

Fresh

PROUDLY CANADIAN

Happy Thanksgiving



7⁹⁹

PC® HORS D'ŒUVRES
SELECTED VARIETIES, FROZEN
170-574 G
20080117_EA/21538572_EA



UNICO BEANS 540 ML OR GREEN GIANT
VEGETABLES 284-398 ML
SELECTED VARIETIES
20313447001_EA/21021222_EA

2/\$3
OR \$1.50 EA.



2/\$7
OR \$3.50 EA.

LAY'S POTATO CHIPS 177-235 G OR
TOSTITOS TORTILLA CHIPS 205-300 G
SELECTED VARIETIES
21050575_EA/21241032_EA



BREYERS CREAMERY STYLE ICE CREAM
SELECTED VARIETIES, FROZEN
1.4 L
21651382_EA

3⁹⁹



5⁴⁹

PC® OR BLUE MENU® SPARKLING WATER
12 X 355 ML OR SANPELLEGRINO
SPARKLING FRUIT BEVERAGE 6 X 330 ML
SELECTED VARIETIES
21433193_C06/21747415_C12



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, OCTOBER 8TH TO
WEDNESDAY, OCTOBER 14TH, 2026

Hot Deals of the WEEK



4⁹⁹

**NO NAME® BACON 375 G,
SAUSAGE CHUBS 500 G
OR HARVEST BREAKFAST
OR GROUND SAUSAGE 250/375 G
SELECTED VARIETIES**

20015818_EA/21724145_EA/21750394_EA



**PC® SHRIMP
SELECTED VARIETIES, FROZEN
400 G**

20789931_EA/20791381_EA

7⁴⁹



10⁹⁹

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

20326534_EA



**UNICO VEGETABLE OIL
3 L**

20098102_EA

12⁴⁹



10⁹⁹

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

20121729_C12

Freshmart[®]

PROUDLY CANADIAN

SuperValu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



3⁴⁹
LB

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

16⁹⁹
LB

FRESH BEEF BONE-IN RIBSTEAK OR ROAST*
37.45/KG
20794832_KG



3⁹⁹

FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, SELECTED VARIETIES
10 LB BAG

1⁹⁹

FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA
3 LB BAG



3/\$15
OR
\$5 EA.

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

5⁴⁹

8 INCH PIES
SELECTED VARIETIES
680-750 G
21297475_EA/21297470_EA



9⁴⁹

**PC® SHREDDED CHEESE 620 G
OR NO NAME® CHEESE BARS 700 G**
SELECTED VARIETIES
220975773_EA/21060759_EA

2/\$5
OR
\$2.50 EA.

**CHRISTIE RITZ, WHEAT THINS
OR TRISCUIT CRACKERS**
SELECTED VARIETIES
162-225 G
21030647_EA/21547034_EA

4/\$5
OR
\$1.25 EA.

OCEAN'S FLAKED OR CHUNK LIGHT TUNA
SELECTED VARIETIES
85-240 G
20917566003_EA/21004270_EA



8²⁹

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

21⁹⁹

**TIM HORTONS COFFEE 640-875 G
OR PODS 30'S**
SELECTED VARIETIES
21166682_EA/21688802_EA

2⁴⁹

DAWN OR PALMOLIVE DISHWASHING LIQUID
SELECTED VARIETIES
431-828 ML
21004368_EA/21735713_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



3.49
LB

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

16.99
LB

FRESH BEEF BONE-IN RIBSTEAK OR ROAST*
37.45/KG
20794832_KG



3.99

FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, SELECTED VARIETIES
10 LB BAG

1.99

FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA
3 LB BAG



3/\$15
OR
\$5 EA.

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

5.49

8 INCH PIES
SELECTED VARIETIES
680-750 G
21297475_EA/21297470_EA



9.49

**PC® SHREDDED CHEESE 620 G
OR NO NAME® CHEESE BARS 700 G**
SELECTED VARIETIES
220975773_EA/21060759_EA

2/\$5
OR
\$2.50 EA.

**CHRISTIE RITZ, WHEAT THINS
OR TRISCUIT CRACKERS**
SELECTED VARIETIES
162-225 G
21030647_EA/21547034_EA

4/\$5
OR
\$1.25 EA.

OCEAN'S FLAKED OR CHUNK LIGHT TUNA
SELECTED VARIETIES
85-240 G
20917566003_EA/21004270_EA



8.29

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

21.99

**TIM HORTONS COFFEE 640-875 G
OR PODS 30'S**
SELECTED VARIETIES
21166682_EA/21688802_EA

2.49

DAWN OR PALMOLIVE DISHWASHING LIQUID
SELECTED VARIETIES
431-828 ML
21004368_EA/21735713_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES



2⁹⁹

ICEBERG LETTUCE
PRODUCT OF
U.S.A. OR CANADA
EACH

4⁴⁹

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

2⁹⁹
LB

BROCCOLI CROWNS
PRODUCT OF CANADA
6.59/KG



5⁴⁹

CANTALOUPE OR PINEAPPLE
PRODUCT OF U.S.A OR MEXICO
EACH

7⁹⁹

PC® BLUEBERRIES
PRODUCT OF PERU
9.8 OZ

5⁷⁹

PC® TOMATOES
SELECTED VARIETIES,
PRODUCT OF CANADA
567 G

1⁹⁹

RED OR ATAULFO MANGO
PRODUCT OF PERU
EACH



1²⁹
LB

SAVOY, GREEN OR RED CABBAGE
PRODUCT OF CANADA
2.84/KG

1⁴⁹

ENGLISH CUCUMBERS
PRODUCT OF CANADA
EACH

2²⁹
LB

ORANGES
PRODUCT OF SOUTH AFRICA
5.05/KG

6⁹⁹

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

BAKERY



2⁹⁹

**ACE BAGUETTE
OR CIABATTA BREAD**
20171171_EA

4²⁹

PC® RYE BREAD OR BRIOCHE LOAF
SELECTED VARIETIES
400/480 G
20682493_EA/21050280_EA

4⁹⁹

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

12⁹⁹

FARMER'S MARKET™ CAKE
SELECTED VARIETIES
750-875 G
21392537_EA

DAIRY & REFRIGERATED



2²⁹

**PILLSBURY CRESCENTS, WIENERS
WRAPS, PIZZA CRUST, BISCUITS OR
FLAKY ROLLS**
SELECTED VARIETIES, 200-391 G
20317832003_EA/21505340_EA

3²⁹

**DAIRYLAND OR FOREMOST
SOUR CREAM**
SELECTED VARIETIES
500 ML
20275966001_EA/20040329_EA

5⁴⁹

**ACTIVIA PROBIOTIC
YOGURT 8 X 100 G
OR YOGURT DRINKS 8 X 93 ML**
SELECTED VARIETIES
20325384002_EA/21108459_EA

8⁹⁹

LIBERTÉ GREEK YOGURT
SELECTED VARIETIES
900 G-1 KG
21305351_EA

MEAT & SEAFOOD



4⁴⁹ LB	WHOLE CHICKEN FAMILY SIZE 9.90/KG 20147976_KG	7⁹⁹ LB	LEAN GROUND BEEF FAMILY SIZE 17.61/KG 20874394_KG	6⁹⁹ LB	PORK BACK RIBS CRYOVAC PACKAGE 2'S 15.41/KG 20821141_KG
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4⁴⁹	5⁹⁹	8⁹⁹	12⁹⁹
LEAN GROUND PORK 450 G 21705787_EA	PC® FRESH PORK SAUSAGE SELECTED VARIETIES 500 G 21584342_EA	LOU'S ENTRÉES SELECTED VARIETIES, FROZEN 375/400 G 20078077_EA/20182404_EA	MAPLE LEAF SMOKED HAM SELECTED VARIETIES 600 G 21094853_EA/21094883_EA



12⁹⁹	8⁴⁹	\$10	18⁹⁹
PC® SMOKIES SELECTED VARIETIES 1 KG 20732535_EA/20733617_EA	ST-HUBERT OR SWISS CHALET MEAT PIES SELECTED VARIETIES, FROZEN 470-800 G 20719334_EA/21047194_EA	SELECTION OF SEAFOOD AND MEAT SELECTED VARIETIES, FROZEN 200 G-1.8 KG 21473698_EA/21667936_EA	PC® PACIFIC WHITE SHRIMP PLATTER 454 G OR NANUK SMOKED COHO SALMON 300 G FROZEN 20114139_EA/20147098_EA

DELI MEAT & CHEESE



2⁹⁹	5⁹⁹	3⁴⁹	9⁴⁹
RESER'S SALADS SELECTED VARIETIES 425/454 G 20962386_EA/20962394_EA	PC® SPLENDIDO® SLICED MEAT SELECTED VARIETIES 100 G 21049131_EA/21050405_EA	PC® GOAT CHEESE SELECTED VARIETIES 140 G 21722565_EA/21722579_EA	PC® BLACK LABEL 36 MONTH PARMIGIANO REGGIANO 200 G OR PC® SPLENDIDO® PARMIGIANO REGGIANO OR PECORINO ROMANO PRODUCT OF ITALY, 250 G SELECTED VARIETIES 20626019_EA/21053434_EA

Happy Thanksgiving!



2⁹⁹

NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT
SELECTED VARIETIES
300/400 G
21545097_EA/21545106_EA

4²⁹

BECEL MARGARINE, PLANT BUTTER OR CHEF'S SIGNATURE
SELECTED VARIETIES
400/454 G
21279365_EA/21747653_EA

5⁴⁹

INTERNATIONAL DELIGHT COFFEE CREAMER 946 ML, TROPICANA JUICE OR DRINKS 1.36 L OR PURE LEAF ICED TEA 1.75 L
SELECTED VARIETIES
20895480002_EA/21622130_EA



3⁹⁹

PC® VEGETABLES
SELECTED VARIETIES
350-750 G
20896667_EA/21096445_EA

4⁴⁹

TOSTITOS SALSA 394-423 ML OR DIPS 416-432 G
SELECTED VARIETIES
20125110002_EA/20673717_EA

3⁹⁹

MOTT'S CLAMATO OR OCEAN SPRAY CRANBERRY COCKTAIL
SELECTED VARIETIES
1.89 L
2030006008_EA/20318955002_EA

6⁹⁹

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



3²⁹

STAGG CHILI 425 G OR MUTTI FINELY CHOPPED TOMATOES 398 ML
SELECTED VARIETIES
20091906_EA/21724064_EA

2⁷⁹

QUAKER CRISPY MINIS RICE CAKES OR CHIPS
SELECTED VARIETIES
90-199 G
20163708002_EA/21648838_EA

1⁷⁹

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

2⁴⁹

SILK COFFEE CREAMER OR ENHANCER
SELECTED VARIETIES
450/473 ML
21620229_EA



7²⁹

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
21449784_EA/21504064_EA

11⁴⁹

PC® 100% PURE MAPLE SYRUP 500 ML OR NO NAME® LIQUID OR CREAMED HONEY 1 KG
SELECTED VARIETIES
20033683_EA/20049221_EA

3⁷⁹

NO NAME® FLOUR 2.5 KG OR KRAFT SHAKE 'N BAKE COATING MIXES 142-160 G
SELECTED VARIETIES
20013256_EA/21548016_EA

2⁴⁹

SUNRYPE 100% JUICE
SELECTED VARIETIES
900 ML/1 L OR 5 X 200 ML
20640102001_EA/20744072005_EA



2/\$5
OR \$2.50 EA.

ITALPASTA PASTA 900 G OR NO YOLKS EGG WHITE NOODLES 340 G
SELECTED VARIETIES
20081342001_EA/21439286_EA

3⁹⁹

CLASSICO PASTA OR PIZZA SAUCE OR PESTO
SELECTED VARIETIES
218-600 ML
21618217_EA/21618218_EA

4⁴⁹

MINUTE RICE 500-700 G OR KFI COOKING SAUCE 375/395 ML
SELECTED VARIETIES
20310858_EA/20419490001_EA

5⁹⁹

PAM COOKING SPRAY 110-170 G OR NANDO'S PERI-PERI SAUCE OR PERINAISE 250/450 ML
SELECTED VARIETIES
20312389_EA/21005214_EA



3²⁹

NO NAME® LUNCH OR DINNER PAPER PLATES
40'S
21384145_EA/21518845_EA

5⁷⁹

NO NAME® DINNER PAPER PLATES
40'S
21384149_EA

5⁹⁹

NO NAME® PAPER TOWEL
6-18 ROLLS
21636329_EA

1⁰⁹

FRISKIES CAT FOOD
SELECTED VARIETIES
156 G
20855828_EA

8⁴⁹

MEOW MIX TENDER CENTERS CAT FOOD 1.36 KG OR PEDIGREE VITALITY+ DOG FOOD 2 KG
21589011_EA/21383296_EA

Freshmart

SuperValu **SHOP EASY**
value and freshness **Price on Pump**

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.



Grocery Essentials



3²⁹

CHEEMO PEROGIES
SELECTED VARIETIES, FROZEN
815/907 G
20527641_EA

7⁴⁹

DR. OETKER GIUSEPPE STUFFED CRUST OR SUPREMA PIZZA
SELECTED VARIETIES, FROZEN
487-724 G
21555844_EA/21649696_EA



2⁹⁹

NO NAME® WAFFLES
SELECTED VARIETIES, FROZEN
8'S
20316375001_EA

3²⁹

PILLSBURY TOASTER STRUDEL PASTRIES
SELECTED VARIETIES, FROZEN
326 G
20172664002_EA

4²⁹

FIVE ALIVE, MINUTE MAID JUICE, FUZE OR NESTEA ICED TEA
SELECTED VARIETIES
8/10 X 200 ML
21092667_EA/21646710_C10



2⁹⁹

DARE BRETON, VINTA OR VEGGIE CRISPS CRACKERS
SELECTED VARIETIES
100-225 G
21520666_EA/21520703_EA

3²⁹

DOLE FRUIT BOWLS, FRUIT GELS OR PARFAITS
SELECTED VARIETIES
4 X 107 ML, 4 X 123 G OR 428 ML
20318455001_EA/20318455002_EA

5⁴⁹

PC® PEANUTS
SELECTED VARIETIES
700 G
20057990003_EA



3⁴⁹

PC® OR BLUE MENU® PANCAKE AND WAFFLE MIX
905 G OR TABLE SYRUP 750 ML
SELECTED VARIETIES
20318589_EA/20374908_EA

3²⁹

PC® TEA
SELECTED VARIETIES
20'S
20308417_EA

8⁴⁹

MAISON PERRIER SPARKLING WATER BEVERAGE
SELECTED VARIETIES
8 X 330 ML/6 X 500 ML
21576465_C08/21718322_C06

PC® HERBS AND SPICES
SELECTED VARIETIES
7-82 G
21116905_EA/21117318_EA



3⁴⁹

PC® SALAD TOPPER 100 G OR CROUTONS 140 G
SELECTED VARIETIES
20796248001_EA/21219914_EA

3⁴⁹

4⁴⁹

LINDT SWISS CLASSIC CHOCOLATE BARS 100 G OR CARNABY SWEET GUMMY CANDY 500 G
SELECTED VARIETIES
20296856001_EA/21363890_EA

no name®



\$1

NO NAME® TOMATO PASTE
156 ML, TOMATO SAUCE OR PIZZA SAUCE 213 ML
20018020_EA/20118094_EA/20169686_EA

3⁴⁹



NO NAME® PICKLES 1 L OR SALAD DRESSINGS 475 ML
SELECTED VARIETIES
20326255_EA/20628489001_EA

3⁷⁹

NO NAME® KETCHUP 1 L OR NO NAME® MAYONNAISE 445 ML
SELECTED VARIETIES
20102426_EA/20547831_EA



3⁴⁹

Nestlé chocolate tablet bars
selected varieties
95 - 105 g
21648521_EA/21709019_EA/21720497_EA

3/\$5
OR \$1.67 EA.

Nestlé single chocolate bars
selected varieties
33 - 60 g
21237351_EA/20066954_EA/21717876_EA



5⁹⁹

Nestlé chocolate stand up pouches
selected varieties
76 - 203 g
21708176_EA/21648460_EA/21648229_EA

3⁹⁹

Nestlé chocolate snack size
selected varieties
120 g
21719355_EA



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THANKSGIVING SAVINGS!

HAPPY
THANKSGIVING



4⁷⁹ General Mills Retail
Size Cereal
selected varieties
300 – 437 g
2104473_EA/21541230_EA



4⁷⁹ General Mills Old El Paso Kits
selected varieties
250 – 510 g
20795468_EA/21049547_EA



3⁴⁹ General Mills Core Grain
& Fruit Retail
selected varieties
120 – 230 g
20315520012_EA/21184633_EA



3⁴⁹ General Mills
Pillsbury Pizza Pop
selected varieties
4's
21436071_EA

*Voted most trusted Mexican Food Products brand, 2026 BrandSpark® Canadian Trust Study.
**Voted most trusted Granola Bar brand (in a tie), 2026 BrandSpark® Canadian Trust Study.



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4⁴⁹ Ruffles® potato chips 180 – 200 g, Doritos®
tortilla chips 210 – 235 g; EXCLUDES Simply Doritos®
[213 g] or Cheetos® cheese flavoured snacks
170 – 285 g; EXCLUDES Simply Cheetos® [227 – 241 g]
selected varieties
21241052_EA/21370169_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
21240703_EA/21693042_EA



9⁹⁹ Frito-Lay® Variety Packs
selected varieties
428 – 448 g
21584937_EA



4⁴⁹ Rold Gold® pretzels
selected varieties
295 – 370 g
213703458_EA



Nestea®
selected varieties
12 X 341 mL
21689167_EA
8⁹⁹

Used under license by Canada Dry Mott's Inc.
NESTEA® Registered Trademark of Société des Produits Nestlé S.A., Vevey, Switzerland.



Corona® 0.0%
12 X 355 mL
21650617_EA
19⁴⁹

ENJOY RESPONSIBLY. Must be legal drinking age.
Alcohol-free beer with natural flavour and vitamin D.
©/MD TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., LIC. USE / SOUS LIC.



Cove™
selected varieties
355 mL
21672466_EA 2172466_EA

1⁹⁹



Budweiser Zero*
12 X 355 mL
21295370_EA

14⁹⁹

ENJOY RESPONSIBLY. Must be legal drinking age.
*©/MD Anheuser-Busch, LLC, St. Louis, MO., Lic. Use / Sous Lic.

Freshmart[®]

PROUDLY CANADIAN

Happy Thanksgiving



7⁹⁹

PC® HORS D'ŒUVRES
SELECTED VARIETIES, FROZEN
170-574 G
20080117_EA/21538572_EA



UNICO BEANS 540 ML OR GREEN GIANT
VEGETABLES 284-398 ML
SELECTED VARIETIES
20313447001_EA/21021222_EA

2/\$3
OR \$1.50 EA.



2/\$7
OR \$3.50 EA.

LAY'S POTATO CHIPS 177-235 G OR
TOSTITOS TORTILLA CHIPS 205-300 G
SELECTED VARIETIES
21050575_EA/21241032_EA



BREYERS CREAMERY STYLE ICE CREAM
SELECTED VARIETIES, FROZEN
1.4 L
21651382_EA

3⁹⁹



5⁴⁹

PC® OR BLUE MENU® SPARKLING WATER
12 X 355 ML OR SANPELLEGRINO
SPARKLING FRUIT BEVERAGE 6 X 330 ML
SELECTED VARIETIES
21433193_C06/21747415_C12



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA
FROM THURSDAY, OCTOBER 8TH TO
WEDNESDAY, OCTOBER 14TH, 2026