

APPLE CINNAMON

Squeeze
fruit snacks
POMMES ET FRAÎSES

original
rice crackers
croustilles de riz nature

pretzel twists
bretzels en boucle

PREMIUM PLUS
SALTED TOPS

RITZ
original

Ben's Original
Bistro EXPRESS
JAMBALAYA STYLE JAMBALAYA

Ben's Original
ORGANIC-BIOLOGIQUE
BASMATI RICE
RIZ BASMATI

2/\$5
OR \$2.50 EA.

1⁷⁹

NO NAME® RICE CRACKERS 100 G, CHEESE SNACKS 3'S OR PRETZELS 200 G
SELECTED VARIETIES
20188557_EA/20297188003_EA

5⁴⁹

CHRISTIE RITZ, PREMIUM PLUS, TRISCUIT, WHEAT THINS OR TOPPABLE CRACKERS, FAMILY SIZE
SELECTED VARIETIES
350-481 G
20686037_EA/21109004_EA

3⁴⁹

BEN'S ORIGINAL BISTRO EXPRESS RICE
SELECTED VARIETIES
240/250 G
21405139_EA/21494288_EA

JELLO
strawberry fraise

100% JUICE BLEND
ORANGE

Fruité

100% JUICE BLEND OR COCKTAILS
SELECTED VARIETIES
1.89 L
20307025001_EA

Tetley
ORANGE PEKOE

RED ROSE
ORANGE PEKOE

1²⁹

JELL-O JELLY POWDER
SELECTED VARIETIES
9.1-85 G
20317293001_EA

2⁴⁹

PC® 100% JUICE 1 L OR FRUITÉ DRINKS 2 L
SELECTED VARIETIES
20109062_EA/21623143_EA

3⁹⁹

PC® OR BLUE MENU® 100% JUICE BLENDS OR COCKTAILS
SELECTED VARIETIES
1.89 L
20307025001_EA

4⁹⁹

RED ROSE OR TETLEY TEA
SELECTED VARIETIES
60/72'S
21611907_EA/21692191_EA

plastic party cups

Royal Chinet
40 Dinner Plates
dinner

Febreze
AIR
FRESHENER

SCRAPE. LOAD. DONE.
GRATTEZ. CHARGEZ. LE TOUR EST JOUÉ.

Cascade
PLATINUM

3⁷⁹

NO NAME® PLASTIC PARTY CUPS
SELECTED VARIETIES
50'S
21206261_EA

8⁴⁹

ROYAL CHINET 10.38 INCH PAPER PLATES
40'S
20092226_EA

4⁹⁹

FEBREZE
230 G/438 ML
21735299_EA

6⁹⁹

CASCADE AUTO DISHWASHER TABS
10/13'S
21658899_EA

FROM THURSDAY, SEPTEMBER, 24TH TO WEDNESDAY, OCTOBER 14TH, 2026

Pumpkin Crumble Cheesecake Bars

Robin Hood
ALL PURPOSE FLOUR
ORIGINAL

Robin Hood
QUICK OATS
RAPIDE

Eagle Brand
SWEETENED CONDENSED MILK
SELECTED VARIETIES

Smucker's
Jam or Marmalade
SELECTED VARIETIES

5⁴⁹

Robin Hood® Flour
Selected Varieties
2.5 kg
20039497001_EA

3⁴⁹

Robin Hood® Oats
Selected Varieties
1 kg
20893370_EA

4⁷⁹

Eagle Brand® Sweetened Condensed Milk
Selected Varieties
300 mL
21012618_EA

6⁹⁹

Smucker's® Jam or Marmalade
Selected Varieties
310 - 500 mL
20113065004_EA

BAKE WITH FALL FAVOURITES

SCAN FOR THIS RECIPE

Freshmart[®]

PROUDLY CANADIAN

Fall Baking!



1.89

BETTY CROCKER SUPERMOIST CAKE MIX 375/404 G OR FROSTING 340/450 G
SELECTED VARIETIES

21547834_EA



ROGERS SUGAR
4 KG

20171831_EA

4.99

GALLO OLIVE OIL
SELECTED VARIETIES

1 L

20105368_EA

8.79



NO NAME[®]
ALL PURPOSE FLOUR
CLUB SIZE,
SELECTED VARIETIES

10 KG

20022248_EA

8.99



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, SEPTEMBER 24TH TO
WEDNESDAY, SEPTEMBER 30TH, 2026