

Fresh

PROUDLY CANADIAN

Thanksgiving Favourites!



2⁹⁹
LB

**COOK'S PORTION HAMSHANK
OR PICNIC HAM**
SELECTED VARIETIES
6.59/KG
20559641_KG



ARMSTRONG CHEESE BARS
SELECTED VARIETIES
600 G

21255902_EA/21694961_EA

9⁴⁹



2⁹⁹

**GREEN GIANT 750 G OR
VALLEY SELECTIONS 400/500 G
VEGETABLES**
SELECTED VARIETIES, FROZEN
21022268_EA/21022373_EA



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

20310132003_EA

5⁴⁹

**COCA-COLA OR PEPSI
SOFT DRINKS**
SELECTED VARIETIES
2 L

20296926002_EA/20316026002_EA

2³⁹



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

**FROM THURSDAY, OCTOBER 1ST TO
WEDNESDAY, OCTOBER 7TH, 2026**

OCTOBER

HIT OF THE MONTH



Made in Canada

Dare Bear Paws

Selected varieties, 168 - 210 g

\$1.75



Made in Canada

Cedar Valley Pita Chips

Selected varieties, 180 g

\$3



KD Macaroni and Cheese

Selected varieties, 156 - 175 g

\$1



Smoked Steelhead Salmon 50 g
or **Yellowfin Tuna Steak, 92 g, frozen**

\$2

LOWEST PRICES BEST DEALS

As compared to other major grocery retailers within your local trade areas. Offer valid October 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



6⁴⁹
LB

CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE
14.31/KG
20162170_KG



8⁹⁹
LB

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



2⁴⁹
LB

BROCCOLI CROWNS
PRODUCT OF CANADA
5.49/KG



6⁴⁹

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



2⁷⁹

PC® OR BLUE MENU® DELI DIPS 227-280 G
OR NAAN DIPPERS 200 G
SELECTED VARIETIES
20583408_EA/20584097_EA/21092033_EA



5⁴⁹

SEAQUEST® SHRIMP 300 G, SCALLOPS 400 G
OR WILD BY NATURE LOBSTER MEAT 320 G
SELECTED VARIETIES, FROZEN
21043887_EA/21044919_EA/21558527_EA/21722772_EA



3⁹⁹

PC® ORANGE JUICE 1.36 L OR PHILADELPHIA
CREAM CHEESE OR DIPS 227/250 G
SELECTED VARIETIES
20641267_EA/21717114_EA



2/\$7
OR
\$3.50 EA.

POST CEREAL 283-525 G, EARTH'S OWN
OR SO NICE NON-DAIRY BEVERAGES 1.75/1.89 L
SELECTED VARIETIES
20299648_EA/21037796_EA



4⁹⁹

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



3/\$4
OR
\$1.33 EA.

NO NAME® BROTH 900 ML
OR CAMPBELL'S CONDENSED SOUP 284 ML
SELECTED VARIETIES
20176214001_EA/21189607_EA



2⁹⁹

CHRISTIE CHIPS AHOY!, FUDGE-O
OR OREO COOKIES
SELECTED VARIETIES
224-303 G
21358407_EA/21361508_EA



5⁹⁹

TIDE LAUNDRY DETERGENT 1 L/12-16'S OR
DOWNEY OR GAIN FABRIC SOFTENER 946 ML-1.31 L
OR BEADS 141 G
SELECTED VARIETIES
21405807_EA/21579819_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



6⁴⁹
LB

CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE
14.31/KG
20162170_KG

8⁹⁹
LB

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



2⁴⁹
LB

BROCCOLI CROWNS
PRODUCT OF CANADA
5.49/KG

6⁴⁹

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



2⁷⁹

PC® OR BLUE MENU® DELI DIPS 227-280 G
OR **NAAN DIPPERS** 200 G
SELECTED VARIETIES
20583408_EA/20584097_EA/21092033_EA

5⁴⁹

SEAQUEST® SHRIMP 300 G, **SCALLOPS** 400 G
OR **WILD BY NATURE LOBSTER MEAT** 320 G
SELECTED VARIETIES, FROZEN
21043887_EA/21044919_EA/21558527_EA/21722772_EA



3⁹⁹

PC® ORANGE JUICE 1.36 L OR **PHILADELPHIA**
CREAM CHEESE OR **DIPS** 227/250 G
SELECTED VARIETIES
20641267_EA/21717114_EA

2/^{\$}7
OR
\$3.50 EA.

POST CEREAL 283-525 G, **EARTH'S OWN**
OR **SO NICE NON-DAIRY BEVERAGES** 1.75/1.89 L
SELECTED VARIETIES
20299648_EA/21037796_EA

4⁹⁹

HEINZ KETCHUP 750 ML-1 L, **MAYONNAISE**
675 ML OR **KRAFT MIRACLE WHIP** 650/890 ML
SELECTED VARIETIES
20069080_EA/20298681001_EA



3/^{\$}4
OR
\$1.33 EA.

NO NAME® BROTH 900 ML
OR **CAMPBELL'S CONDENSED SOUP** 284 ML
SELECTED VARIETIES
20176214001_EA/21189607_EA

2⁹⁹

CHRISTIE CHIPS AHOY!, FUDGE-O
OR **OREO COOKIES**
SELECTED VARIETIES
224-303 G
21358407_EA/21361508_EA

5⁹⁹

TIDE LAUNDRY DETERGENT 1 L/12-16'S OR
DOWNY OR GAIN FABRIC SOFTENER 946 ML-1.31 L
OR **BEADS** 141 G
SELECTED VARIETIES
21405807_EA/21579819_EA

FRUITS & VEGETABLES



PRODUCT OF CANADA



PRODUCT OF CANADA



5⁹⁹

FARMER'S MARKET™ BI-COLOR CORN
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
5'S

3⁹⁹

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

3⁴⁹

BUNCHED CARROTS
PRODUCT OF U.S.A.





ORRI
MANDARIN
ORANGES
MANDARINES

FARMER'S MARKET™ DELICES DU MARCHÉ
ORANGES
1.36 kg (3lb)
PRODUCT OF SOUTH AFRICA
OR PRODUCT OF PERU



PINK MUSCAT
MUSCAT ROSE



5⁹⁹

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A.
1 LB

4⁹⁹

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

5⁹⁹
LB

MUSCAT GRAPES
PRODUCT OF SPAIN
13.21/KG

9⁹⁹

KIWI
PRODUCT OF CHILE
2 LB



PRODUCT OF CANADA



FARMER'S MARKET™ DELICES DU MARCHÉ
AVOCADOS
AVOCATS
6 COUNT
PRODUCT OF MEXICO/PRODUIT DU MEXIQUE



PRODUCT OF CANADA

BALANCIA
MID-SIZE TOMATOES ON THE VINE
TOMATES EN GRAPES DE TAILLE MOYENNE

FARMER'S MARKET™ DELICES DU MARCHÉ
GRAPE TOMATOES
TOMATES RAISINS
283 g



PRODUCT OF CANADA

Naturally Imperfect
Naturellement imparfaits
potatoes
pommes de terre

2⁹⁹
LB

BRUSSELS SPROUTS
PRODUCT OF CANADA
6.59/KG

4⁴⁹

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S

2⁹⁹

PC® TOMATO TOV BALANCIA
454 G OR **FARMER'S MARKET™**
GRAPE TOMATO 283 G
PRODUCT OF CANADA

8⁹⁹

NO NAME® NATURALLY IMPERFECT™
RED OR RUSSET POTATOES
PRODUCT OF CANADA
20 LB

BAKERY



D'ITALIANO
ORIGINAL



FARMER'S MARKET™
CARMEL
CARMEL
LEMON POPPYSEED
CITRON ET GRAINES DE PAVOT



FARMER'S MARKET™
BANANA
BANANES



FARMER'S MARKET™
POWDERED
SAUPOUDRES
GLAZED
GLACÉS

3⁴⁹

D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES
420-675 G
20038335_EA/20521049_EA

4⁴⁹

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

4⁴⁹

FARMER'S MARKET™ LOAF CAKES, CROISSANTS OR DOUGHNUTS
SELECTED VARIETIES
260-600 G
21542160_EA/21577824_EA

4⁹⁹

FARMER'S MARKET™ DONUTS
SELECTED VARIETIES
288-600 G
21559294_EA/21559343_EA

DAIRY & REFRIGERATED



PREPARED IN CANADA

Lactantia
Butter
With Provencal Garlic



PREPARED IN CANADA

ASTRO
ORIGINAL
NATURAL YOGURT

iögo
Creamy
Crèmeux
DUO
Vanilla-Strawberry
Vanille-Fraise



PREPARED IN CANADA

ACTIVIA
GUT HEALTH / SANTÉ DIGESTIVE



PREPARED IN CANADA

Blue MENU
ORIGINAL MARGARINE

2⁴⁹

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

3⁹⁹

ASTRO OR iÖGO YOGURT TUBS
SELECTED VARIETIES
650/750 G
20165226001_EA/21659463_EA

7⁹⁹

ACTIVIA YOGURT
SELECTED VARIETIES
12 X 100 G
20303412001_EA/20944744_EA

9⁴⁹

PC® BLUE MENU™ MARGARINE
1.81 KG
20094736_EA

MEAT & SEAFOOD



8⁹⁹
LB

CHICKEN BREAST
BONELESS, SKINLESS
FAMILY SIZE
19.82/KG
20028450_KG

4⁴⁹
LB

PORK LOIN
CENTRE-CUT
CHOPS OR ROAST
BONELESS,
FAMILY SIZE
9.90/KG
20856987_KG

8⁹⁹
LB

EXTRA LEAN
GROUND BEEF
FAMILY SIZE
19.82/KG
20805639_KG



5⁹⁹

PC® BREAKFAST
SAUSAGE OR
FLAVOURED BACON
SELECTED VARIETIES
375 G
21584308_EA/21738792_EA

16⁹⁹

BUTCHER'S CHOICE®
BREAKFAST SAUSAGES
CLUB SIZE,
SELECTED VARIETIES
1.45 KG
21218159_EA

6⁹⁹

COOK'S HAM STEAK
BONE-IN
454 G
20565266_EA



8⁹⁹

NO NAME® MEATBALLS
SELECTED VARIETIES, FROZEN
680 G
21537713_EA



6⁹⁹

PC® CHICKEN BURGERS,
STRIPS OR NUGGETS
SELECTED VARIETIES, FROZEN
600/700 G
21079451_EA/21201321_EA



13⁹⁹

PC® BACON-WRAPPED WILD SEA
SCALLOPS 260 G OR **SEAQUEST®**
SHRIMP RING WITH COCKTAIL
SAUCE 454 G
FROZEN
21220644_EA/21687413_EA



19⁹⁹

PC® SALMON WELLINGTON
FROZEN
725 G
21552109_EA

DELI MEAT & CHEESE



2⁷⁹
/100 G

PC® CHICKEN DELI SERVICE CASE
SELECTED VARIETIES
20302980_KG

7⁹⁹

ZIGGY'S® COLD CUTS CLUB PACK 600 G
OR **LILYDALE COLD CUTS 500 G**
SELECTED VARIETIES
21668501_EA/21675636_EA

5⁹⁹

PC® BOCCONCINI, RICOTTA, FETA
OR **GOAT CRUMBLES 165-454 G**
OR **ZERTO PARMESAN 140 G**
SELECTED VARIETIES
20219848_EA/20546983_EA

6⁹⁹

BALDERSON CHEDDAR
OR **OKA CHEESE**
SELECTED VARIETIES
190-280 G
20921279_EA/21495455_EA

FLAVOURS OF THE WORLD



2⁴⁹
LB

PAPAYA
PRODUCT OF MEXICO
5.49/KG

14⁹⁹

SUFRA® HALAL STEWING BEEF
BONELESS
454 G
21395711_EA

5⁴⁹

TAMAM TAHINI
454 G
21217262_EA

5⁹⁹

CLIF QUINOA GRAINS
907 G
20051508_EA

Thanksgiving Favourites!



3⁴⁹

NO NAME® WHIPPED TOPPING
1 L OR PIE SHELLS
350-380 G
SELECTED VARIETIES,
FROZEN

20113422001_EA/20671251_EA

4⁹⁹

PC® DECADENT® CHOCOLATE CHIPS
270/300 G OR
E.D. SMITH PIE FILLING 540 ML
SELECTED VARIETIES

20297753001_EA/20430272_EA

4⁹⁹

NO NAME® ALUMINUM FOIL
100 FT

21119988_EA



2²⁹

DOLE CANNED PINEAPPLE
SELECTED VARIETIES
398 ML

20009598001_EA/20136767003_EA



3⁷⁹

KRAFT SALAD DRESSING
SELECTED VARIETIES
425 ML

21584849_EA/21584931_EA



2²⁹

NO NAME® FRUIT BEVERAGES 2 L,
SANPELLEGRINO SPARKLING
CARBONATED MINERAL WATER OR
MAISON PERRIER SPARKLING WATER
BEVERAGES 1 L
SELECTED VARIETIES

20320439003_EA/21718302_EA



10⁹⁹

HEINEKEN 0.0% OR CORONA CERO
NON-ALCOHOLIC BEER
SELECTED VARIETIES
6 X 330 ML

21099500_C06/21650191_C06



2⁹⁹

HABITANT SOUP
SELECTED VARIETIES
796 ML

20299690001_EA/20299690004_EA



3⁹⁹

BULL'S-EYE BBQ SAUCE 425 ML,
DIANA SAUCE 500 ML OR **BICK'S**
SANDWICH SAVERS 500 ML
SELECTED VARIETIES

20547834005_EA/21184617_EA/21668604_EA/21713941_EA



4⁷⁹

NESTLÉ COFFEEMATE LIQUID COFFEE
ENHANCER 828-946 ML
OR **SILK COFFEE CREAMER** 890 ML
SELECTED VARIETIES, REFRIGERATED

21091311_EA/21743661_EA



6⁴⁹

OÏKOS GREEK YOGURT TUBS
SELECTED VARIETIES
650-750 G

21006634_EA/21651917_EA



4²⁹

PEARL MILLING COMPANY PANCAKE
OR WAFFLE MIX 905 G OR **SYRUP**
710 ML
SELECTED VARIETIES

21384618_EA/21391619_EA



2/^{\$5}
OR
\$2.50 EA.

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



4⁷⁹

PC® FLATBREAD 330-395 G
OR **FOCACCIA** 415-456 G
SELECTED VARIETIES, FROZEN

21013867_EA



3/^{\$10}
OR
\$3.33 EA.

CADBURY CHOCOLATE BARS
SELECTED VARIETIES
90-105 G

21648577_EA/21648701_EA



3⁴⁹

KELLOGG'S NUTRI-GRAIN BARS 295 G,
POP-TARTS PASTRIES 384 G OR
RICE KRISPIES SQUARES 176 G
SELECTED VARIETIES

20126567001_EA/21290059_EA



3⁷⁹

SNACK PACK PUDDING OR **JUICY GELS**
SELECTED VARIETIES
4 X 99 G/368 G

20310707006_EA/21194844_EA



2/^{\$7}
OR
\$3.50 EA.

FIBRE 1 BARS OR **BROWNIES** 125-175 G,
NATURE VALLEY BARS OR **BISCUITS**
148-190 G OR **CHRISTIE COOKIES** OR
SNACK PACKS 150-200 G
SELECTED VARIETIES

21584976_EA/21714056_EA



2⁹⁹

PRINGLES POTATO CHIPS
SELECTED VARIETIES
148/156 G

21003833_EA/21584545_EA



1⁹⁹

GATORADE OR POWERADE
SPORTS DRINKS
SELECTED VARIETIES
710 ML

20305775003_EA/20853721_EA



6⁹⁹

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

21624748_EA/21636318_EA



7⁴⁹

CALEDON FARMS DOG TREATS 90-265 G
OR **TEMPTATIONS CAT TREATS** 454 G
SELECTED VARIETIES

21012108_EA/21238533_EA



18⁹⁹

ALPO COOKOUT
CLASSICS DOG FOOD
7.2 KG

20097667_EA

Freshmart

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

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



SESV BACK

FROM THURSDAY, OCTOBER 1ST TO WEDNESDAY, OCTOBER 7TH, 2026

Grocery Essentials



2⁴⁹

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

5⁹⁹

PILLSBURY PIZZA
BITES 693 G OR
PIZZA POPS 760 G
SELECTED VARIETIES,
FROZEN
20972958_EA/21435910_EA

6⁴⁹

NO NAME®
MEAT LASAGNA
FROZEN
1 KG
20636824_EA



6⁹⁹

iÖGO FROZEN YOGURT
946 ML OR BARS 4/8'S
SELECTED VARIETIES,
FROZEN
21650572_EA/21654445_EA

4⁷⁹

COCA-COLA OR
CANADA DRY SOFT DRINKS
6 X 222 ML OR **CORE POWER**
414 ML, SELECTED VARIETIES
20354288002_C06/21731564_EA

4⁷⁹

KOOL-AID JAMMERS
SELECTED VARIETIES
10 X 180 ML
20079976002_EA



2⁷⁹

PC® OR BLUE MENU®
GRANOLA BARS
5 X 120-175 G/8 X 300 G,
CRACKERS, SWISS STICKS
OR GARDEN STIX 100-500 G
SELECTED VARIETIES
20538543002_EA/20914014_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

8⁹⁹

PC® CHOCOLATE
COVERED FRUITS
OR NUTS OR BARS
SELECTED VARIETIES
200-340 G
20000356_EA/21689854_EA



5⁴⁹

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

4⁹⁹

PC® ORGANICS
HOT CEREAL 900 G-1 KG
OR PC® CHOCOLATE
HAZELNUT SPREAD 375 G
SELECTED VARIETIES
20705773_EA/20792384_EA

3²⁹

SUNNYD JUICE
SELECTED VARIETIES
1.89 L
21102504_EA/21102505_EA



FRENCH'S MUSTARD
SELECTED VARIETIES
325/550 ML
20170862_EA/20318504001_EA



2⁴⁹

NO NAME® SPICES OR HERBS 5.5-250 G OR
KNORR GRAVY, SAUCE OR PASTA SAUCE MIX 17-48 G
SELECTED VARIETIES
20307866001_EA/20617758_EA

2⁹⁹



1⁹⁹

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

4²⁹

CLASSICO PASTA OR
PIZZA SAUCE OR PESTO
SELECTED VARIETIES
218-600 ML
20325609003_EA/21618343_EA

4⁴⁹

PC® BARBECUE SAUCE
500 ML OR FRANK'S
REDHOT SAUCE 354 ML
SELECTED VARIETIES
20187632001_EA/21021521_EA

Freshmart[®]

PROUDLY CANADIAN

Thanksgiving Favourites!



2⁹⁹
LB

**COOK'S PORTION HAMSHANK
OR PICNIC HAM
SELECTED VARIETIES**

6.59/KG
20559641_EA



**ARMSTRONG CHEESE BARS
SELECTED VARIETIES**

600 G

21255902_EA/21694961_EA

9⁴⁹



2⁹⁹

**GREEN GIANT 750 G OR
VALLEY SELECTIONS 400/500 G
VEGETABLES**

SELECTED VARIETIES, FROZEN
21022268_EA/21022373_EA



**MCCAIN DEEP'N DELICIOUS CAKES
SELECTED VARIETIES, FROZEN**

510 G

20310132003_EA

5⁴⁹

**COCA-COLA OR PEPSI
SOFT DRINKS**

SELECTED VARIETIES

2 L

20296926002_EA/20316026002_EA

2³⁹



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

**FROM THURSDAY, OCTOBER 1ST TO
WEDNESDAY, OCTOBER 7TH, 2026**